

Author(s). Williams KS, Perry S, Brittain KR
Institution, city, country Department of Epidemiology and Public Health, University of Leicester, Leicester, UK.
Title (type in CAPITAL LETTERS, leave one blank line before the text) PATIENT GOAL SETTING IN CONTINENCE CARE. AN EXPLORATORY STUDY
<u>Aims of study</u> In the past the recording of treatment goals for those with incontinence and other urinary symptoms have tended to be symptom orientated e.g. to be dry. However, it is important to take into account other personally defined goals which reflect the impact of symptoms on lifestyle. The aim of this study was to investigate personally defined treatment goals among adults with urinary symptoms.
<u>Methods:</u> One hundred and twelve adults aged 40 years or more who consecutively entered a randomised controlled trial were recruited to take part in this study They were asked what had 'triggered' them to seek treatment and what their treatment goals were. Open ended questions were used and nurses were encouraged to probe in order to obtain detailed responses. The responses were transcribed and imported into QSR Nud*ist version 4 (computer package for qualitative data).
<u>Results:</u> Ninety one (81%) respondents reported treatment goals There were four main types of goals 44 referred to personal goals (e.g. feel more confident), 32 people mentioned symptom orientated goals (e.g. reduction of physical symptoms), 28 people reported social goals (taking part in leisure activities) and 21 reported health goals (e.g. health check-up). Each type of goal will be illustrated with examples
<u>Conclusions:</u> The personal and social consequences of urinary symptoms play an important role in influencing help-seeking behaviour. These patient defined goals may offer a useful tool within nursing assessment in terms of aiding compliance with treatment regimes and satisfaction with service.