



ALIGNING INTERPROFESSIONAL EDUCATION AND COLLABORATION IN PRACTICE

using promising regional experiences for international exchange

ICF AND GOAL SETTING WORKSHOPS

Coronaria therapy and rehabilitation services (Coronaria Contextia Ltd)

This material was initially developed at Coronaria when there was a wish to create training on how to benefit from the ICF framework when setting goals with clients. This material is for anyone working in rehabilitation who needs ideas on how to run an ICF and goal setting workshop. There is a programme agenda and a powerpoint presentation summary of how we built our workshops at Coronaria.

Materials are in English and in Finnish.

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Information on Goal setting and ICF workshop

INPRO project

- The Interprofessionalism in action (INPRO) project is an international Erasmus funded project. The project involves participants from Belgium, the Netherlands, Finland and Austria.
- The project focuses on: promoting interprofessional cooperation and a person-centred working approach.
- The use of the ICF framework is a key element of the project.

Coronaria's aim, as an participant in the project, is to introduce the ICF framework into interprofessional working and to develop interprofessional working methods and person-centred approaches.

Creating a safe relationship and motivational interviewing techniques

- All the things that affect our behaviour and history of illness
- How to create safety in the therapy situation between client and therapist
- Motivational interviewing and goal setting techniques

Rehabilitation goals and their importance

- How is the ICF useful for setting goals?
- Motivating and engaging the client and his/her community in rehabilitation
- How does safe interaction help with goal setting, and rehabilitation as a whole?
- How could we use other professional groups in our rehabilitation work?

We will discuss these topics further in the afternoon.

We will also bring along ICF tools that can be used to develop goals and planning.

Goal setting and ICF –workshop

INPRO –project, schedule

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WELCOME

Schedule

8.30-8.50 Arrival, morning coffee and introduction

8.50-9.50 Motivational interviewing and building a secure relationship

10.00-10.40 On goal setting and using the ICF, discussion

10.50-11.30 ICF tools in Coronaria

11.30-12.30 Lunch

12.30-13.45 Workshop work

13.45-14.00 Summary of the day

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Infoa ICF ja tavoitteen asettelu -työpajasta

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INPRO-hanke

- Inprofessionalism in action –hanke, eli INPRO-hanke, on kansainvälinen Erasmus-rahoitteinen hanke
- Hankkeessa on mukana toimijat Belgiasta, Hollannista, Suomesta ja Itävallasta
- Hankkeen keskiössä on edistää moniammatillista yhteistyötä sekä asiakaskeskeistä työskentelyotetta.
- ICF-viitekehyksen hyödyntäminen on yksi keskeinen osa hanketta.

Coronarian tavoitteena, osana hanketta, on ottaa käyttöön ICF-viitekehys osaksi moniammatillista työskentelyä sekä kehittää moniammatillisia työskentelytapoja ja asiakaslähtöisiä toimintamallia

Turvallisen asiakassuhteen luominen ja motivoiva haastattelu

- Mitkä kaikki asiat vaikuttavat meidän käytökseemme ja sairashistoriaan
- Miten luoda turvallisuutta terapiatilanteeseen asiakkaan ja terapeutin välille
- Motivoiva haastattelu ja tavoitteiden löytäminen

Kuntoutuksen tavoitteista ja niiden tärkeydestä

- Miten ICF on hyödyksi tavoitteiden asettelussa?
- *Motivoivat ja sitouttavat* kuntoutujaa ja hänen lähipiiriään kuntoutukseen
- Miten turvallinen vuorovaikutus auttaa tavoitteiden asettelussa, ja kuntoutuksessa kokonaisuudessaan?
- Miten voisimme hyödyntää muita ammattiryhmiä kuntoutustyössämme?

Iltapäivällä keskustelemme näistä aiheista enemmän. Tuomme myös mukanaamme ICF-työkaluja, joita voi hyödyntää tavoitteiden ja suunnittelun laatimisessa.

