

# Goal Bank Skilled Nursing

## Cuing Hierarchy

Independent  
Setup/cleanup assistance  
Supervision or touching assistance  
Partial/mod assist  
Substantial/maximal assistance  
Dependent

## COGNITION

- Pt will complete further cognitive assessment (SLUMS/RIPA/ALFA/ACA) in order to assess cognitive communication skills by (DATE).
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## MEMORY

### Long-Term Goal

- Pt will increase memory abilities to (independence/setup/supervision/mod assist/max assist/dependent) demonstrating improved (orientation, basic functional recall of everyday activities, biographical information, safety precautions) in order to (return to PLOF/increase independence on nursing unit).
- Pt will increase memory to (independence/setup/supervision/mod assist/max assist/dependent) demonstrating independence with (functional memory tasks, use of compensatory strategies and precautions, recall of medication schedule) in order to (return to PLOF/increase independence on nursing unit).

### Short-Term Goal

- Pt will complete further memory assessment with (SLUMS/RIPA) in order to determine current cognitive level and goal set appropriately.
- Pt will utilize memory book with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist) in order to assist with everyday functional recall.
- Pt will utilize external/internal memory strategies to solve functional (immediate/short-term/working) memory tasks at (independence/setup/supervision/mod assist/max assist) with \_\_\_% accuracy to return to PLOF.

## ATTENTION

### Long-Term Goal

- Pt will complete (alternating/sustained/selective) attention activities with (independence/setup/supervision/mod assist/max assist/dependent) in order to increase independence with functional activities.

### Short-Term Goal

- Pt will complete alternating attention tasks with \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues to attend in a noisy environment in order to increase independence during functional tasks.

- Pt will sustain attention to (visual information/auditory information/activity) for \_\_\_ minutes in a quiet environment given (independence/setup/supervision/mod assist/max assist/dependent) to increase independence during functional tasks.
- Pt will selectively attend to (visual/auditory information/activity) for \_\_ minutes given (independence/setup/supervision/mod assist/max assist/dependent) to attend to functional activities.

## **PROBLEM SOLVING**

### **Long-Term Goal**

- Pt will demonstrate problem solving skills with (independence/setup/supervision/mod assist/max assist/dependent) or higher, demonstrating improved (insight, safety, executive functioning, reasoning, functional problem solving) in order to return to (IADL's, increase independence on nursing unit).
- Pt will demonstrate problem solving skills with (independence/setup/supervision/mod assist/max assist/dependent) or higher, demonstrating improve problem solving required for independence with basic ADL's and safety.

### **Short-Term Goal**

- Pt will complete ALFA assessment in order to determine patients' problem-solving functioning to goal set appropriately.
- Pt will complete basic problem-solving tasks related to safety (use of call light/walker/O2 precautions) at \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to (return to PLOF/increase independence on nursing unit).
- Pt will sequence functional activities with \_\_\_% with (independence/setup/supervision/mod assist/max assist/dependent) in order to (return to PLOF/increase independence on nursing unit).
- Pt will complete higher-level problem-solving tasks r/t IADL's at \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to (return to PLOF).

## **SOCIAL INTERACTION**

### **Long-Term Goal**

- Pt will increase social interaction to (independence/setup/supervision/mod assist/max assist/dependent) demonstrating increased ability to (manage emotions, cope, engage in social communication, maintain topic, use appropriate pragmatics, turn-take).
- Pt will increase social interaction to (independence/setup/supervision/mod assist/max assist/dependent) or higher demonstrating improved (behavior, pragmatics, eye contact, emotional regulation, coping with anxiety/depression).

### **Short-Term Goal**

- Caregivers/Staff will be able to teach back pt behavioral plan to manage (agitation/restlessness/anxiety/depression) in order to improve quality of care.
- Pt will demonstrate techniques of emotional regulation to manage negative ideation and behavior (deep breathing, positive thinking, mindfulness) with (independence/setup/supervision/mod assist/max assist/dependent) in order to benefit quality of life.
- Pt will communicate in social interactions given (independence/setup/supervision/mod assist/max assist/dependent) for (turn taking, eye contact, pragmatics, appropriateness) in order to increase appropriate social interactions with staff/residents/family.

## APHASIA RECEPTIVE

### Long-Term Goal

- Pt will demonstrate (verbal/written) expression skills with (independence/setup/supervision/mod assist/max assist/dependent) concerning improved (motor speech, word finding, fluency, voice, initiation, pragmatics) in order to express (simple wants/needs/higher level/complex ideas).

### Short-Term Goal

- Pt will answer simple biographical yes/no questions presented (verbally/visually) with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to communicate simple biographical information.
- Pt will follow (simple/complex 1-step commands/2-step commands) with \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to complete functional tasks.
- Pt will identify the correct picture in a field of (2/4/6) when presented with the word (verbally/visually) at \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to recognize functional language.
- Pt will read (sentences/paragraphs) and answer comprehension questions with \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to improve functional communication.

