TITLE: Goal Setting Approaches for Pediatric Rehabilitation: Clinical Effectiveness and Guidelines

DATE: 11 January 2016

RESEARCH QUESTIONS

1. What is the clinical effectiveness of goal setting approaches for individualized rehabilitation planning for pediatric populations?

2. What are the evidence-based guidelines regarding the use of goal setting approaches and for individualized rehabilitation planning for pediatric populations?

KEY MESSAGE

One randomized controlled trial and three non-randomized studies were identified regarding goal setting approaches for individualized rehabilitation planning for pediatric patients.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No methodological filters were applied to limit by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2011 and January 5, 2016. Internet links were provided, where available.

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.
Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Pediatric patients (&lt;18 years) undergoing individualized rehabilitation (e.g., children with complex developmental disabilities including cerebral palsy, brain or spinal cord injuries (i.e., trauma or stroke), or juvenile arthritis; oncology patients, patients with tracheostomy or being ventilated)</th>
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<tr>
<td>Intervention</td>
<td>Goal setting approaches (e.g., tools or activities such as Canadian Occupational Performance Measure, card sorts, Goal Attainment Scale etc.)</td>
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<td>Comparator</td>
<td>Q1: Alternative goal setting approaches; No comparator Q2: No comparator</td>
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<td>Outcomes</td>
<td>Q1: Clinical effectiveness (e.g., patient and caregiver satisfaction, patient compliance, influence on subsequent therapy leading to attainment of functional goals); Harms Q2: Evidence-based guidelines regarding the use of goal setting approaches</td>
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<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines</td>
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RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

One randomized controlled trial and three non-randomized studies were identified regarding goal setting approaches for individualized rehabilitation planning for pediatric patients. No health technology assessments, systematic reviews or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses
No literature identified.

Randomized Controlled Trials

Non-Randomized Studies


Guidelines and Recommendations
No literature identified.

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APPENDIX – FURTHER INFORMATION:

Previous CADTH Report


Randomized Controlled Trial – Alternate Population


Review


Additional References

Training Module for Goal Setting