

## **Goal-phrasing in Occupational Therapy - an analysis to discover and promote professional identity in Switzerland**

Franziska Heigl<sup>1</sup>, Julie Page<sup>1</sup>, Emmanuelle Drecq<sup>4</sup>, Claudia Galli<sup>2</sup>, Erica Kuster<sup>5</sup>, Isabel Margot<sup>3</sup>, Sylvie Meyer<sup>3</sup>

<sup>1</sup>Zurich University of Applied Sciences, Institute of Occupational Therapy, Research and Development, Winterthur, Switzerland, <sup>2</sup>ErgotherapeutInnen Verband Schweiz EVS, Swiss Association of Occupational Therapy, Bern, Switzerland, <sup>3</sup>Haute Ecole Spécialisée de Suisse occidentale, Lausanne, Switzerland, <sup>4</sup>Scuola Universitaria Professionale della Svizzera Italiana, Manno, Switzerland, <sup>5</sup>Swiss Red Cross, Wabern, Switzerland

### **Introduction**

The importance of setting goals in rehabilitation has been acknowledged as an important part for recovery and has attracted growing attention over the last years. They are an indicator for an individual's perceived orientation in and purpose of life and are strongly connected to a positive life attitude and general well-being.

### **Problem**

A challenge for health professionals is to negotiate the "best" goals with the client. Although several aspects can be identified which seem to be relevant in order to reach efficient goal-setting for occupational therapists (OTs), no knowledge exists on the current state of OTs' way to phrase goals in Switzerland.

### **Objective**

This project aims at uncovering the current way of goal-phrasing by Swiss OTs in order to improve the quality and to promote the professional identity of Swiss OTs.

### **Method**

Qualitative content analysis is applied to existing data of formulated goals collected with the Goal Attainment Scale [1] by OTs working in an extramural setting in a national wide quality assurance project.

### **Results**

Results are presented along aspects like being occupation-based, relation to domains of the International Classification of Functioning, Disability and Health [2] and differences between speciality fields or between the different regions of Switzerland.

### **Conclusion**

A linkage from phrased goals to the shift of paradigm and professional identity of Swiss OTs can be derived as the way of phrasing goals specific to a profession mirrors the philosophical and theoretical underpinnings of the respective profession.

### **Contribution to the practice / evidence base of occupational therapy**

Results of this analysis are used to implement evidence based education programmes and guidelines for practice in phrasing goals. Improved goal-phrasing competencies of OTs will optimize the effectiveness through quality assurance.

## References

[1] Kiresuk, T., & Sherman, R. (1968). Goal attainment scaling: A general method for evaluating comprehensive community mental health problems. *Community Mental Health Journal*, 4, 441-453.

[2] World Health Organization. (2001). *International Classification of Functioning, Disability and Health (ICF)*. Geneva: World Health Organization.