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Goal-setting is considered fundamental in stroke rehabilitation and is recommended in the National Clinical Guidelines for stroke. It is recommended that patients should be involved in the goal-setting process, however it remains unclear as to whether this is what the patient wants.

Method

- Participants were identified via clinicians based on 5 stroke units throughout the UK.
- Semi structured interviews carried out with stroke \bullet survivors who have had goals set whilst in hospital.
- There are two aspects to this study:
- Longitudinal 2 interviews with inpatient stroke survivors, one in hospital and then again within six weeks of discharge from hospital.
- Cross-sectional one interview with stroke survivors who have been discharged within the last six months.

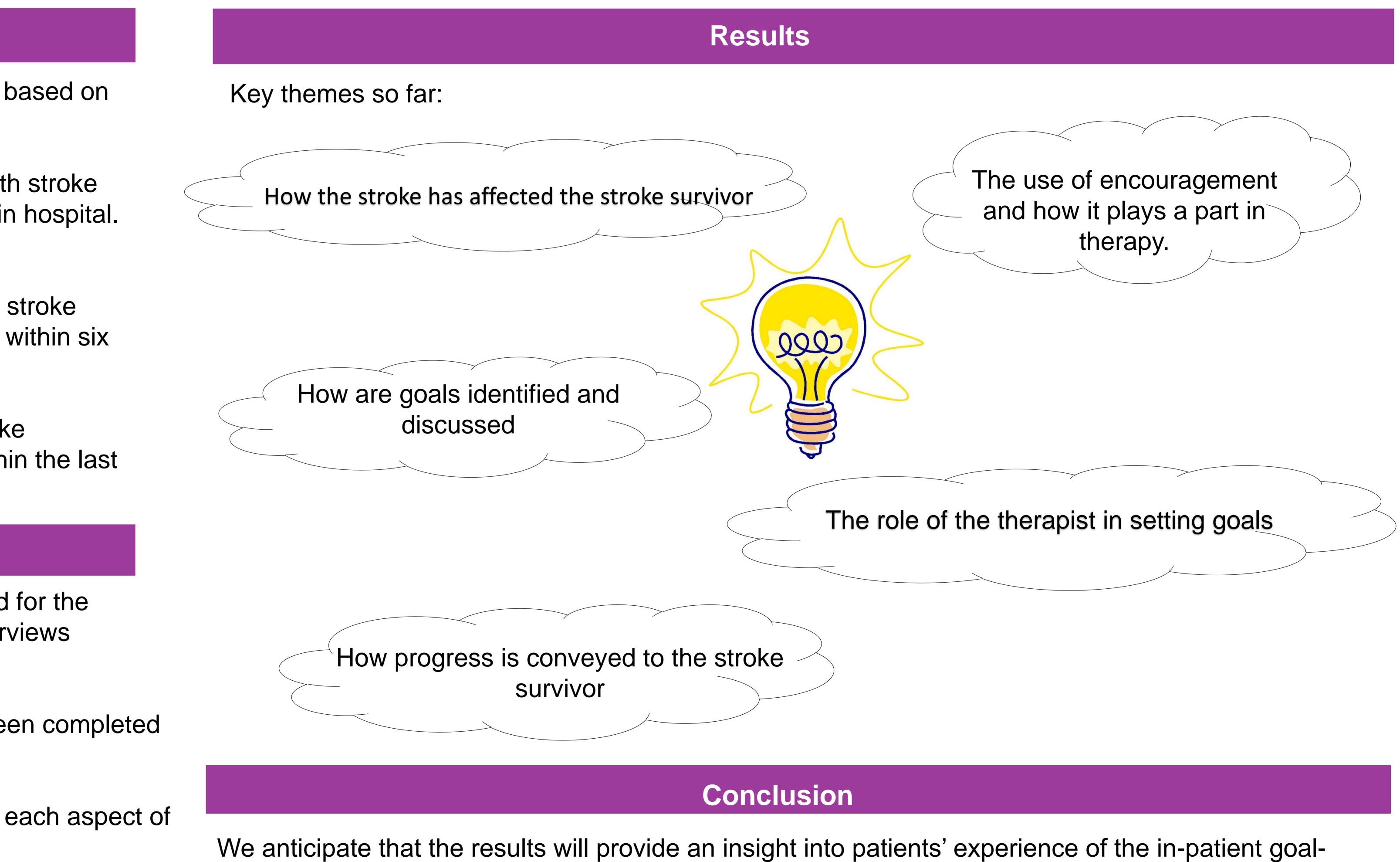
Who is involved?

- So far 11 participants have been recruited for the longitudinal part of the study, with 14 interviews completed so far.
- 12 participants and 12 interviews have been completed for the cross-sectional part of the study
- Up to 15 participant's will be recruited for each aspect of the study



Work in progress: An exploration of the patients' experience of goal**setting during in-patient stroke rehabilitation** Sarah Plant¹, Rachael Powell¹, Emma Patchwood¹, Audrey Bowen¹ ¹Geoffrey Jefferson Brain Research Centre, The Manchester Academic Health Science Centre, Northern Care Alliance & University of Manchester <u>sarah.plant@postgrad.Manchester.ac.uk</u>

Why is goal-setting important?



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Study Aim: Build on pre research work and look at whether the way in which goal-setting is carried out is suitable for the inpatient stroke population

setting process, their understanding of goal-setting and their views on how to achieve good goal-setting.

