

Create a Care Plan using a

# SMART GOAL



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## SPECIFIC

Decide exactly what the problem is and what you are aiming to achieve.

Examples:

- For a client in pain 10/10, decrease the pain
- For a client with O<sub>2</sub> sat of 89%, improve oxygenation.

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## MEASURABLE

Now, when do you expect the client to achieve the goal? How will it be measured? What tool can you use to measure it as objectively as possible?

Examples:

- “The client will have pain 0 on a scale of 0/10.”  
The pain scale is an appropriate tool to measure pain.

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## ACHIEVABLE

Is it a feasible goal? Is the client capable of achieving it?

Example:

- “The client will have pain 0/10.” Feasible. Pain is treatable.
- For a client who has end-stage chronic kidney disease: “The client will have normal creatinine levels.” This goal is not feasible since clients with end-stage CKD have elevated baseline creatinine.

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## RELEVANT

Does your goal help the patient in any way?

Example:

- “The client will have pain 0/10” is relevant because the client has pain and should not be in pain.
- “The client will have O<sub>2</sub> sat of 95%” is relevant because hypoxia must be treated.

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## TIME-BASED

Set a timeframe for achieving your goal so the entire team is on the same page.

Examples:

- The client will have pain 0/10 within 2 hours.
- The client will have an O<sub>2</sub> sat of 95% within by 1200.