



# Goal-Oriented Care

## A Simple, Transformative Idea

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# Primary Care Lacks a Conceptual Framework

## Implementing High-Quality Primary Care:

Rebuilding the Foundation of Health Care



Primary care is qualitatively different from other areas of medicine.

- Defined by processes (access, coordination, continuity, etc.)
- Operates at the interface of medical care, public health, and community
- The nexus between personhood and patienthood
- Person-centered, relationship-based
- Goal-oriented

Foundational

# Collaboration Requires Common Goals



Clinicians and patients

Interprofessional team  
members

Primary care and referral  
specialists

Primary care and public  
health

Primary care and community  
organizations



# Goal-Oriented Health Care

Health: The ability to derive as much joy and fulfillment as possible from life's journey.

The goals of health care are to help each person:

- Prevent premature (preventable) death and disability
- Experience the best possible quality of life
- Optimize personal growth and development
- Experience a good death

Consistent with that person's values and priorities



# Implementation Requirements

## Mindshift

- From problem-solving to goal attainment
- From standardization to prioritization

## Education and training

- From problem-based to goal-oriented teaching/learning
- From traditional residency- to inter-professional team-based training





# Implementation Requirements

## Practice transformation

- Integration of key competencies (e.g., administration, behavioral/mental health, social work, rehab therapies, others)

## Research

- Methods that allow for individualization of interventions and outcomes.
- Longitudinal comparative-impact research to inform prioritization and projective models

## Health system adjustments

- Values clarification and goal-setting establish the foundational nature of primary care

# Take Home Points



Primary care is different  
Foundational

Partnership, coordination,  
and collaboration require  
common goals

At macro, meso, and micro  
levels healthcare can be  
organized around four  
categories of measurable  
goals:

LOL, QOL, G&D, and QOD





# Steps that Can Be Taken Today to Advance Goal-Oriented Primary Care

<https://www.goalorientedcare.org/general-4>



# Key References

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Websites:

[www.goalorientedcare.org](http://www.goalorientedcare.org)

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