Developing SMART Goals

Pharmaceutical Care

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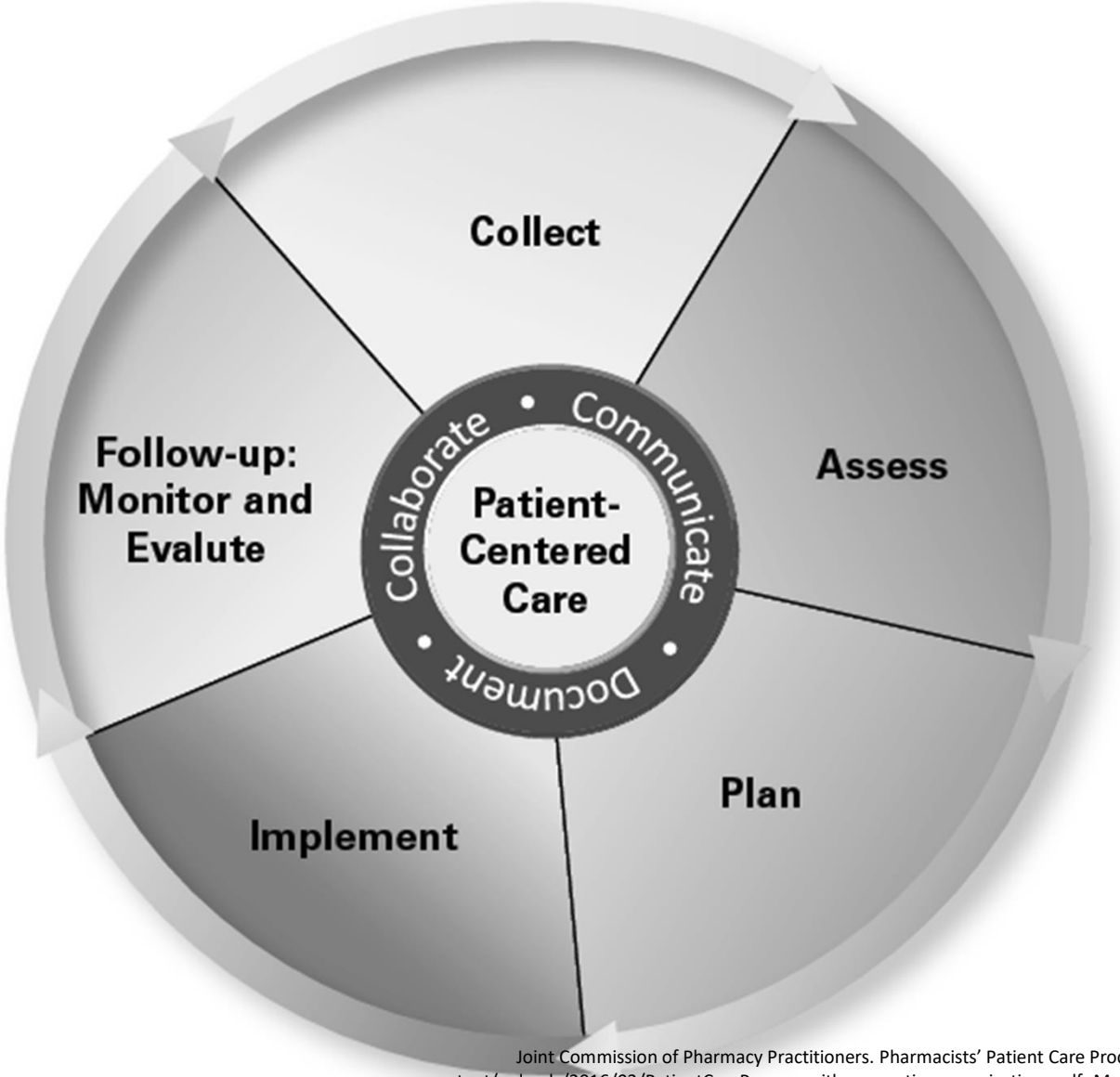
Objectives