Tavoitteen asettelu ja ICF –työpaja

Aikataulu
INPRO-hanke

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TERVETULOA

Aikataulu

- 8.30-8.50** Saapuminen, aamukahvi ja esittely
- 8.50-9.50** Motivoiva haastattelu ja turvallisen asiakassuhteen luominen ja keskustelua
- 10.00-10.40** Tavoitteen asettelusta ja ICF:n hyödyntämisestä
- 10.50-11.30** ICF-työvälineet Coronarialla
- 11.30-12.30** Lounas
- 12.30-13.45** Työpajatyöskentely
- 13.45-14.00** Päivän yhteenveto

Goal setting and ICF



WELCOME

Content

- Why this workshop
- The workshop process
- What ICF
- Creating a safe client situation
- Motivational interviewing
- Goal setting
- Workshop
- Closure



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WHY THIS WORKSHOP AT CORONARIA

- KELA, The social insurance institution of Finland, has given feedback that the rehabilitation goals and plan should be more systematic
- The ICF provides tools to help you set goals and make a rehabilitation plan
- KELA also recommends the use of the ICF in rehabilitation





THE ICF AND GOAL SETTING WORKSHOP



- We have had four workshops in total.
- The first workshop was six hours long. The next ones have been five hours long.
- Most workshops have been live sessions. One was organized remotely via Teams.
- Participants have been varied rehabilitation professionals

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THE ICF AND GOAL SETTING WORKSHOP



- In the beginning, we wanted to gather information from the participants; what benefits they saw in ICF and multi-disciplinary working in goal setting
- In the next coming workshops we wanted to know how the multidisciplinary work should change so it would serve us better at Coronaria
- We also asked for what ICF tools and education would be needed in the future
- Later on we showed ICF tools like the RPS –form and we let participants fill it in after watching a video with a client interviewing. The participants got an idea of how the RPS form could be used.
- We went through ICF core lists in groups with different professionals and looked for how the core lists could work in multi-disciplinary work
- Each group wrote down their ideas, thoughts, comments on a blank paper – different ways on working with those
- We went through these together with the group

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FEEDBACK FROM THE WORKSHOP

How can ICF help you in goal setting? Which tools are needed?

- Highlights issues that would otherwise not come up-> makes setting goals easier
- A clear framework of questions facilitates interaction-> to get to the point of setting goals
- Core lists, vocabulary to describe qualitative change
- Form + attachments easily found (therapy plan)
- For example, the RPS form would already be pre-filled by the sender
- Training, time to learn how to use-> into- everyday work



FEEDBACK FROM THE WORKSHOP

- The opening presentations were really good and interesting
- Open, relaxed, convivial atmosphere
- Practical examples of more ICF use e.g a model of how to get started with ICF with client
- Good that there was a lot of room for comments and discussion -> we also learn from each other
- Good multidisciplinary reflection and good discussions
- The RPS form is a good tool
- ICF basics clearly presented by professional instructors
- As someone less familiar with the ICF framework, it might have been nice to have more concrete examples of how the ICF has been used to formulate goals (example goals showing how the ICF has been used to create them)



