

GOAL SETTING & ACTION PLANNING

What's the difference between a goal and an action plan?

A **goal** is something that is aimed for in the future.

An **action plan** outlines the tasks that a person needs to complete in order to achieve the goal.

Why do we need both?

A goal without a plan is really just an idea. The action plan becomes the means to achieving the end goal. An action plan helps patients consider the things that may get in the way of achieving a goal (barriers) and allows them to problem solve those potential difficulties. It also helps the patients consider things that will help increase the likelihood of success (facilitators).

How do I ensure that goal setting and action planning is patient-centred?

- Include the patient in the conversation and decision-making
- Be sure to connect your goals to what matters to the patient
- Help patients prioritize the different areas that they will benefit from
- Focus in and develop an action plan that will help the patient feel confident

EXAMPLES OF PATIENT CENTRED GOALS AND ACTION PLANS

Long-Term Goal: I want to be able to manage short haul truck routes without having to use medication for pain. I want to keep the job I have so that I can continue to provide for my family.

Specific Goal: I will increase my activity by walking to the grocery store on Monday, Wednesday and Friday mornings at 8am.

Action Plan: I will set a reminder on my phone so that I remember to go walking at 8am. I will ask my friend to check in with me on my walking. I will follow up with my nurse next week.

Long-Term Goal: I want to have my blood pressure better managed (180/90) and be able to attend my Granddaughter's wedding in California in 6 months.

Specific Goal: I will learn ways to improve my nutrition by attending a Heart Healthy class at my PCN next Saturday.

Action Plan: I will register for the class at the end of my appointment today. I will ask my neighbor if she can drive me to the class on Saturday.