## APHASIA EXPRESSIVE

### Long-Term Goals

- Pt will be able to communicate using (simple/complex) (words/phrases/sentences) with (independence/setup/supervision/mod assist/max assist/dependent) in order to increase ability to express (simple/complex) (wants/needs/ideas/feelings).

### Short-Term Goals

- Pt will name common objects at \_\_\_% accuracy with (independence/mod assist/max assist) given (phonemic/orthographic/semantic) cues in order to increase ability to express wants/needs.
- Pt will generate sentences with 3 or more words in response to a situation with \_\_\_% accuracy with (independence/mod assist/max assist) given (phonemic/orthographic/semantic) in order to increase ability to communicate basic wants and needs.
- Pt will participate in (simple/complex) conversation with \_\_\_% accuracy with situation with \_\_\_% accuracy with (independence/mod assist/max assist) given (phonemic/orthographic/semantic) in order to increase ability to communicate complex thoughts, feelings, and needs.

## DYSARTHRIA

### Long-Term Goal

- Pt will produce (vowels/phrases/paragraphs/conversation) with appropriate intelligibility given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants and needs.

### Short-Term Goal

- Pt will produce (vowels/phrases/paragraphs) with appropriate voicing in \_\_\_% of opportunities given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants and needs.
- Pt will produce phrases with (5 or fewer words/7 or more) in one breath in \_\_\_% of opportunities with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants/needs.

- Pt will produce phrases with appropriate stress in \_\_\_% of opportunities given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants/needs.

## VOICE

### Long-Term Goal

- Pt will produce (words/phrases) with appropriate voicing with (independence/setup/supervision/mod assist/max assist/dependent) in order to express wants/needs.

### Short-Term Goal

- Pt will produce (easy onset/non-nasal/tense vowels/minimal pairs) words with appropriate voicing in \_\_\_% of opportunities with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants/needs.
- Pt will produce (words/phrases) at (70dB/80dB) vocal loudness with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase ability to express wants/needs.
- Pt will improve MPT to \_\_ml with (independence/setup/supervision/mod assist/max assist/dependent) to demonstrate increased breath support req for voicing.

## COMPREHENSION

### Long-Term Goal

- Pt will d/c with (independence/setup/supervision/mod assist/max assist/dependent) in order to increase comprehension (reading/expression) of (simple/complex) ideas and instruction.
- Pt will d/c with (independence/setup/supervision/mod assist/max assist/dependent) (reading/expression) in order to increase comprehension of functional information.

### Short-Term Goal

- Pt will follow (1/2/3) step directions at (independence/setup/supervision/mod assist/max assist/dependent) level with \_\_\_% accuracy in order to complete functional activities.
- Pt will respond to (simple/complex) questions at (independence/setup/supervision/mod assist/max assist/dependent) level with \_\_\_% accuracy in order to increase ability to participate in functional communication.
- Pt will respond to (simple/complex) questions at independent level with \_\_\_% accuracy demonstrating improved auditory processing/comprehension
- Pt will answer paired Y/N questions at with \_\_\_% accuracy at (independence/setup/supervision/mod assist/max assist/dependent) in order to increase ability to participate in functional communication.
- Pt will identify (object/pic/word) in a field of (2/4/6) with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) in order to participate in functional activities.

## AAC GOAL

### Long-Term Goal

Pt will be able to use (low tech/high tech) AAC device with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to communicate basic wants/needs.

### **Short-Term Goal**

Pt will (type/identify) single (words/icons) with \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to communicate basic wants/needs.

Pt will answer simple biographical questions at \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase functional communication.

Pt will be able to navigate device with \_\_\_% accuracy given (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase independence with device.

Pt will be able to add new (icons/vocabulary) to AAC device with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) cues in order to increase functional communication.

## **SWALLOWING**

### **Long-Term Goal**

- Pt will d/c on IDDSI diet of (Regular-7/Easy to Chew-7b/Soft and Bite Size-6/Minced and Moist-5/Puree-4) (Thin/Nectar Thick) liquids) with (independence/setup/supervision/mod assist/max assist/dependent) use of swallow strategies in order to improve (oral/pharyngeal) swallowing safety and improve (nutrition/hydration)
- Pt will d/c on PO diet maintaining nutritional needs PO requiring no alternative means of nutrition (IV/PEG/NG).
- Pt/caregiver will demonstrate/verbalize understanding of diet recommendations, swallowing strategies, swallowing exercises for (home/facility) maintenance program.

