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# GOAL SETTING IN REHABILITATION OF PATIENTS AFTER TRAUMATIC BRAIN INJURY – INTERNATIONAL MULTICENTRE SURVEY

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**Background:** Rehabilitation after traumatic brain injury is primarily aimed at achieving dignity and a productive way of life for the persons with brain injury. Goal setting in brain injury rehabilitation is not an administrative tool, it is a clinical intervention. Our aim was to collect data about the goal setting process among the comparable brain injury departments in the European Union. Therefore we conducted an international e-survey among PRM specialists, working in departments predominantly serving traumatic brain injury rehabilitation.

**Methods:** With the aim of collecting data about the goal setting process in traumatic brain injury rehabilitation, we dispatched a survey by e-mail among 10 PRM specialists, working in 12 different departments for brain injury rehabilitation in the European Union. The same survey was also completed by the author for the Department for brain injury rehabilitation at the University Rehabilitation Institute in Ljubljana.

**Results:** Results of our survey did not confirm a remarkable variability in the process of goal setting among different European brain injury rehabilitation departments. Nevertheless the goal setting process in rehabilitation after brain injury at the University Rehabilitation Institute in Ljubljana differs from the process of the majority of other departments in the sense of being a less patient oriented process, using only descriptive nomenclature for describing goals (not using MKF nomenclature), and employing less frequent checking of goal achievement and lesser communication with relatives about goals.

**Conclusions:** The goal setting process in rehabilitation after brain injury is a standardized and patient oriented clinical intervention in all departments included in this multicentric survey, but runs less patient oriented, and with less communication among team members as well as between team members and relatives.

**Keywords:** traumatic brain injury, acquired brain injury, rehabilitation goals, rehabilitation, multicentric survey.