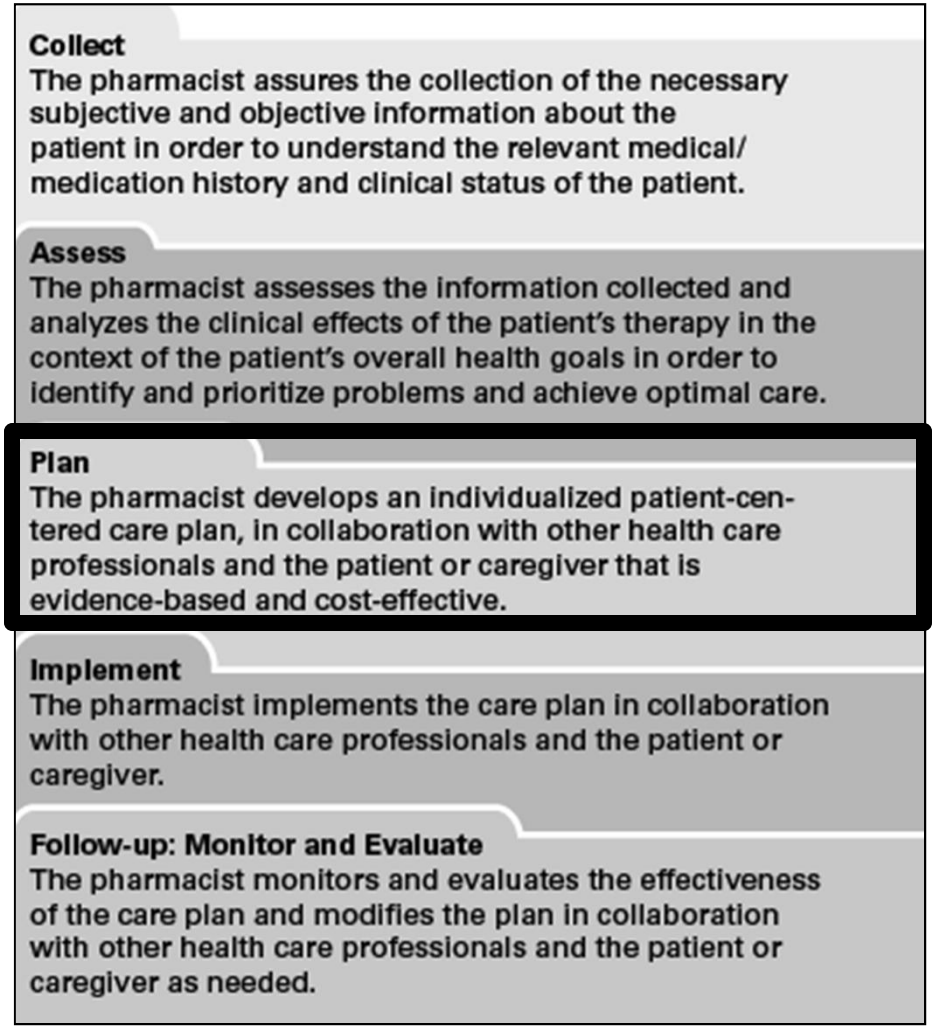
- Identify each component of the SMART mnemonic
- Develop appropriate SMART goals for patient medical and drug-related problems

Pharmacists' Patient Care Process



Joint Commission of Pharmacy Practitioners. Pharmacists' Patient Care Process. Available at: https://jcpp.net/wp-content/uploads/2016/03/PatientCareProcess-with-supporting-organizations.pdf. May 29, 2014. Accessed January 30, 2017.

Pharmacists' Patient Care Process



- Developing goals of therapy is an important part of a pharmacists plan of care
  - Helps lay the foundation for implementation and monitoring of the patient's care plan

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Types of Therapy Goals

- Cure a disease
- Slow or stop disease progression
- Reduce, relieve or eliminate signs and/or symptoms of disease
- Prevent disease or complications of disease
- Normalize lab values

Developing Therapy Goals

- Use the "SMART" format
  - **S:** **S**pecific
  - **M:** **M**easurable (or observable)
  - **A:** **A**chievable
  - **R:** **R**elated
  - **T:** **T**ime-bound

Writing SMART Goals

- John is a 55 year old male patient who comes to the clinic for a check up. His blood pressure is noted to be 152/92 mmHg
  - According to ACC/AHA guidelines, his blood pressure should be maintained < 130/80 mmHg

- Let's write a goal for John:
  - "Improve blood pressure"

Not a SMART goal!

Writing SMART Goals

- How can we write a SMART goal for John?

