

Aims, Outcomes, Objectives, Planning Triangles and Monitoring Frameworks

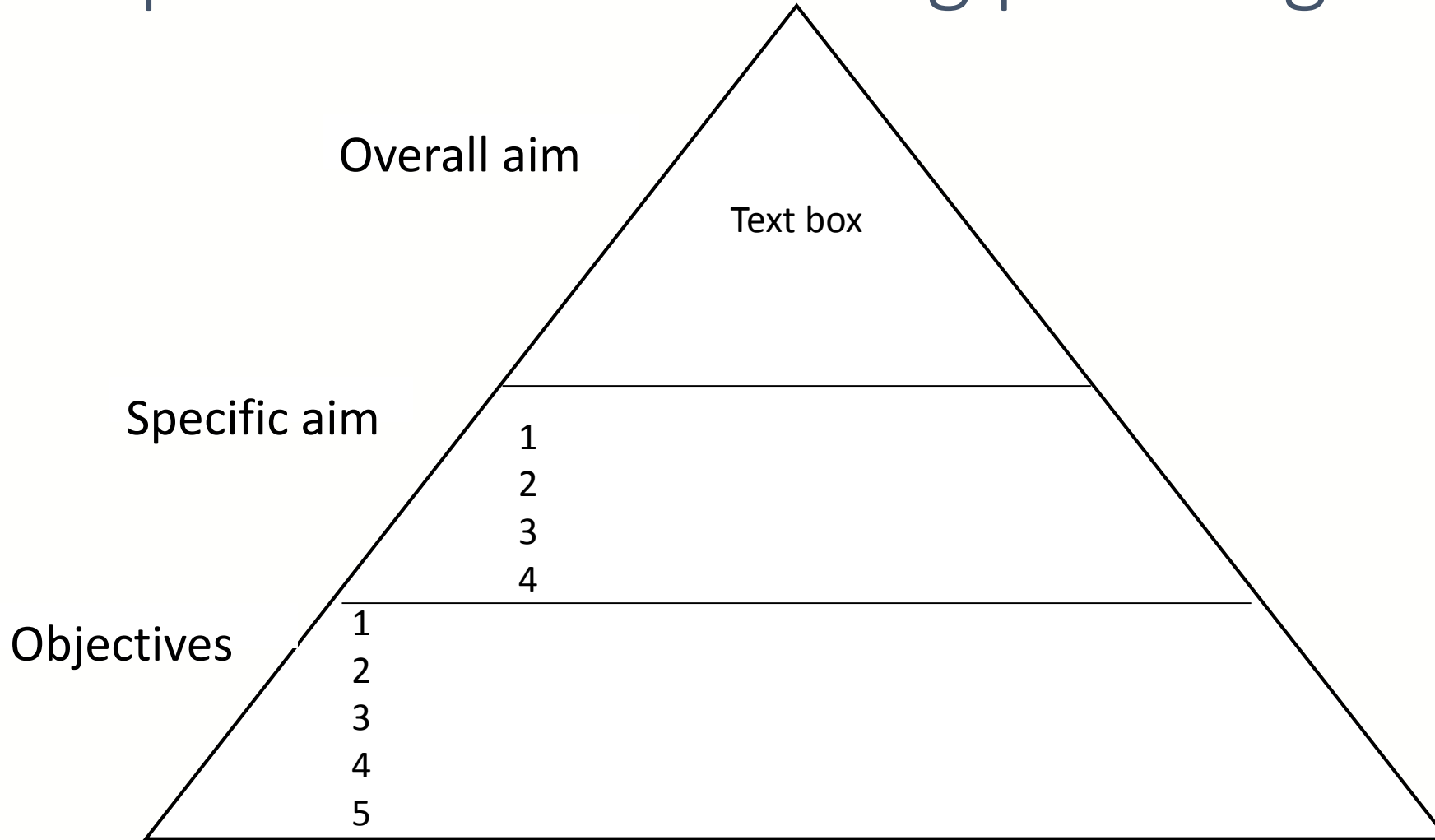


Today

- Re visit original aims/objectives
- Agree an overall aim
- Agree three specific aims
- Agree objectives
- Increase your ability to identify outcomes appropriate to your project
- Increase your understanding of the benefits of an outcomes approach
- Increase your understanding of the link between outcomes, aims and objectives
- Increase your knowledge on ways to gather outcome information
- Develop a planning triangle and monitoring framework



The process - introducing planning triangles



Aims and objectives

AIMS

- Are the changes you are trying to achieve

OBJECTIVES

- Describe the planned activities by which you are going to achieve your aims

OUTCOMES

- Are all the changes, benefits, learning or other effects that actually happen as a result of the intervention. They can be expected or unexpected, positive or negative



Name:
Project title:

Planning triangle

Overall aim

To improve the foot health of men who are experiencing homelessness in Bath

Specific aim

1. To reduce A/E UCC attendance for infected foot wounds
2. To enable clients to engage in a foot treatment service
3. To enable clients to maintain their own foot health

