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# Goal Attainment Scaling training package – overview of resources

## Version control

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## Overview

A training package has been developed to enable healthcare professionals, to confidently and consistently administer the Goal Attainment Scaling (GAS) instrument irrespective of their knowledge base and skillset.

The key components of the training package are:

- Formal online classroom teaching
  - Scheduled two-hour Zoom-based teaching for groups of two to six participants.
  - Includes dedicated practical simulations in small group breakout sessions.
- Self-directed learning
  - Primarily supported by a training manual (titled “A practical guide to administering Goal Attainment Scaling”) which:
    - provides a comprehensive step-by-step reference point for the whole GAS process
    - includes a number of tools including a conversation starter and sample populated goals
  - Further resources to support this component include:
    - recording of the ‘virtual’ classroom teaching session.
    - recorded simulation of an initial goal setting meeting.
- One-on-one simulation and feedback session:
  - Completed 1-2 weeks following the online classroom teaching.
  - Provides the training participant with the opportunity to practice being a GAS facilitator in a more high-fidelity environment than possible in the breakout classroom teaching.
  - Mechanism to ensure proficiency demonstrated by the healthcare professional. and to provide moderation of consistency between facilitators.
- Hot review:
  - The first five GAS worksheets completed will be sent for review by a third party to ensure appropriateness of the measures and outcome scaling.

## Summary of resources

Training component	Resources	Time
Formal online classroom teaching	<p>Slides for GAS Classroom teaching (PowerPoint slides)</p> <p>Simulation scenarios for GAS classroom training (PDF of instructions, and briefing sheets for 'patient' and facilitator')</p>	2 hours per session
Self-directed learning	<p>"A practical guide to administering Goal Attainment Scaling" training manual, including appendices:</p> <ul style="list-style-type: none"> <li>- example of populated GAS template</li> <li>- conversation starter guide</li> <li>- example of populated conversation starter guide</li> </ul> <p>Recording of slide presentation from GAS classroom teaching</p> <p>Recording of an example simulation of an initial goal setting meeting</p>	3 hours for each healthcare professional
One-on-one simulation and feedback session	Simulation scenario for one-on-one feedback session	30 minutes per session
Hot review		15 minutes per review