S:	**S**pecific	
M:	**M**easureable or observable	
A:	**A**chievable	
R:	**R**elated	
T:	**T**ime-bound	

Writing SMART Goals

- Is this a SMART goal?
  - "Reduce blood pressure to < 130/80 mmHg"
    - ❑Specific
    - ❑Measurable (or observable)
    - ❑Achievable
    - ❑Related
    - ❑Time-bound

Writing SMART Goals

- Is this a SMART goal?
  - "Reduce blood pressure to < 130/80 mmHg by next office visit in 4 weeks"
    - ❑Specific
    - ❑Measurable (or observable)
    - ❑Achievable
    - ❑Related
    - ❑Time-bound

Writing Different Types of SMART Goals

- **Cure of a disease**
  - Problem: pneumonia

Not a SMART goal	SMART goal
"Cure pneumonia"	"Eradicate infection within one week"

Writing Different Types of SMART Goals

- **Slow or stop disease progression**
  - Problem: back pain

Not a SMART goal	SMART goal
"Prevent back pain from getting worse"	"Maintain ability to walk up stairs at 3 month follow up"

  - Problem: COPD

Not a SMART goal	SMART goal
"Improve breathing ability"	"Improve exercise tolerance over 12 weeks"

Writing Different Types of SMART Goals

- **Reduce signs and/or symptoms of disease**
  - Problem: arthritis

Not a SMART goal	SMART goal
"Lower pain level from arthritis"	"Reduce pain to less than 3 on a scale of 1-10 in 1 week"

  - Problem: Urinary Tract Infection

Not a SMART goal	SMART goal
"Relieve symptoms of UTI"	"Eliminate urinary urgency and dysuria within 1 day"

Writing Different Types of SMART Goals

- **Prevent disease or complication of disease**
  - Problem: diabetes

Not a SMART goal	SMART goal
"Avoid development of foot problems from diabetes"	"Prevent loss of sensation in feet at next yearly visit"

  - Problem: seasonal influenza

Not a SMART goal	SMART goal
"Administer the flu vaccine"	"Reduce risk of influenza infection for one year"

Writing Different Types of SMART Goals

- **Normalize lab values**
  - Problem: hypokalemia

Not a SMART goal	SMART goal
"Normalize potassium level"	"Return potassium level to 3.5-5 mEq/L within 2 hours"

  - Problem: diabetes

Not a SMART goal	SMART goal
"Lower the patient's blood sugar"	"Reduce hemoglobin A_1c level to < 7% in 3 months"

Resources for Goals

- What if you're faced with a disease, condition or problem that you're not familiar with?

Resources for Goals

- DiPiro's *Pharmacotherapy*
  - Problem: osteoarthritis

TREATMENT

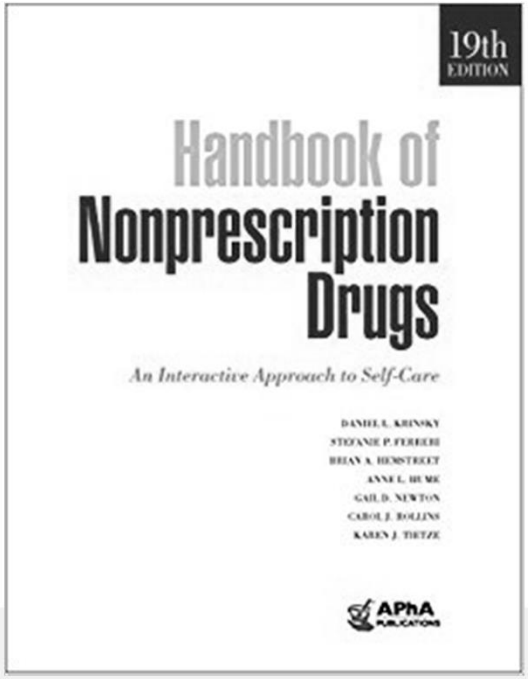
Desired Outcome

Management of the patient with OA begins with a diagnosis based on a careful history, physical examination, radiographic findings, and an assessment of the extent of joint involvement. Treatment should be tailored to each individual. Goals are (1) to educate the patient, family members, and caregivers; (2) to relieve pain and stiffness; (3) to maintain or improve joint mobility; (4) to limit functional impairment; and (5) to maintain or improve quality of life.[38,39,40]

Buys LM, Wiedenfeld SA. Osteoarthritis. In: DiPiro JT, Talbert RL, Yee GC, et al. *Pharmacotherapy: A Pathophysiologic Approach*. 10th ed. New York: McGraw Hill Education: 2017

Resources for Goals

- *Handbook of Non-prescription Drugs*
  - Problem: allergic rhinitis



Treatment of Allergic Rhinitis
Treatment Goals

Allergic rhinitis cannot be cured. The goals of therapy are to reduce symptoms and to improve the patient's functional status and sense of well-being. Treatment is individualized to provide optimal symptomatic relief and/or control.

