BACKGROUND

- Western Psychiatric Hospital’s (WPH) Comprehensive Recovery Unit (CRU) and Transitional Recovery Unit (TRU) are designed for individuals with severe mental illness (SMI) who require long-term inpatient care.
- Typical diagnoses include bipolar disorder, schizophrenia, and schizoaffective disorder.
- Patients typically stay on the unit for three months to one year.
- Recovery Unit (TRU) are designed for individuals with severe mental illness (SMI) who require long-term inpatient care.
- Typical diagnoses include bipolar disorder, schizophrenia, and schizoaffective disorder.

SIGNIFICANCE

- Difficulty identifying specific goals leads to a lack of participation, resulting in a lack of appropriate and routine ADL engagement.
- Hospital readmittance issues tend to occur due to a lack of ADL participation and independence; therefore, it is important to establish engagement in these tasks prior to hospital discharge.

OBJECTIVES

1. Educate staff on how to use motivational interviewing (MI) techniques and visual aids to encourage patients to create SMART and ADL goals during daily goal planning.
2. Create a resource binder for the units to bridge the knowledge gap regarding discharge sites’ expectations of patients.

METHODOLOGY

- Administered pre- and post-surveys to staff members regarding staff engagement with patient ADLs.
- Created a staff in-service and materials on MI techniques for patient goal setting.
- Created patient goal tracking sheets.
- Designed visual aids for SMART goal setting.
- Analyzed patient goals for SMART components and ADL inclusion.

RESULTS

SMART Goal Setting:

The graph to the right shows the number of goals created across a 6-week span. Goals are further categorized to show how many met SMART criteria and if they were related to ADLs. Data were extracted from goal tracking sheets and student attendance of goals groups.

Discharge Resource Binder:

The graph to the right shows staff perception of availability of discharge site information. Data were extracted from staff pre- and post-survey.

After the implementation of the discharge resource binder, reports of discharge information being easily found increased by 38%.

How readily available do you feel discharge site information is to you?

<table>
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<th>Number of responses</th>
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</table>

Post-survey results showed that 27.8% of staff responses referred to the use of goal setting interventions to implement patient ADL routines.

Staff quote: “You guys hit the nail on the head with this binder! I think it will be really helpful when answering patient questions.”

REFERENCE


CONCLUSIONS

- Occupational therapists are experts in taking a client-centered approach to address needs and participation in desired activities. This quality improvement project found that prompting patients to acknowledge how they know if they are meeting their goals led to more measurable goal setting. This project also found that providing staff with more comprehensive information of post-discharge expectations increased staff knowledge for treatment planning.

IMPLICATIONS FOR FUTURE PRACTICE

- The use of motivational interviewing techniques can lead to more measurable goal setting.
- Understanding daily routines and expectations at discharge sites can assist in discharge preparation.

REFERENCE


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