

# Treatment Plans Using the S.M.A.R.T. Model



Saint Vincent  
Catholic Medical  
Centers

# S.M.A.R.T. Treatment Planning

- Treatment plans are essential (and required) tools that provide a map to assist our patients/clients on the road to recovery. The treatment plan addresses problems identified in the client assessment, defines and measures interventions in their care and provides a measure for client's progress in treatment. Treatment plans are key in demonstrating the effectiveness of our interventions to our patients as well as to accrediting bodies and third party payers.

## Joint Commission Standards PC.4.40 (Behavioral Health) and PC.4.10 (Hospital)

PC.4.40 - The organization develops a plan for care, treatment, and services that reflects the assessed needs, strengths, and limitations.

Elements of Performance require treatment plans that include the following:

- Clearly defined problems and needs statements
- Measurable goals and objectives
- The frequency of care, treatment, and services
- Objectives are sufficiently specific to evaluate the client's progress and expressed in behavioral terms that specify measurable indices of progress
- Goals and objectives are re-evaluated and, when necessary, revised.....at a minimum specified time interval established by organization policy.

# Goal

- A statement that describes in broad terms what the patient will learn from a particular treatment. It is a behavioral outcome statement.
- If a patient achieves a particular goal it could be measured by its objectives
- Example: Patient will be able to function independently

# Developing Goals

- Review the patient problem areas and discuss the areas of strength/limitations, based on assessments, with the patient
- Think of the long term goal for the patient and begin to formulate, with the patient if possible, what objectives would need to be met in order to achieve the goal

# What is S.M.A.R.T.?

- S.M.A.R.T. stands for Specific, Measurable, Attainable, Results Oriented and Timely. It was developed by George T. Doran – “There’s a S.M.A.R.T. Way to Write Management Goals and Objectives”, November 1981, Management Review (AMA Forum)
- S.M.A.R.T. is a model for writing goals and objectives and has been used in business, management, project management and for writing personal goals.
- Apply this acronym to your patient’s goals and objectives – is your plan a S.M.A.R.T. one?

# S.M.A.R.T. Objectives

- **Specific** – Concrete, use action verbs
- **Measurable** – Numeric or descriptive, quantity, quality
- **Attainable** – Appropriately limited in scope, feasible
- **Results-Oriented** – Measures outputs or results, includes accomplishments
- **Timely** – Identifies target dates, includes interim steps to monitor progress

# Objective

- A statement in specific and measurable terms that describes what the patient will be able to do as a result of your methods and the patient's efforts.
  - What will the patient do that indicates that a goal is attained?
  - How would you differentiate between the patient who achieves the goal and the one who does not?
  - The objective must be measurable and specific
  - Objective must be written from the perspective “The patient will....”
  - The objective must be realistic as something that the patient really can achieve
  - Each objective should have only one focus



# Writing The Objective - Example

- Example – Education about medication and diagnosis
- Writing the Objective
  - What – The patient will be able to state the names of 2 of the medications he is currently taking and why he is taking them
  - Why – To increase his knowledge about his illness, assist with medication regime adherence so patient can function independently
  - When – By the end of the review period client will be able to state the names of the 2 medications and verbalize why he is taking them.

# Method

- Describe what methods the Treatment Team will be providing to the patient to assist him in achieving the objective
- Include details
- Both the methods and progress towards goals are described in the progress notes.

## Method (continued)

- What will the Treatment Team do to bring about change?
- All services to be provided by the Treatment Team must be specific to that objective
- There are likely several services pertaining to each objective
- **Example:** Nursing staff will prompt patient to state current medications while administering medication. Staff will provide patient with clinical pharmacology education materials, including the viewing of educational films and self-guided on-line education, pertaining to his medications, daily dosages and uses. Psychiatrist will educate patient concerning the effect of the medications on patient's brain and general physical health. Staff will invite patient to attend weekly medication "Q&A" group.

# Writing the Update- Example

- **Example – Patient will identify the names of two of his medications and why he is taking them.**
  - What was accomplished? Patient was able to state the names of 2 of his medications and why he is taking them.
  - How was it accomplished? RN prompted patient daily during medication administration to state the names of his medications and why he is taking them. RN offered assistance when necessary. RN educated patient on the importance of knowing the names of his medication and why he is taking them as it relates to his recovery.
  - When was it accomplished? By the end of review period

# Setting Attainable Goals (Example)

**Goal:** Pt will improve social skills and build a healthy support system in Recovery

**Objective:** Recognition of need for better support system in Recovery

Goal  
Attained

1<sup>st</sup> Treatment  
Plan Obj.

Patient will state three reasons he would benefit from AA group attendance.

2<sup>nd</sup> Treatment  
Plan Obj.

Patient will identify the location and schedule of five AA groups in his community.

3<sup>rd</sup> Treatment  
Plan Obj.

Patient will attend two AA groups per week.

4<sup>th</sup> Treatment  
Plan Obj.

Patient will get a sponsor.



Goal  
Attained



Goal  
Attained



Goal  
Attained



# Discontinuing Objectives

- When should a objective be discontinued?
  - The patient is not ready to work on the objective
  - The objective was not achieved
  - There were too many objectives (not specific enough)
  - Be sure if you discontinue an objective that you state why it has been discontinued in the Update