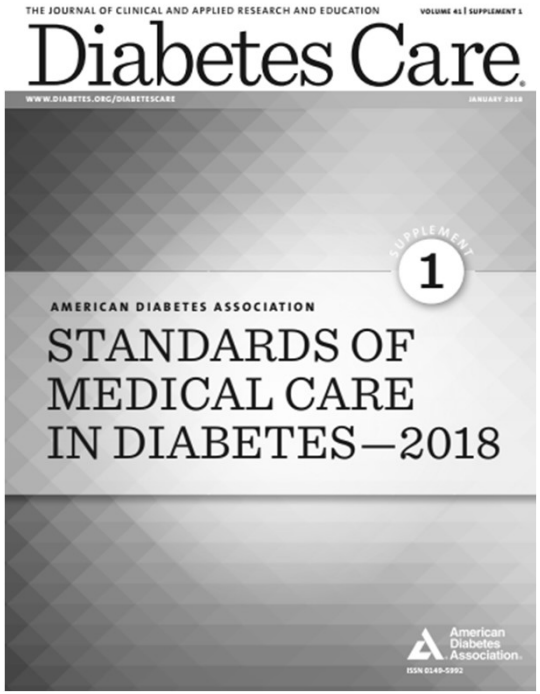
Scolaro K. Colds and Allergy. In: Krinsky, DL, ed. *Handbook of Non-prescription Drugs: An Interactive Approach to Self-Care*. 19th ed. Washington DC:.

Resources for Goals

- Disease state practice guidelines
  - Problem: diabetes

Recommendations

- A reasonable A1C goal for many nonpregnant adults is <7% (53 mmol/mol). **A**



Diabetes Care. 2018; 41(Suppl 1): S1-S158

Resources for Developing Goals

Assigning an Appropriate Timeframe

- Select a reasonable timeframe over which you could expect the goal to be achieved
  - Think about when it might be reasonable to follow up with the patient to check for achievement of the goal
  - Avoid selecting a timeframe that is too long or too short
  - Avoid stating a timeframe “for lifetime”

Assigning an Appropriate Timeframe

- Patient to take acetaminophen for fever:
  - "Reduce temperature to <99°F within _____"
- Patient to start taking Lipitor for high cholesterol:
  - "Lower LDL cholesterol to < 70 mg/dL by _____"
- Patient is taking aspirin following a stroke:
  - "Prevent risk of another stroke for _____"

Avoid These Common Mistakes When Developing Goals

- Forgetting the SMART format
  - Not being specific
  - Not creating a measurable or observable goal
  - Not including a timeframe or choosing an inappropriate timeframe
- Mixing up recommendations with goals
  - Recommendation: what you want the patient *to do*
  - Goal: what you want the patient *to achieve*

Examples of Common Mistakes When Developing Goals

"Bad" goal	**What's wrong with it?**
"Prevent acid reflux"	This goal has no time frame
"Prevent complications of diabetes"	This goal is not specific and has no time frame
"Take lisinopril to reduce blood pressure to <130/80 mmHg"	This is not a goal – it is a pharmacologic recommendation
"Adhere to the DASH diet for the next year"	This is not a goal – it is a therapeutic/non-pharmacologic recommendation
"Take OTC acetaminophen to treat headache"	This is not a goal – it is a pharmacologic recommendation
"Patient should take medications as directed"	This is not a goal – it is a counseling point
"Patient should evaluate for resolution of symptoms in 2 days"	This is not a goal - it is a monitoring parameter for effectiveness

Patient Case: Mike

- Mike is a 46 year old white male with no significant PMH.
  - He presents to your community pharmacy following a visit to his primary care physician with c/o ankle pain and swelling, which started yesterday while he was playing basketball with his son. He rates his pain as a 5 on a 10 point scale.
- Mike was diagnosed with an ankle sprain and the physician is recommended over the counter ibuprofen, along with RICE therapy, to help reduce the pain and swelling.

Patient Case: Mike – Goals

- What are some SMART goals for Mike?
  - Ankle sprain: