Extensions of King: Measurable Outcomes and Expanded Nursing Process

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Objectives

- Review Dr. King’s work linked to outcomes and the nursing process
- Identify the relevance of goal attainment scaling to the current state of knowledge utilizing King’s framework.
- Explore developments in measurable outcomes and expanded nursing process for the 21st century
“This theory, derived from the conceptual framework, organizes elements in the process of nurse-client interactions that result in outcomes, that is goals attained” (1981, p. 143).

“Goal attainment results in outcomes that are measurable events in nursing situations” (p. 145).

“Mutual goal setting \( \text{process} \) is based on nurses’ \text{assessment} of client’s concerns, \text{problems}, … to move toward goal attainment \( \text{outcomes} \) ” (p. 143).

Mutual goal setting is the \text{process} for goal attainment in the Theory of Goal Attainment.
King & the Goal-Oriented Nursing Record

- Developed to document both process and outcomes in nursing situations (p.164)
- Provided a means to record goals, the means to achieve them and the process used to attain goals.
- Purpose was to evaluate the effectiveness of health care
King & the Nursing Process: Examples

Goal Attainment Scaling


- Setting up measurable goals before treatment specifying for each patient-therapist goal a transformation of overall goal attainment into a standardized T-Score.
Goal Attainment Scaling Steps

1. Identify titles for the scales
2. Weight the scales in relation to each other
3. Define the expected level of behavior = 0 midpoint
4. Identify other points on scale -2 to +2 (follow-up guide)
5. Agree on a review date
6. Identify the results & calculate GAS
Goal Attainment Scaling

Disadvantages

2. Reliability concerns
3. Computational problems

Goal Attainment Scaling: Nursing

- Some modified uses of GAS:
  - CURN protocol
Mutual Goal Setting in Patient Care: CURN Project

- **Research Base:** “Research findings suggest that the innovation of mutual goal setting will lead to more effective goal attainment and greater patient satisfaction” (p. 6).
- **Innovation:** GAS unmodified w/comparison groups doing goal setting (N,N & N, Pt) in 1 hospital unit. Routine care provided to both.
- **Evaluation of the effects of the Innovation:** MGS is an advanced nursing intervention & a challenge to implement.
In the 1970’s, the JCAH began to emphasize evaluation in nurses’ charting – the standard began to chart: goal met, not met, or partially met.

Students/nurses urged to think evaluation: same, better, or worse

Barriers to use of goal setting & GA in practice
Measurable Outcomes in the 21st Century

- Use of Nursing Outcomes Classification language (Johnson & Maas, 1997, Johnson, Maas, & Moorhead, 2000).
- NOC Example: Comfort level: extent of physical & psychological ease. Scale: None (1), Limited (2), Moderate (3), Substantial (4), Extensive (5); Indicators: reported physical well-being – expressed contentment, reported satisfaction
- Implications for Practice: measurable, nursing-sensitive, client focus. Standardized for data across settings
Traditional Nursing Process & King

- Assess: patient perceptions
- Plan: using mutual goal setting
- Implement: helping patients achieve their goals
- Evaluate: where the goals attained?
King & Outcomes Within Standardized Nursing Languages

- King’s Goal Attainment = Actual Outcomes
- Standardized Nursing Languages include
  - NANDA
  - Nursing Outcomes Classification (NOC)
  - Nursing Interventions Classification (NIC)
- Shift to importance of finding linkages between expected *outcomes* and accurate nursing *diagnoses* first then selecting *interventions* to achieve the expected outcomes
Expanded Nursing Process

- **Assessment** of baseline elements (potential outcomes {NOCs})
- **Diagnosis** or problem formulation
- Identification of Expected Outcomes (using mutual goal setting as appropriate)
- **Plan** of interventions (one of which may be mutual goal setting)
- Actual interventions (some nurse and some patient or caregiver initiated)
- Actual Outcomes
- **Evaluation** of Actual vs. Expected Outcomes
Mutual Goal Setting & the Expanded Nursing Process

- King’s (1981) proposition:

- New proposition: The use of the Mutual Goal Setting NIC leads to more effective nursing outcomes (more goals attained).

- Mutual Goal Setting NIC: Collaborating with patient to identify and prioritize care goals, then developing a plan for achieving those goals
  - Includes 34 potential activities and 4 of the 5 background readings from GAS literature.
Discussion Questions

- How close are the concepts of goals attained and actual outcomes?
- Was King influenced by GAS in the 70s?
- Does GAS contribute to nursing knowledge?
- How close are King’s MGS and the NOC MGS?
- Does the Expanded Nursing Process Conceptual Framework, based on King, warrant adoption?