Biopsychosocial/holistic framework

Focus is on the client's story and experience

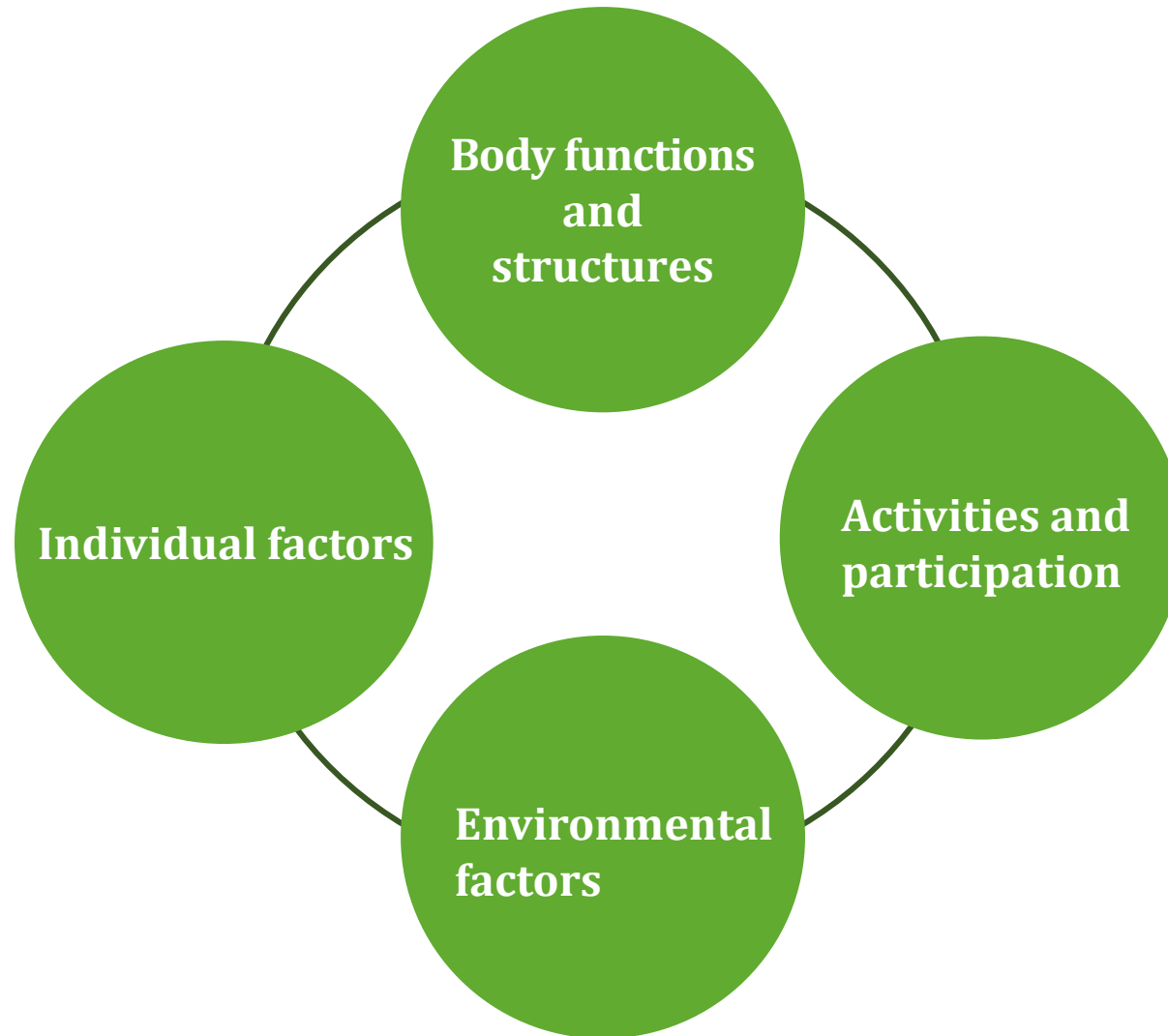
Provides a common language for rehabilitation workers

Provides tools for clinical work and for development of social and health service in society

