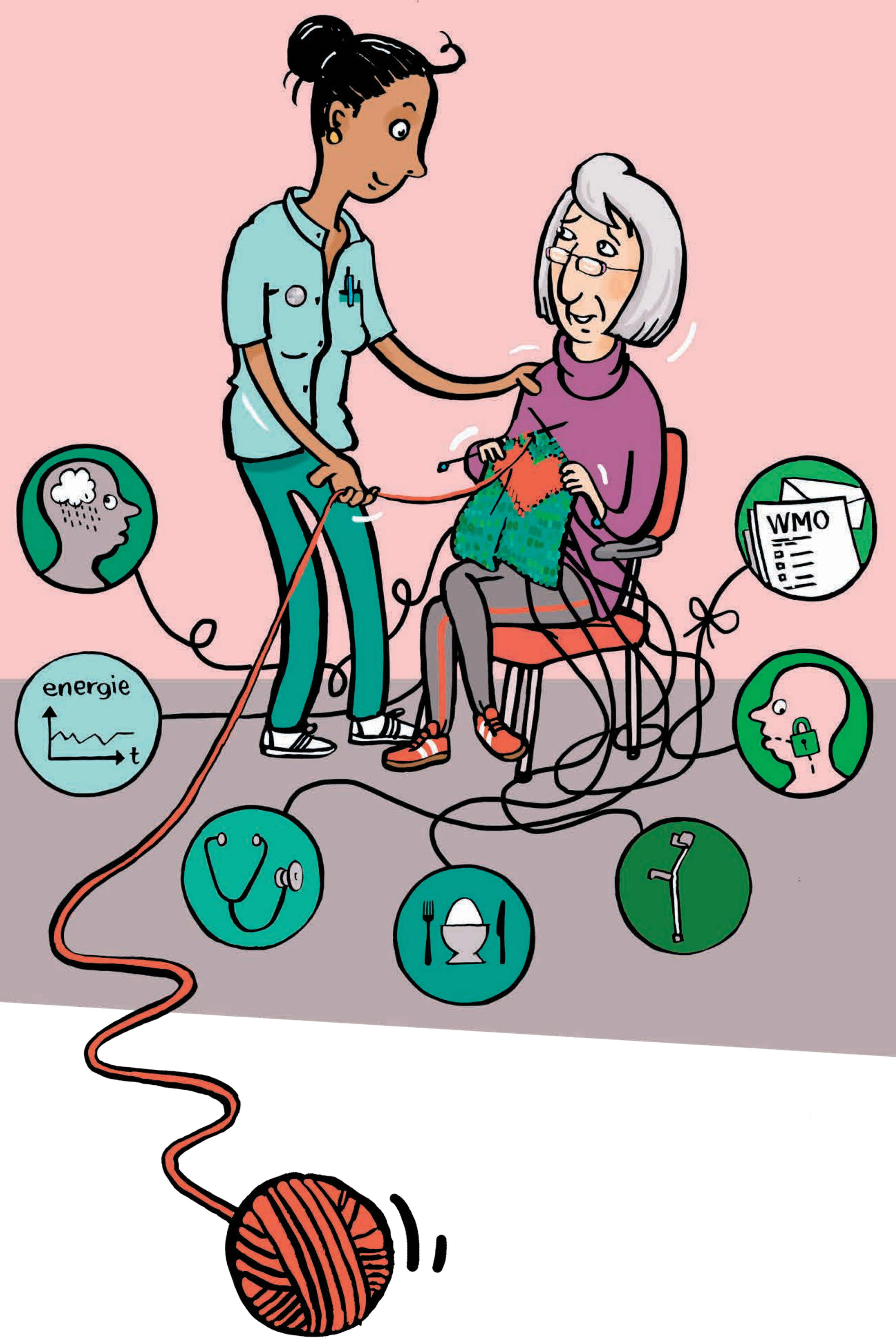


# Supporting patients in working on goals

A scoping review of nursing methods in geriatric rehabilitation



## Introduction

Nurses are consistently present throughout the rehabilitation of older patients, but they experience apprehensiveness to perform their tasks in the multidisciplinary team. This review explores working methods on setting goals and working with goals designed for nurses in geriatric rehabilitation and describes their distinctive features.

## Method

A scoping review was performed. PubMed and CINAHL were searched through August 4, 2021. Search terms were used relating to the following themes: nurses, rehabilitation, geriatric, goal and method. Additional articles were found through snowballing.

## Results

Eight methods were found. They were developed with four different aims:

improving multidisciplinary team care, increasing patient centeredness, improving disease management by patients and increasing nursing involvement in rehabilitation.

The methods appeal to four aspects of the nursing profession: assessing selfcare skills incorporating patient's preferences; setting goals with patients taking into account personal needs and what is medically advisable; being patient's advocate in the multidisciplinary setting and supporting goal achievement by coordinating and facilitating the rehabilitation process.

## Key conclusions

Not many methods were found meant to support the nursing role. This may indicate a blind spot in the rehabilitation community to the additional value of its contribution. The methods show that

the nurse, as member of the multidisciplinary team, can play an important unifying role towards the patient, through activities in the areas of education, advocacy, goal setting and achieving. With the support of nurses, increased patient awareness of the geriatric rehabilitation process and transfer of ownership of treatment goals from the multidisciplinary team to the patient might be achieved.

**The nurse as advocate: helping to articulate the patient's needs in the multidisciplinary team**

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