

# Introduction to Goal Implementation

**Peggy Burhenn, MS, CNS, AOCNS**  
**City of Hope**  
**Professional Practice Leader**



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# Introduction to Goal Implementation

- Goal implementation plans
  - Implementation plan template
  - What do you want to add or change?
  - Evolve as you learn



# Your Charge

- To integrate geriatric specific activities into your practice
- To improve geriatric care in your setting



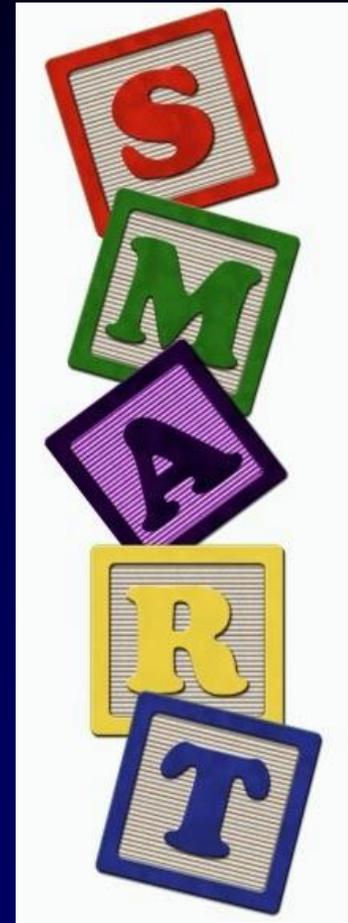
# Our Charge

- To provide you with support and resources to help you meet your goals
- To gather outcome data providing information describing activities in geriatric care being provided by participants across the nation.



# Goal Implementation

- Goals: SMART
  - Specific and strategic
  - Measureable
  - Attainable/achievable
  - Relevant/realistic
  - Time-bound
- Complete Goal Template



# SMART...



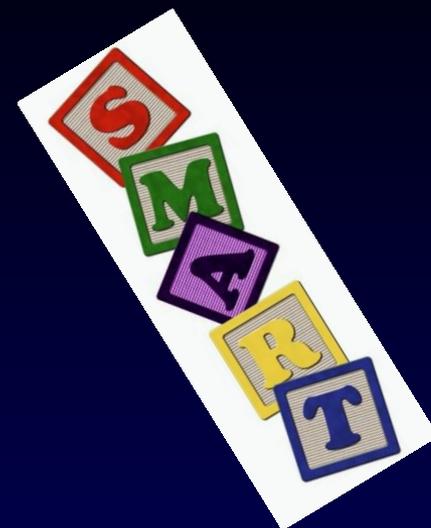
- **S**trategic and Specific
  - What would be seen as a “success” that matters?
  - Who will do what, with or for whom?
- **M**easurable
  - Is it measurable and can we measure it?
  - Are there existing measures we can use?
- **A**chievable/Attainable
  - Can we get it done with the resources and time that we have?

## ...SMART Goals...

- **Relevant/realistic**
  - What barriers do you anticipate and how will you address them? Competing priorities? Limited time? Limited energy?
- **Results-Based**
  - Learn more when you have a results focused goal
  - What was learned?
  - What improved?



# ...Smart Goals



- Time-bound
  - What can we accomplish:
    - By next Tuesday?
    - Within six months?
    - In one year?
    - Does the timing make sense in the setting?



Important to hold yourself accountable

# Examples of goals:

- Within 6 months I will present an overview of physiologic changes and comorbidities associated with aging to the general nursing staff.
- Will develop a protocol to add geriatric assessment parameters to admission assessment for all patients 70 years and older within 12 months. This will include: function, nutrition, cognition, social support, comorbidity, and psychological state upon admission.
- Will coordinate an interdisciplinary team to review cases of oncology patients 75 years and older to evaluate needs and resources available to improve their care by 12 months.
- We will pilot the use of a chemotherapy toxicity predictive plan for patients 70 years and older who are anticipated to receive chemotherapy.
- Will provide a Timed-Up-and-Go (TUG) to all inpatient admissions for patients 70 years or older to assess functional status and fall risk within 12 months

# Evaluation Process

- Goals will be monitored via email for achievement at 6, 12 and 18 months post course.





# End of Day 1 Evaluation

- Complete today's evaluation
  - Receive a raffle ticket
  - Prize drawing in the morning

Go to Disneyland!

Twilight tickets available  
at front hotel desk