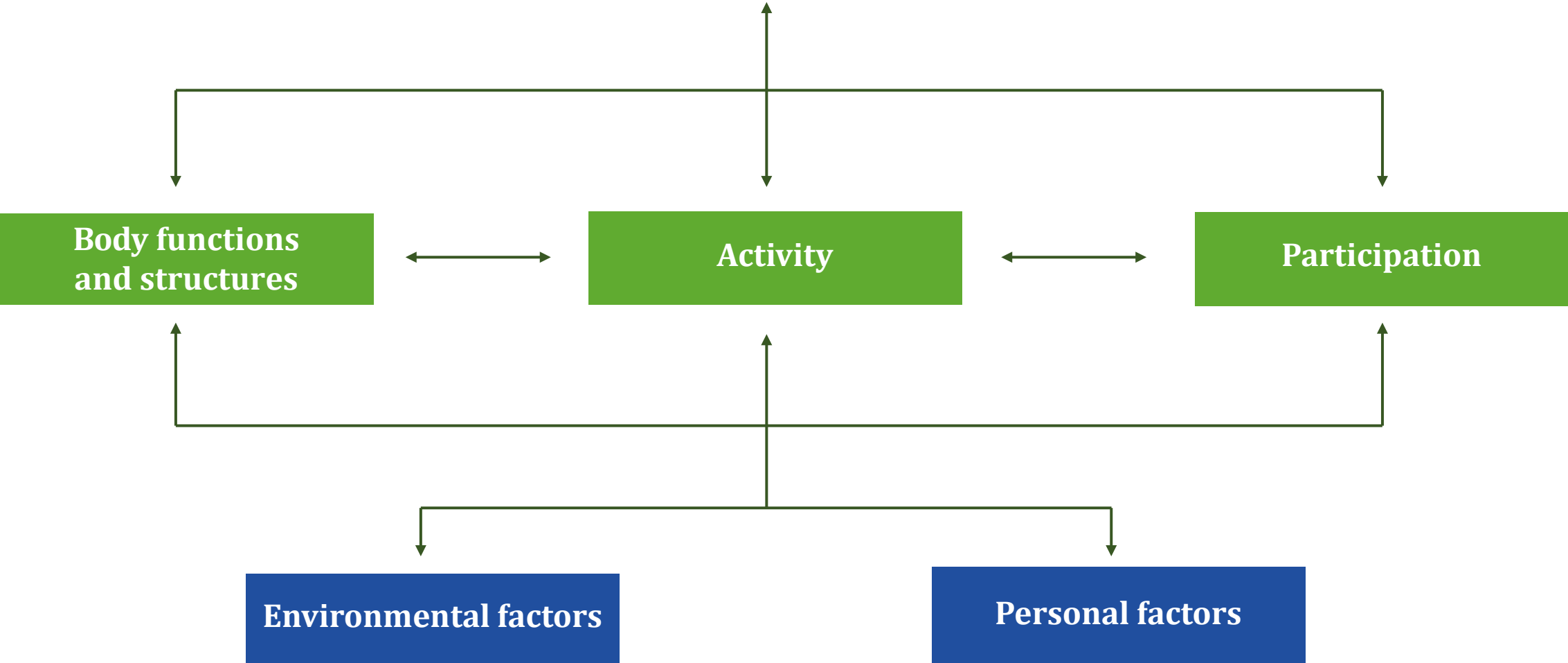
Looks at functioning from a resource perspective



THE DIFFERENT AREAS OF FUNCTIONING



Health condition
(disorder or disease)



Dg. M53.1 Cervicobrachial syndrome, post decompression

Body Functions and structure

- CV-VI degenerative changes
- Right arm pain
- Right hand tremor
- Insomnia
- Right arm weakness

Activities

- Using a mouse at work hurts
- Challenges at opening a juice box
- Can't put on makeup (mascara)
- Challenges at washing and styling hair