### **Short-Term Goal**

- Pt will complete instrumental swallow evaluation to assess swallow function and determine appropriate diet level.
- Pt/caregiver will demonstrate understanding of oral care and be able to follow oral care program with (independence/setup/supervision/mod assist/max assist/dependent) in order to benefit oral health.
- Pt will decrease (oral pocketing/anterior labial spillage) with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) to reduce risk of aspiration.
- Pt will manage trials of (Regular-7/Easy to Chew-7b/Soft and Bite Size-6/Minced and Moist-5/Puree-4) following swallowing strategies with \_\_\_% accuracy with (independence/setup/supervision/mod assist/max assist/dependent) in order to decrease s/s of aspiration.
- Pt will complete (pharyngeal/oral motor exercises) with (independence/setup/supervision/mod assist/max assist/dependent) in order to increase swallow function.

## **TRACH/DECANNULATION**

### **Secretion Management/Suctioning Goal**

- Pt will independently manage secretions as demonstrated by requiring no suction (deep or oral suction) over \_\_\_hr period.
- Pt will utilize quad cough at spv level to clear deep secretions and req no deep suction over \_\_\_hr period.
- Pt will demonstrate ability to clear pharyngeal secretions without need for deep suction over \_\_\_period.

- Pt will independently utilize yanker to clear oral secretions
- Pt will decrease anterior spillage of saliva req \_\_\_ cueing to clear secretions
- Pt will increase awareness of drooling req \_\_\_ cues in \_\_\_ min/sessions to wipe/mng secretions
- Pt will improve labial seal in order to decrease anterior spillage of secretions by meeting IOPI peak of \_\_\_ kPa when measuring lip strength
- Pt will improve lingual strength req to mng secretions as demonstrated by IOPI peak of \_\_\_kPa when measuring base of tongue strength.

### **DECANNULATION**

- Pt will tolerate uncuffed trach for \_\_\_ hrs/days in order to demonstrate readiness for passy muir speaking valve
- Pt will down size to \_ size trach in order to tolerate PMSV/demonstrate readiness for capping trials
- Pt will tolerate PMSV for \_\_\_hrs in order to increase independence with verbal communication
- Pt will tolerate PMSV for \_\_\_hrs in order to demonstrate readiness for capping trials and decannulation
- Pt will tolerate capping trials for \_\_\_min/hrs in order to work towards decannulation
- Pt will be decannulated in order to improve swallow function/in order to improve verbal communication
- Pt and family will demonstrate understanding of trach related goals
- Pt/family will demonstrate understanding of trach/pmsv care (placement/clearing)
- Pt will meet incentive spirometer peak of \_\_\_ ml to demonstrate improved breath support req for decannulation
- Pt will meet \_\_\_ syllables per breath over 3 trials demonstrating improved breath support req for decannulation
- Pt will meet MPT of \_\_\_ sec over 3 trials to demonstrate breath support req for decannulation
- Pt will digitally occlude (stoma/trach) to improve breath support req for intelligible speech at \_\_\_ level.

### **SKILLED MAINTENANCE**

#### **Long-Term Goals**

- Pt will maintain cog/communication skills at level of (independence/setup/supervision/mod assist/max assist/dependent) with implementation of \_\_\_% verbal cues and environmental modifications to decrease risk of cognitive decline.
- Pt will maintain comprehension skills at (independence/setup/supervision/mod assist/max assist/dependent) with implementation of min cues during discussion of familiar topics to decrease risk of social isolation and to facilitate communication opportunities.
- Pt will maintain current diet with pleasure feedings with SLP in order to benefit quality of life.

#### **Short-Term Goals**

- Pt will maintain safe swallow function while consuming (thin liquids/texture) by (spoon/cup/straw) with SLP only for pleasure feedings.
- Pt will continue to engage in 3-minute social interactions with staff during daily care in order to maintain communication skills.
- Pt will maintain short-term memory skills using a memory book and verbal cues from staff in 80% of opportunities.
- Pt will maintain ability to recall self-relevant pieces of information at \_\_\_% accuracy with verbal/visual cues to maintain ability to recall events and leisure activities scheduled.

- Pt will maintain current reasoning skills at \_\_\_% accuracy and occasional (min/mod) cues to prevent cognitive decline and to maintain independence within this environment.
- Pt will maintain thought organizational skills at \_\_\_% accuracy and occasional cues with task modifications as needed to prevent cognitive decline within this environment.
- Pt will maintain ability to respond to yes/no questions at \_\_\_% accuracy with implementation of verbal cues to increase ability to engage in meaningful interactions.
- Pt will demonstrate ability to use verbal and non-verbal communication to make decisions related to preferences during care tasks and daily routine with (independence/setup/supervision/mod assist/max assist/dependent) to facilitate highest level of independence in current environment.
- Pt will maintain ability to complete 3 conversational exchanges related to direct and observable topics using multisensory stimuli in order to reduce risk of social isolation.
- Pt will maintain current level of cognitive-communication to actively participate (following along with handout, switching between tasks, singing along, etc) in weekly activity with (independence/setup/supervision/mod assist/max assist/dependent) in order to maintain quality of life and highest level of independence with leisure activities of choice.