

Assignment 3: SMART GOALS

**Submit by 11:59 p.m. CST on Saturday of Week 3.**

**Overview**

In this assignment, you will develop SMART goals for three patient scenarios.

**Rubric**

Make sure and use the assignment this rubric to guide your work.

**SMART GOALS**

This worksheet found in Blackboard is a guide to help you think about and construct a SMART goal. This portion will not be graded, but is designed to assist you in including all components of a SMART goal. You will write your final goal statements as **one or two complete sentences after the scenarios below.**

For your homework this week, address all **three scenarios**.

**Scenario 1:** Your patient has had open heart surgery and needs to be walking several times a day. Please write a SMART goal using this scenario for your patient.

**GOAL:** By post op day 5 pt will ambulate from pt room to nurses station and back three times during the day without requiring staff assist.

**Scenario 2:** Your patient has shortness of breath and an oxygen saturation of 90%. The doctor has ordered oxygen therapy and use of the incentive spirometer throughout the day for your patient. Please write a SMART goal using this scenario for your patient.

**GOAL:**Pt will use incentive spirometer every 2 hours and oxygen as ordered by physician to achieve an oxygen saturation of >92% prior to discharge.

**Scenario 3:** Your patient has suffered a stroke and has paralysis on the right side. The doctor has ordered the patient to be participating in his activities of daily living (eating, dressing, brushing teeth, and combing hair). Please write a SMART goal using this scenario for your patient.

**GOAL:** Pt to demonstrate ability to perform his own oral care independently by 10/14/16.