Participation

- Has quit hobbies: gym, skiing and crafts
- Part-time work

Environmental factors

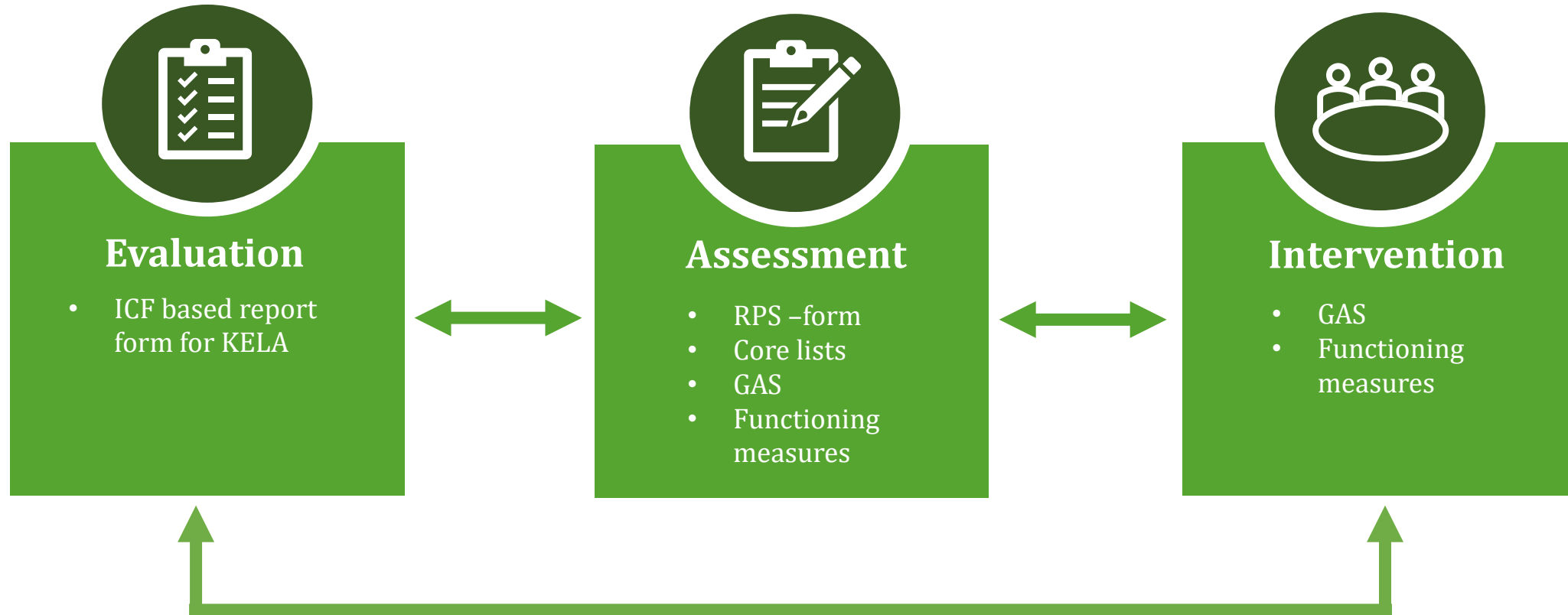
- Challenges at workplace attitudes
- The central mouse has helped a bit
- Medication: Triptyl, Paracetamol and NSAID
- Long-term spouse, adult children, young grandchildren

Personal factors

- 59 year old woman
- Married
- Do not smoke
- Drinks alcohol to a limited extent
- Financial service manager
- Right-handed



TOOLS FOR REHABILITATION PROCESS



RPS- FORM

Asiakas:	Kuntoutuksen kokonaistavoite:		
Diagnoosi:			
Asiakkaan näkökulma			
	Kehon toiminnot/rakenteet	Suoritukset	& Osallistuminen
Ammattilaisen näkökulma			
	Kontekstuaaliset tekijät		
	Ympäristötekijät:	Yksäötekijät:	

THE CONNECTIONS BETWEEN ILLNESSES AND HISTORY

- What is trauma: trauma is not just an event that happened sometime in the past
- Defined, among other things, as mental or physical damage
- Also the mark that the experience of the event has left on the person's mind, brain and body
- Trauma has a clear connection to chronic diseases and mental health and social problems

HOW TO CREATE SAFETY IN A CLIENT SITUATION

- Identifying your own state of alertness and body awareness
- How to regulate your own state of alertness: tone of voice, posture, body movements, choice of words
- Paying attention to the interior of the room and creating your own space:
 - What colors are used in the room?
 - Do I sit on the same level as the client?
 - What kind of distance do we have?
 - Am I aware of my own breathing pattern?
- How can I calm or activate the client by regulating my own state of alertness?
- Your own attitudes and how they affect the customer



MOTIVATIONAL INTERVIEWING

- Developed by the American psychologist William Miller in the 1980s
- A client centered method for interviewing and goal setting
- Helps empowering the client's own motivation and commitment to a specific goal
- The client is an expert on his or her own life and environment
- Accurate empathy in client work is important: to listen and understand, not to judge, feel sorry for or criticise the client's actions
- The client is led to talk about their own goals, values and wished, so that they realise why change is needed



