"ICF and goal setting workshops"
Person-centred, interprofessional learning

	Content	Workshops on theory about safe interaction, motivational interview techniques, goal setting and ICF following by workshopping. Coronaria started a pilot of ICF and goal setting workshops in 2021 during the INPRO project to be able to offer tools for improved person-centred approach in goal setting and rehabilitation planning. 10 to 15 different rehabilitation professionals in 4 different service units each took part. The workshops received good feedback. Especially the importance of taking into account the whole person was confirmed. The opportunity to talk freely with other professionals brought up ideas how to improve interprofessionalism.
	Learning objectives (The INPRO CF codes are explained online, the full INPRO CF file is here)	To find out what benefits ICF and goal setting workshops bring to rehabilitation professionals in their work. Other goals for interprofessionalism (referring to the competencies in the INPRO Competency Framework): 1) IPC5: Works with scope of interprofessional practice 2) IPMC3: Works interprofessionally
	Person-centredness (see guide for educators)	Yes, the workshops focused on a person-centred approach. How to take the client into account so that they feel safe in the interaction with the rehabilitation professional. The focus was also on how the person-centred ICF model and interprofessional working may benefit the client.
	ICF (WHO framework, see the RPS form and further materials here: www.inproproject.eu)	Yes, ICF was strongly a tool when we practiced the use of the Goal Attainment Scale (GAS). How to take into consideration the whole biopsychosocial person when setting goals? There was also practice of the RPS form which gives more concrete ideas of the structure of functioning regarding to the ICF model.
	Clinical reasoning	Yes, clinical reasoning was a part when practicing for example the Goal Attainment Scale and the RPS form.
	Learning principles	Activity-based, exchange-based and theory-based learning
	Setting	Could be in service units among the own team. Or between different teams from different service units working with both in- and out-patients. It is beneficial to learn from professionals in different roles and settings. However, ensure basic knowledge of ICF before attending.
	Target groups	Professionals, managers and students could be in the target groups. In the pilot there were different rehabilitation professionals. Their experience in ICF varied from beginners to intermediate.
	Number of participants	10 to 15 participants in one workshop.
	Involved professions	All rehabilitation professionals could take part: dieticians, doctors, nurses, occupational therapists, physiotherapists, psychologist, psychotherapists, social workers, speech therapists, or other
	Duration, frequency	The duration of each workshop was 5 to 5,5 hours. There were 3 live settings and 1 virtual setting.
	Materials	The participants in the workshops received PPT-material of the theory parts of the workshops and they wrote down own notes. The material could be given to the participants in advance too.

	Evaluation	The participants received blanco paper and the workshop keepers gave them instructions to write down freely what was good with the workshops and what could be developed further. However, the feedback form could be more formal too with a numeric scale etc.

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	Institution, Credits	Coronaria rehabilitation and therapy services (Coronaria Contextia Ltd) Thanks to all participants of the pilot of the workshops and the managers in the service units who gave the possibility to their workers to take part of the workshops.
	Details	www.inproproject.eu workshop material

Findings from the evaluation:

	Reaction	We received feedback on the workshop itself, the ICF tools and attitudes towards the ICF framework. We also received a lot of valuable feedback from different rehabilitation professionals on what is needed to implement ICF-based tools and practices in Coronaria. Feedback was also received on how education around these themes could be built up in the future.
		Examples of the feedback from the participants on the workshop in itself: *"The workshop helped to understand the importance of ICF in practice."* *"Although everyday life at Coronaria is busy, it's wonderful to see that people here focus on talking about these things too"*
		About ICF and person-centredness: *"Implementing the ICF in work requires working on one's own approaches, changing one's own perspectives in the direction of the ICF."* *"Important: taking the whole client into account."* *"Consideration of the type of guidance style that is most beneficial to the client" "What is this person made of?"*
		Ideas on how to build up education in the future: *"Internal training days e.g. in teams: getting to know other professionals, networking, talking, wondering, solving problems together to lower the threshold for contacting another professional."* *"Working on common case studies in teams, sharing methods / knowledge, joint training days, using team meetings also to develop multi-professionalism."*
	Learning	It is very important to let rehabilitation professionals come together and it is something what should definitely happen more often in the future. The practices should be common in every service unit at Coronaria.
		A basic knowledge of ICF before attending an ICF workshop would have helped the participants to internalise new aspects of the workshop.
	Behaviour	-
	Results	Today Coronaria has a good workshop model which can of course be further developed (feedback forms, learning principles could be varied and the target groups could be expanded and be picked more carefully).