



Why is goal-setting important?

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.

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

Method

- Participants were identified via clinicians based on 5 stroke units throughout the UK.
- Semi structured interviews carried out with stroke 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.

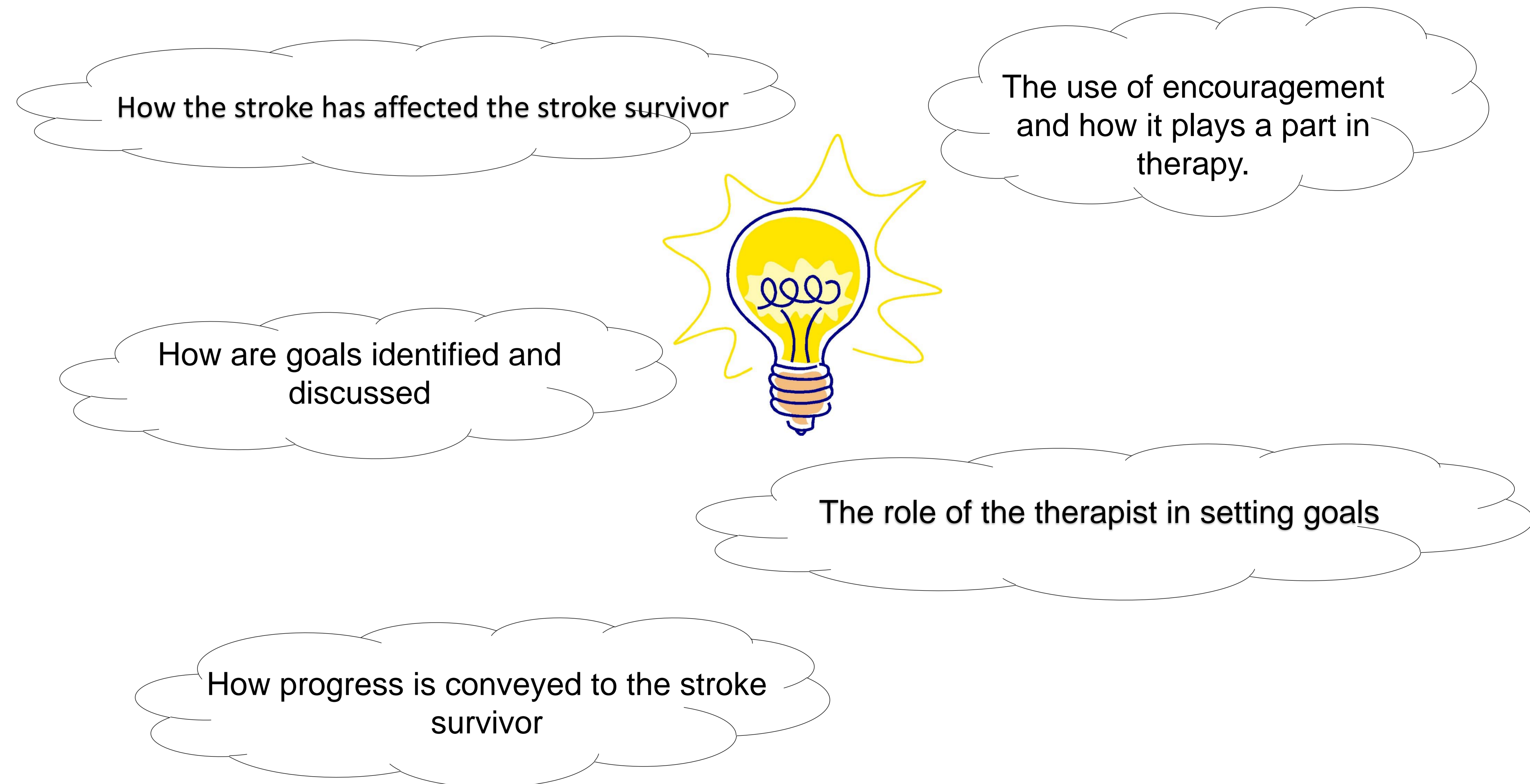
Who is involved?

- 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



Results

Key themes so far:



Conclusion

We anticipate that the results will provide an insight into patients' experience of the in-patient goal-setting process, their understanding of goal-setting and their views on how to achieve good goal-setting.