



The North West London Hospitals
NHS Trust



Goal Attainment Scaling (GAS) in Rehabilitation

A practical guide

Further information and advice may be obtained from:

Professor Lynne Turner-Stokes DM FRCP
Herbert Dunhill Chair of Rehabilitation, King's College London.

Regional Rehabilitation Unit,
Northwick Park Hospital,
Watford Road,
Harrow, Middlesex.
HA1 3UJ

Tel: +44 (0) 208-869-2800;
Fax: +44 (0) 208-869-2803
Email: lynne.turner-stokes@dial.pipex.com

(A)

What is GAS?

course of intervention. In effect, each patient has their own outcome measure but this is scored in a standardised way as to allow statistical analysis.

Goal

4. Score baseline

This is usually rated 1, unless the patient is as bad as they could be in that particular goal area, in which case the baseline rate is 2.

Using this baseline score as a starting point, a baseline Goal score can be calculated.

5. Goal Attainment scoring

Rate the outcome scores at the appointed review date.

Calculate the GAS T score by applying the formula or, with the use of published tables(11), look up the summated scores. A simple spreadsheet calculator is available.

Technically the GAS T score is, in itself a measure of change, but in certain circumstances it may be appropriate to record the change

Goal Attainment Scaling: Prof Lynne Turner Stokes.

practice on our unit,

1. Hurn J, Kneebone I, Cropley M. Goal setting as an outcome measure: A systematic review. *Clinical Rehabilitation* 2006;20(9):756-72.
2. Kiresuk T, Sherman R. Goal attainment scaling: a general method of evaluating comprehensive mental health programmes. *Community Mental Health Journal* 1968;4:443-453.
3. Stolee P, Rockwood K, Fox RA, Streiner DL. The use of goal attainment scaling in a geriatric care setting. *Journal of the American Geriatrics Society*. 1992;40(6):574-8.
4. Stolee P, Stadnyk K, Myers AM, Rockwood K. An individualized approach to outcome measurement in geriatric rehabilitation. *Journals of Gerontology Series A-Biological Sciences & Medical Sciences*. 1999;54(12):M641-7.
5. Williams RC, Steig RL. Validity and therapeutic efficiency of individual goal attainment procedures in a chronic pain treatment centre. *Clinical Journal of Pain* 1987;2:219-228.
6. Rockwood K, Joyce B, Stolee P. Use of goal attainment scaling in measuring clinically important change in cognitive rehabilitation patients. *Journal of Clinical Epidemiology*. 1997;50(5):581-8.
7. Rushton PW, Miller WC. Goal attainment scaling in the rehabilitation of patients with lower-extremity amputations: a pilot study. *Archives of Physical Medicine & Rehabilitation*. 2002;83(6):771-5.
8. Rockwood K, Stolee P, Fox RA. Use of goal attainment scaling in measuring clinically important change in the frail elderly.[comment]. *Journal of Clinical Epidemiology*. 1993;46(10):1113-8.
9. Gordon JE, Powell C, Rockwood K. Goal attainment scaling as a measure of clinically important change in nursing-home patients. *Age & Ageing*. 1999;28(3):275-81.
10. Ashford S, Turner-Stokes L. Goal attainment for spasticity management using botulinum toxin. *Physiotherapy Research International* 2006;11(1):24-34.
11. Kiresuk T, Smith A, Cardillo J. Goal attainment scaling: application, theory and measurement.

Goal

Goal

Appendix 2: The "GAS – light" model

Background:

! "#\$%&' (()*+,-./:;<=>?@A B C D E F G H I J K L M N O P Q R S T U V W X Y Z [\] ^ _ ` { | } ~ ¡ ¢ £ ¤ ¥ ¦ § ¨ © ª « ¬ ® ¯ ° ± ² ³ ´ µ ¶ · ¸ ¹ º » ¼ ½ ¾ ¿

! "#\$%&'()*+,-./:;<=>?@A B C D E F G H I J K L M N O P Q R S T U V W X Y Z [\] ^ _ ` { | } ~ ¡ ¢ £ ¤ ¥ ¦ § ¨ © ª « ¬ ® ¯ ° ± ² ³ ´ µ ¶ · ¸ ¹ º » ¼ ½ ¾ ¿

@6 A4' B%+ ' * , #\$\$B%O)&\$)3' %&# --\$B)*+*'+#(); ' %&/'' , ' &%F 4)/4%2#B%5' %O)&/'' =,#+)*+%('%-#0' *(&>#%*0%

C6 D\$*)/##*%&# , %/' '* .=&' 0%5B%(4' %; #,)' =&%O).. ' *(%&/'' ,)*+%2' (4''0&%, ' -'' ,(' 0%)*(4' %\$)(' ,#(=, ' 6%

E6 A4' B%+ ' * , #\$\$B%O)&\$)3' %&# --\$B)*+*'+#(); ' %&/'' , ' &%F 4)/4%2#B%5' %O)&/'' =,#+)*+%('%-#0' *(&>#%*0%

%

1

0' &/,)5' 0%A' , ' %&#%&#*%#)0%(''O' /&)" *12#3)*+%#*0%" =(/'' 2' %' ; #=\$=#0)" *>#(3)*+%(4' %' <# 2-\$' %' .%

2#*#+ 2' *(%'' .%&-#&O)/B%=&)*+%5'' (=)\$* =2%('' <)*%G%(4' ,#-B%7H'' I AGA: %)*(4' %/' '* (' <(%'' .% ,'' =0)*' %

-,#/O/' 6%

Six key steps in decision-making and records needed to inform GAS-light

. * /!+&*O+!