MOTIVATIONAL INTERVIEWING

Motivational interviewing

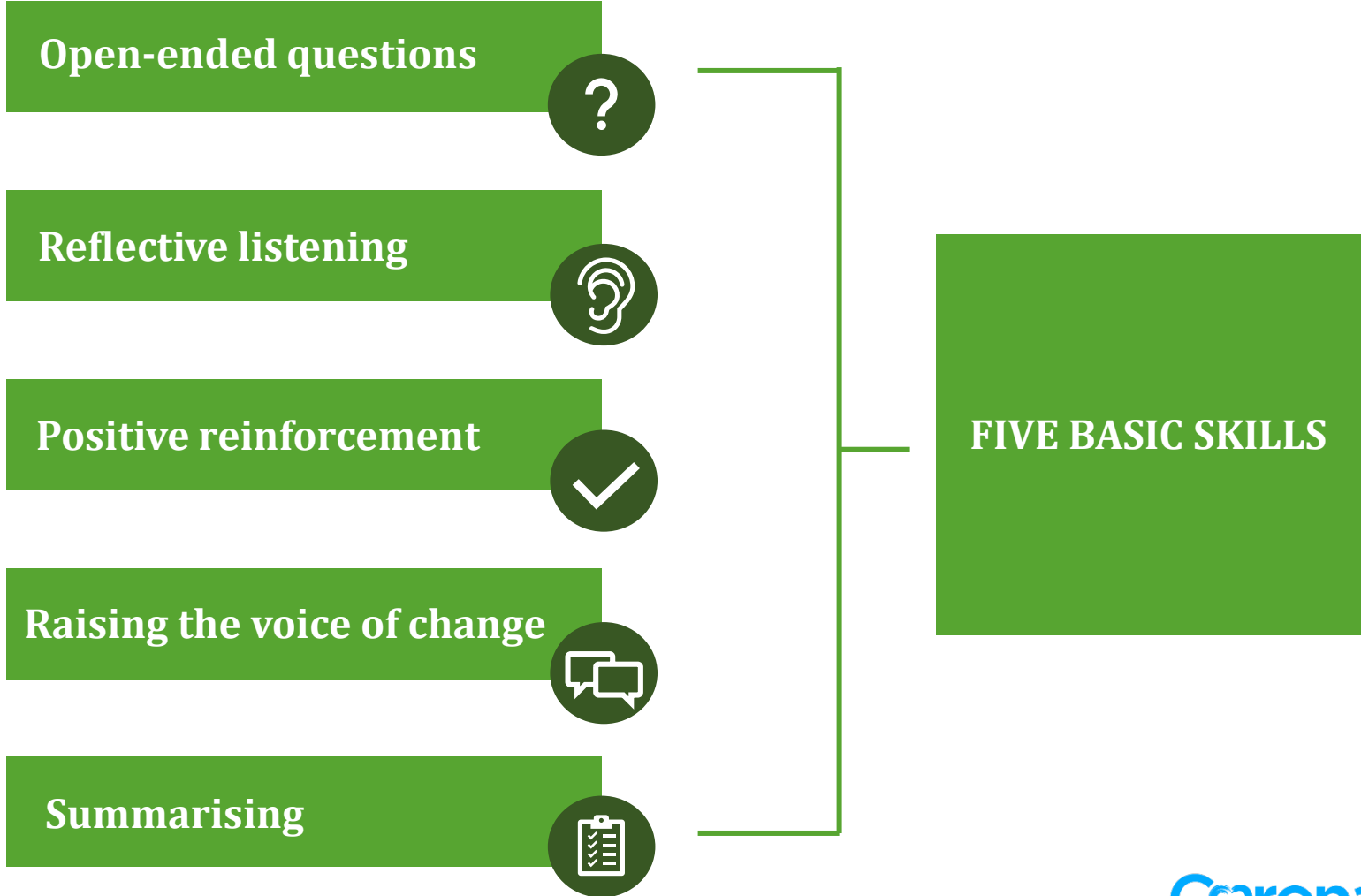
- Empathy
- Seeking solutions from the client
- Reflective listening
- Asking open-ended questions
- Empowering
- Emphasizing equality
- Respecting patient autonomy

Traditional interaction

- Top-based, paternalistic
- Base on rational persuasion
- Based on what and why questions
- Risk-based
- Top-down

