

Media statement

19 June 2019

Project has rehabilitation patients kicking goals

Rehabilitation patients at Sunshine Coast Hospital and Health Service (SCHHS) are achieving goals, thanks to a project aimed at strengthening person-centred, interdisciplinary goal-setting practice in rehabilitation services.

The working group for the Goal-setting in rehabilitation project was created in 2016 and is an initiative of the Statewide Rehabilitation Clinical Network (SRbCN), funded by Clinical Excellence Queensland.

The primary goal of the project has been to explore, develop and pilot new evidence-based resources to allow consumers to take control of their recovery, by setting their own goals guided by health professionals.

Amanda Baker, Advanced Physiotherapist, SCHHS who managed the network project says goal-setting is an integral part of patient-centred rehabilitation and it needs to be undertaken in partnership with consumers.

“There are many reasons a person may need rehabilitation. They may be recovering from a stroke, a brain injury, a fall or surgery. Rehabilitation is about helping a person regain independence and return to doing everyday activities” she said.

“A patient’s rehabilitation should be directed towards the goals they want to achieve or the things they wish to do each day. The goal-setting project allows us to identify those goals and work towards them. It also provides a good benchmark for the person to see how much they have achieved.

“Consumers in the Rehabilitation Unit are allocated a link worker on arrival to the ward. They then work with the link worker to identify meaningful activities that they want to work towards in rehabilitation. This may be looking after themselves, cooking or returning to shopping or leisure activities. The link worker then liaises with the team and consumer each week to ensure goals are being reviewed and progressed,” Ms Baker said.

Fifty-seven-year-old Jane Caraffi recently took part in the Goal-setting in rehabilitation project, after the onset of an autoimmune disease and swelling on the brain left her with very limited mobility.

“To put it mildly, I was not expected to survive initially as my condition was so severe, so when I made it to the Rehabilitation Unit my goals were to be able to walk and ensure I was continent, so I could return home,” Jane said.

“I cannot speak highly enough of the staff in the Rehabilitation unit. The thing that impressed me the most was that everything in my rehabilitation plan was individually tailored. There was no one size fits all method and the team works very cohesively.”

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Jane is now at home doing her own physio and attending outpatient appointments. She has a long-term goal of regaining her driver's licence.

Statewide Rehabilitation Clinical Network Co-Chair Professor Timothy Geraghty says the project has been a great success and has the potential to provide improved outcomes for patients.

"The SRbCN Steering Committee is proud of the project outcomes and achievements. We are grateful to Amanda Baker for her leadership, expertise and hard work in delivering the project," Prof Geraghty said.

"We also acknowledge the commitment of the Goal-setting in Rehabilitation Working Group members that helped drive this body of work."

MEDIA OPPORTUNITY

Media are invited to the launch of the goal-setting initiative for photo and interview opportunity with Advanced Physiotherapist Amanda Baker and Rehabilitation consumer Jane Caraffi.

WHEN: Friday 21 June, 12:00pm

WHERE: Sunshine Coast University Hospital, meet at main reception.

ENDS

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