1% (' , \$%2* , '+#(3

Using GAS to negotiate realistic goals

1=-%

&&); ' \$B%(2' 1/' '*&=2)*+6%%

%

P*(4' %! 891\$)+4(%2'' O' \$>%

"=(/'"2' %&#%9O8TASB%#&%)&%, '#&' *#5\$B%-''&&)5\$' %F)(4)*%(4' %/\$)*)/#%&' (O'+6%N, ";)O)*+(4#(%(4)&#%' ;' \$%4#&#% 5' ' *%/#, '.=\$\$B%O''/=2' *(' O>%'=(/'"2' %&/'' ;' #B%(4' *%5' %&\$\$''/#(' O%5B%(' #2%#+, ' ' 2' *(%#(%(4' %-'')*(%'' .% ' ; #=\$#O'' *%=&)*+(4' %; ', 5#%\$, #O)*+%&B&(' 2%&4'' F*%5' '\$'' F 6%

%

X''F' ;' ,>%, ' O' .)*()'' *%'' .%! 89%\$' ;' \$&#/#*>%' *%'' //#&)' *>%, '' ;)O' %#%=&' .=\$%(' '\$%.' , %*' +'')#(O'' *6%_'' , % '<#2-\$' >%) .%#%-#O' * (%F#* (&#(' %#/4)' ;' %#/O; ' %4#*O% =*/O'' *>%F4' *%, ' #)\$&O/#\$\$B%=&)*+(4' %#.. /(' O%4#*O% #&#%#-, '' -%)&%(4' %' <' /(' O''=(/'"2' 6P*(4)&#&#)=(#O'' *>(4' %#/O; ' % =*/O'' *%(&3%/#*%5' %&' (%#(%\$' ;' \$%C>#%*O% O>%5=(%)&#/\$' #, \$B%O' .)*' O%#&#

5' B'' *O%(4' %\$' ;' '\$%' .%' <' /(#O'' *6%

%

Recording GAS without numbers

D\$) /)#*%&' .(' *(4)*3%)*%(' , 2&%' .%/4#*+ ' % , '' 2%5#&' \$)*' 6%%

- 8%- , '' 5\$' 2%F)(4%(4' %S1 , ' /'' , O' O'' .%(4' %5#&' \$)*' %&/'' , ' %F#@6%%
- Q*(4' %'' (4' , %4#*O%) .%#\$\$%5#&' \$)*' %&/'' , ' &#&' , ' % , ' /'' , O' O%#(%1C>%(4)&%O'' &%*'' (%#\$\$'' F%.' , %F'' , &' *)*+6%%

%

A4' %.' '\$\$' F)*+%#%+'' ,)(42%#\$\$' F&#/\$)*)/#*%&#(' % , ' /'' , O%+'' #\$\$#((#)*2' *(%F)(4'' =(, ' . ' , ' * /' %(' '(4' %* =2' ,) /% &/'' , ' &>#%*O%&' %#; '')O&%(4' %- , /'); ' O%*' +#O; ' % /'' *'' *'' (#O'' *%&' .%' , '' %#*O%2)* =&#&/'' , ' &6%%

%

8%* =25' , %'' .%&/'' ,)*+%&B&(' 2&#&' , %/= , , ' * (\$B%5'))*+%<-\$'' , ' O>#)*/\$=0)*+%#%1E%#*O%#%1^6S%' -O'' *6%%
P*(4' %2' #*(O2' >%F' %-, '' -'' &' %(4#(%/\$)*)/#*%'' =O%=&' %#%\1-'')*(% , ' , 5#%&/#\$' %F4)/4%/'' ;' , &#%\$\$%

' ;'

Goal Attainment Scaling: Prof Lynne Turner Stokes.

" # \$ % ! > & & \$ ' () * (& ! < , \$ % ' (- ! M " > < N ! 5 * , # 6 2 ! < B * * & ! !

Patient Name:..... Age.....! ! Hospital No:.....!

Discharge date:.....! ! Keyworker:.....!

%

%

% | \$ & ' * (& ! + & \$ & * 2 ! - # \$ % < = > 5 ? ! - # \$ % 8) 0 ! K ' 9 9 ! @ \$ + * % ' (* ! > , B ' * A * 2 ! ! O \$ 6 ' \$ (, * ! !

