

Melville, L. L., Baltic, T. A., Bettcher, T., & Nelson, D. L. (2002). Patients' perspectives on the Self-Identified Goals Assessment. *American Journal of Occupational Therapy*, 56, 650-659.

### **Abstract**

**Objective.** The purpose of this study was to investigate patients' perspectives of the validity of the Self-Identified Goals Assessment (SIGA), designed for use by occupational therapy practitioners working in subacute rehabilitation and skilled nursing facilities. The SIGA has two primary purposes: (a) to help the patient identify personally meaningful occupational goals to be addressed in therapy; and (b) to evaluate changing levels of patient-defined success in desired occupations.

**Method.** Participants were patients with varied diagnoses at a hospital-based subacute facility. Mean age was 73.4 years ( $SD = 12.2$ ), with 20 females and 10 males. The SIGA was administered by the patients' regular occupational therapy practitioners following admission and prior to discharge, and a graduate student followed up each administration of the SIGA by asking participants fixed-alternative and open-ended questions about the usefulness of the SIGA. Fixed-alternative questions were analyzed as simple dichotomies, and open-ended questions were analyzed through categorization into convergent and divergent themes across participants.

**Results.** Twenty-nine of thirty participants confirmed the personal meaningfulness of goals identified in the SIGA admissions interview, and 28 reported that they thought the SIGA helped the therapist realize what was personally important to them. Upon admission, nine participants reported difficulty quantifying their performance on the zero - to - ten scale; however, 27 reported that their scores were accurate self-assessments. Patients' perspectives of the SIGA tended to be particularly positive at discharge.

**Conclusions.** Given the lack of efficient, structured approaches to the measurement of self-identified goals in subacute and skilled nursing facilities, the SIGA is tentatively recommended for use in these settings, pending future research.