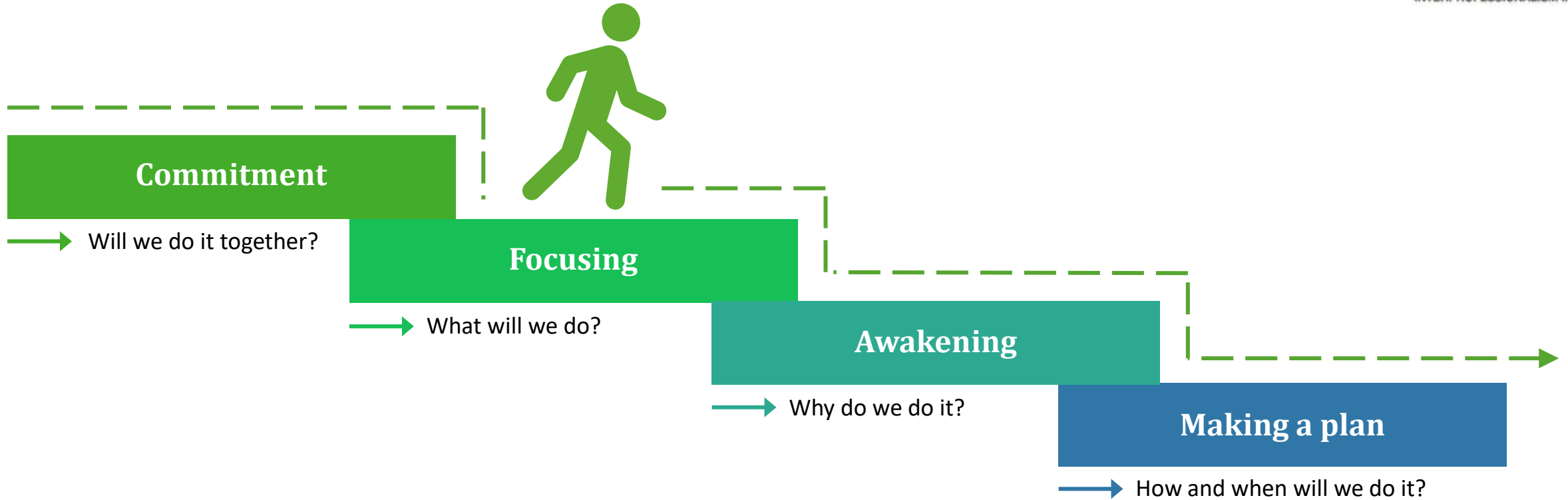


MOTIVATIONAL INTERVIEWING



MOTIVATIONAL INTERVIEWING

FOUR STEPS





Why set rehabilitation goals?

Motivating and engaging the client and those close to them in rehabilitation

Link the client to become an active participant in their own well-being

Guide the client to focus rehabilitation on meaningful issues and the client's everyday life

Guide the choice of rehabilitation methods

Rehabilitation becomes part of the client's everyday life

Help to measure the effectiveness and efficiency of rehabilitation



GOAL SETTING AS AN INCLUSIVE AND EQUITABLE PROCESS

CLIENT

- Experience of disability in performance and participation
- Individual factors; values, interests, attitudes, history, resources
- Influence of the environment on functional capacity

PROFESSIONAL

- Understanding of the client's functional capacity
- Intervention skills, use of rehabilitation networks

Goals should be identified through interview

It is important that children are involved in setting their own goals

SMART-goal

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound
- Evaluated
- Reviewed

Kokonaistavoite

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Tavoite 1

Ajalle

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Tavoitteen toteutumisen tasot	Asteikko	Väliarvion päivämäärä	Loppuarvion päivämäärä
	Selvästi odottamaani matalampi		
	Jonkin verran odottamaani matalampi		
	Tavoitetaso		
	Jonkin verran odottamaani korkeampi		
	Selvästi odottamaani korkeampi		

A top-down view of a diverse group of people stacking their hands in a circle. The hands are of various skin tones and are wearing different colored sleeves (white, grey, blue, pink). The background is a blurred office or meeting room. A semi-transparent white rectangular box is centered over the hands, containing the text 'WORK SHOP' in green, bold, uppercase letters.

WORK SHOP

Sources

Bessel van der Kolk. (2015) The body keeps the score.

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Rollnick, S. & Miller, W.R. (Oct 1995) What is motivational interviewing? Behavioral and Cognitive Physiotherapy, Volume 23, Issue 4.