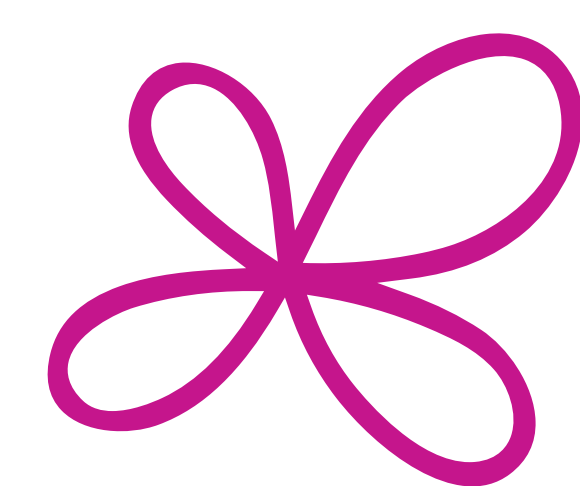
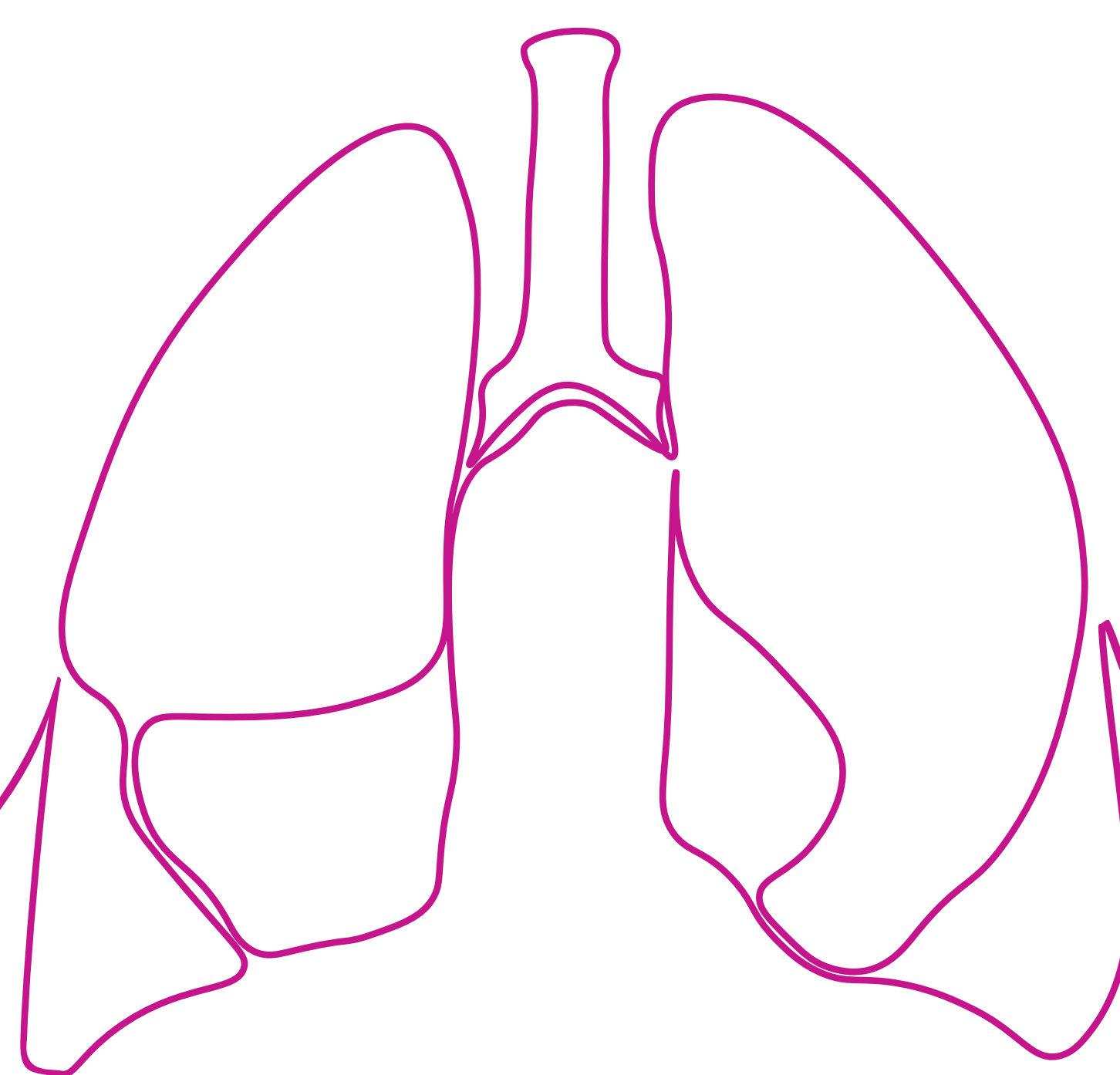


Goal Setting in a Breathlessness Clinic



BIRMINGHAM
ST MARY'S
HOSPICE

Introduction

Space to breathe is a 5 week programme, with a rehabilitative focus, launched in January 2019 and designed through a Breathlessness steering group.

A literature review recommended the use of the Goal Attainment Score (GAS) (Brighton 2018) and this was included into holistic measures of the breathlessness service. GAS light was chosen to reduce user burden and form part of the patient assessment, complementing the rest of the Outcome Assessment Complexity Collaborative (OACC) suite and Chronic respiratory Questionnaire (CRQ) and Medical Research Council score of breathlessness (MRC).

Method

The programme is based on the Cambridge Breathing Thinking Functioning approach (Cambridge University Hospitals NHS Foundation Trust 2019) with a focus on mastery of symptoms of breathlessness.

Breathlessness programme includes: - taught educational sessions - group discussions /peer support - exercise and relaxation - GAS light goal setting at Week 1 and Week 5.

Participants were supported by carers and clinicians to set patient identified SMART goals. GAS light was undertaken in week 1 and 5 of a 5 week breathlessness programme.

Results

No. of patients: 55
Potential sessions attended: 275
Actual sessions attended: 161 (59% of available sessions were attended)

Goals set	44
Goals achieved (as "a little better")	30
Goals remaining ("same")	11
Goals got ("worse")	4

23 patients did not complete goal setting activity due to not completing the course, declining to participate in goal setting or not returning/recording data.

Conclusions

Following a 5 week breathlessness programme participants achieved and partially achieved goals important to them.

Authors

Camilla Barrow, Clinical Education Lead, Birmingham St Mary's Hospice and Ruth Roberts, Research Nurse
E: Camilla.barrow@birminghamhospice.org.uk

