

Patient-centered and personalized goals in recovery

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Disclosure

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Research gap: Considerations in selecting outcomes & interventions in older adults with TBI

Multiple conditions (~90%), variable function & life circumstances

- Competing conditions & outcomes
- Disease-specific outcomes may not reflect what matters to patient
- Treatment burden
- Variable priorities (outcome goals & care preferences)



Can't just focus on the TBI



How select interventions & outcomes to study?

Research Gap: Considerations in who should select outcomes in older adults with TBI

- Multiple health professionals involved
- Cognitive impairment may limit capacity
- Care partners usually involved

Premise: Given variable diseases, function, life circumstances and priorities AND care partner & multiple health professionals involvement...

- Need universal, cross condition outcomes
- Ideal Outcome: Individual patient goals
 - Need SMART (specific, actionable, realistic) goals to guide care
- All involved should target these SMART goals



Patient goals (priorities) guided care



Premise: Given variable diseases, function, life circumstances and priorities...

Post TBI intervention selection needs ...

- Consider medical, functional, socioeconomic, environmental factors impeding patient goals, then..
- Select medical, rehabilitative, palliative, community interventions based on improving these factors OR on achieving patient goals after accounting for these factors

What we know about patient goals (priorities) guided care

- Older adults with & without cognitive impairment & their care partners can identify SMART goals

(Vu T. J Am Geriatr Soc. 2023; Jennings LA. Qual Life Res. 2017)

- Health professionals can use SMART goals in decision-making *(Tinetti ME. JAMANetwOpen. 2024; Freytag J. J Am Geriatr Soc 2020; Tinetti ME. JAMA Int Med, 2019)*

- Health systems (e.g., VA, Cleveland Clinic, PACE) incorporating goals into workflow & EHR



What we know about patient goals (priorities) guided care

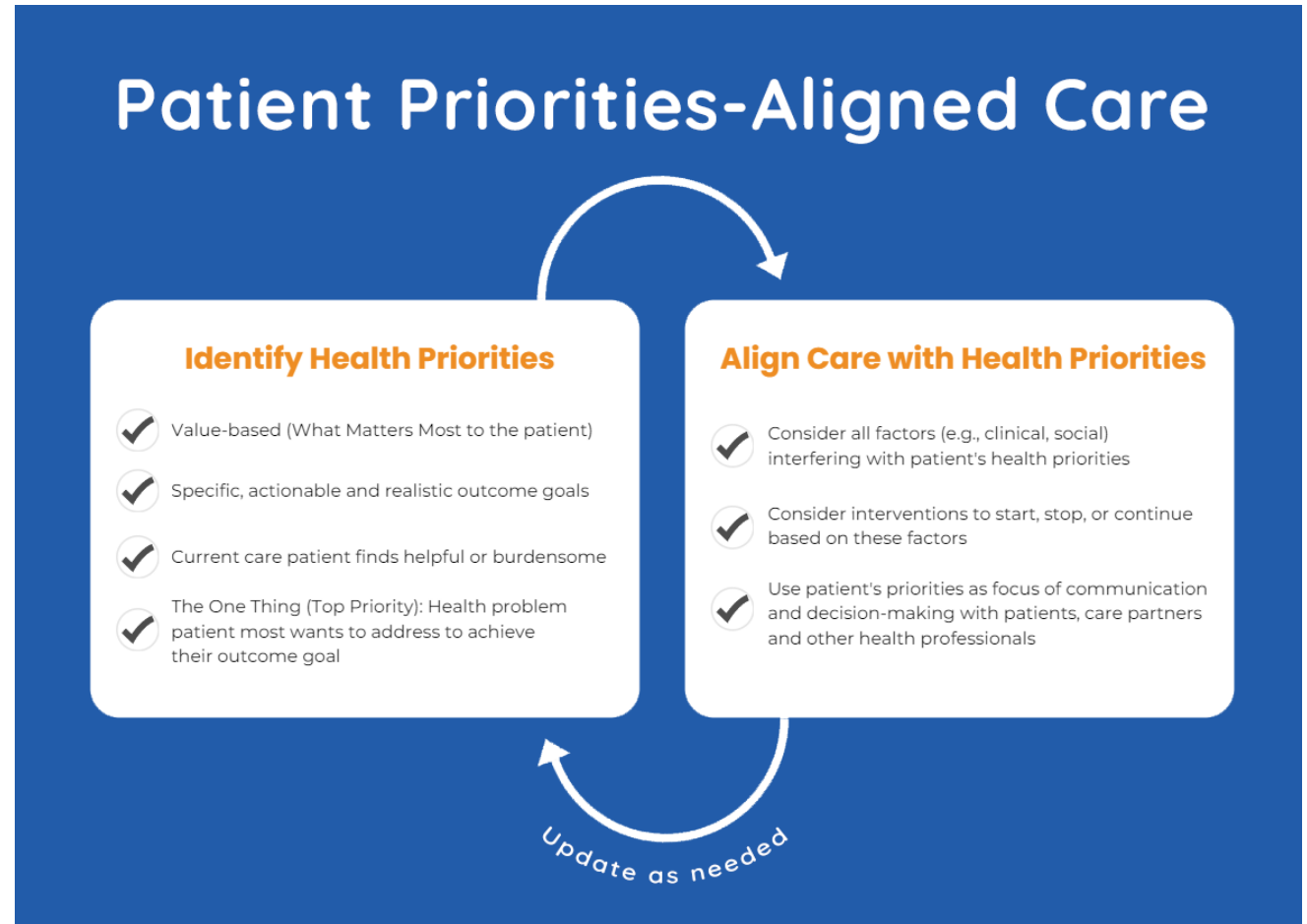
- ↓ perceived treatment burden
- ↓ unwanted & ↑ wanted care
- ↑↑ shared prescribing decision making (2.5X)
- Modest improvement in healthy days at home

Tinetti ME. JAMANetwOpen. 2024; Freytag J. J Am Geriatr Soc 2020; Tinetti ME. JAMA Int Med, 2019

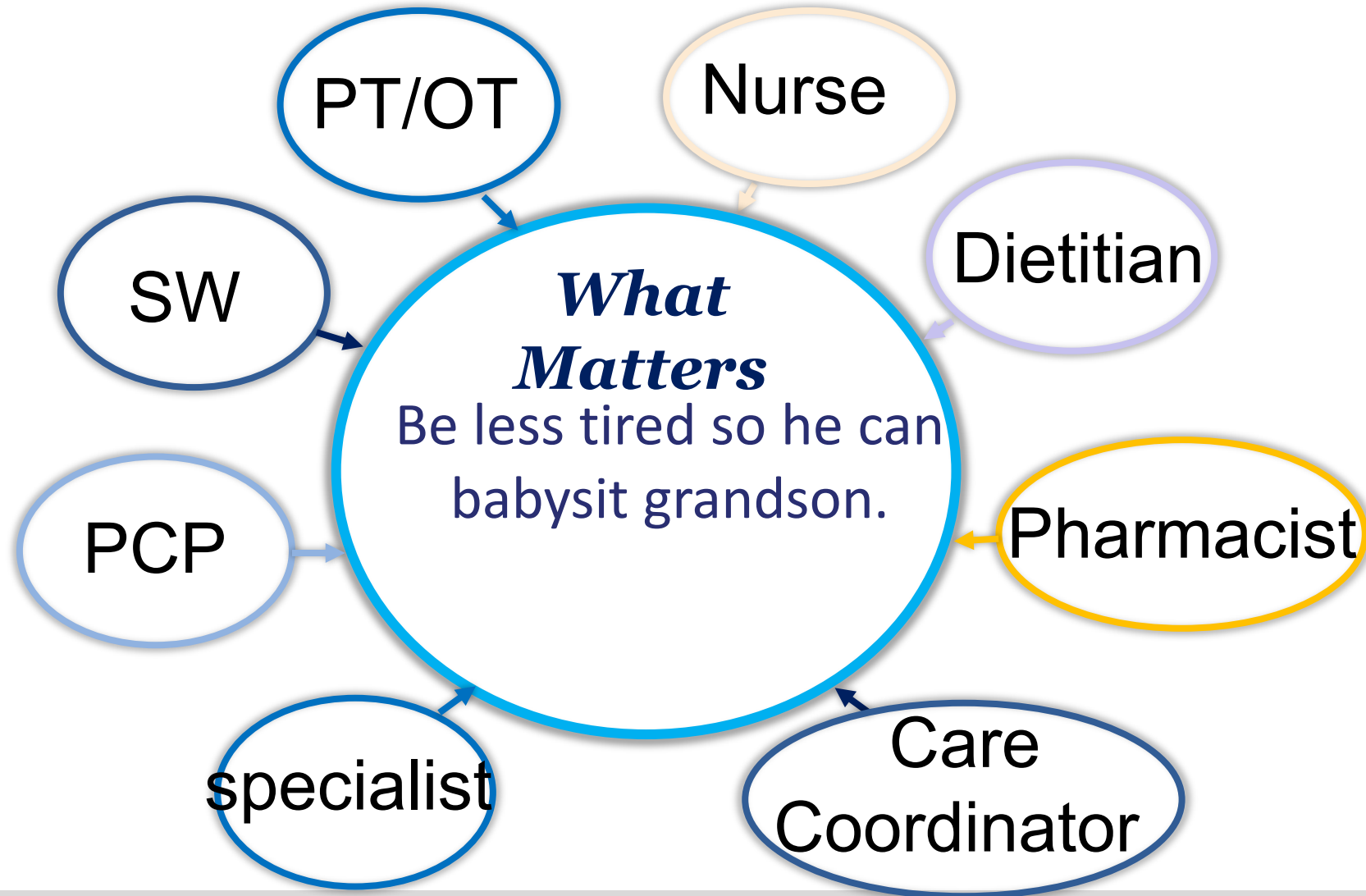
Research Priority: Universal, cross condition outcomes in trials of older adults post TBI

- Goal attainment scaling based on patients' SMART goals
 - Began with rehab and useful in dementia, vulnerable populations *Jennings LA. J Am Geriatr; <https://www.ncqa.org/hedis/reports-and-research/pco-measures>*
 - Under consideration by CMS
- Healthy days at Home (possible CMS measure)
- Others – overall function, etc.

Research Priority: Pragmatic trial of patient goal guided care: Intervention post TBI



Common target for all health professionals



Challenges & Considerations

- Logistics
 - Incorporate into workflow
 - Incorporate into information flow (EHR)
- Cultural – move from disease-focused to patient focused
- Incentives
 - Quality & payment measures
 - Evidence of feasibility & effectiveness