Objectives

1. To run a monthly drop-in podiatry service for 12 months with GP/nurse input and follow up if required
2. To provide a weekly sock exchange service
3. To provide a foot care pack to all clients to promote self help and ongoing maintenance of foot care
4. To offer the facility to wash feet in private



Name:
Project title:

Planning triangle

Overall aim

To improve the quality of sleep for children and young people who have severe learning disabilities

Specific aim

1. To increase parent's knowledge of sleep hygiene
2. To increase the amount of sleep each night
3. To decrease time taken to settle and fall asleep each night

Objectives

1. To run sleep workshops in partnership with education for parents and carers
2. To provide a library of recommended resources to support improved sleep routines
3. To produce leaflets on sleep, promoting good practice and giving tips on improving sleep
4. To host informal coffee meetings to encourage support network development and to celebrate successes



Aims and Objectives

Aims

- To enable
- To improve
- To increase
- To reduce
- To decrease

Objectives

- To provide
- To support
- To offer
- To run
- To set up



The benefits of using an outcomes approach

- Focus on results and improving effectiveness
- Enables organisations to develop needs-led rather than function-led services
- Tool for planning
- Clarity and shared understanding of purpose
- Motivation for staff and other stakeholders
- Demonstrable achievements for funders
- Increasingly expected as standard reporting



Outcomes are not.....

- Outcomes are not the same as user satisfaction
- Asking someone about whether they like your service is important - they may like it but not benefit from it
- Outcomes are not the same as outputs
- Outputs are the services, products and activities you deliver



Name:
Project title:

Planning triangle

Planning/before

Overall aim

Results after

To improve the
foot health of men
who are
experiencing
homelessness in
Bath

Specific aims

Outcomes

1. To reduce ED/UCC attendance for infected foot wounds
2. To enable clients to engage in a foot treatment service
3. To enable clients to maintain their own foot health

Objectives

Outputs

1. To run a monthly drop-in podiatry service for 12 months with GP/nurse input and follow up if required
2. To provide a weekly sock exchange service
3. To provide a foot care pack to all clients to promote self help and ongoing maintenance of foot care
4. To offer the facility to wash feet in private



Name:
Project title:

Planning triangle

Overall aim
Planning/before

To improve the quality of sleep for children and young people who have severe learning disabilities

Results after

Specific aim

1. To increase parent's knowledge of sleep hygiene
2. To increase the amount of sleep each night
3. To decrease time taken to settle and fall asleep each night

Outcomes

Objectives

1. To run sleep workshops in partnership with education for parents and carers
2. To provide a library of recommended resources to support improved sleep routines
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Outputs



Outcomes

- Individual (and you)
- Family
- Community
- Environment
- Organisation
- Changes to policy



Outcomes in individuals

- **Health**
 - Reduction in physical health problems
 - Reduction in weight
 - Blood pressure within normal ranges
 - Blood glucose within normal ranges
- **Behaviour**
 - Reduced consumption of alcohol
 - Increase in mobility
- **Attitude and perception**
 - Increased motivation
 - Increased self confidence
- **Knowledge and skills**
 - Increased knowledge of health benefit
 - Increased skills to manage their condition
- **Circumstances**
 - Feel less isolated
- **Relationships**
 - Increased social connection



Outcomes and Indicators

OUTCOMES:

Are the changes that happen as a result of your activities

OUTCOME INDICATORS:

Outcome indicators are things you can use to assess whether your outcomes are occurring; they are clues that show what has happened

- What are the outcomes you are looking for
- What indicators are you going to use?
- How are you going to collect the information
- When will you collect the information
- How frequently will you collect the information?
- Who will collect the information?



Outcomes should:

- Be an accurate reflection of the changes introduced by the project
- Identify the importance to key funders, users, professionals and organisations
- Be practical to assess and appropriate to the service / project



Identifying outcomes – the process

- Identify your overall aim
- Identify your specific aims
- Identify your outcomes
- Choose your outcome indicators
- Decide how to collect information
- Decide when and by whom this will be collected
- Create an outcome monitoring framework



Outcome monitoring framework

Aims	Outcome	Outcome indicator	Info collection methods	When & by whom
1				
2				
3				



Outcome monitoring framework: Overall aim to improve the foot health of men who are experiencing homelessness in Bath

Aims	Outcome	Outcome indicator	Info collection methods	When and by whom
<p>Aim 1: To reduce ED/UCC attendance for infected foot wounds</p>	<p>Reduced attendance at ED/UCC</p> <p>Reduced incidence of infection</p>	<p>Decrease in number of ED/UCC attendances for infected foot wounds</p> <p>Decrease in foot wound infections</p> <p>Increased wound healing rates</p> <p>Decreased prescribing</p>	<p>Base line data to be collected – nursing records, wound care assessments</p> <p>Nurse prescribing data and costs</p> <p>Individual questionnaires</p> <p>Observation by clinical staff</p> <p>Data gathered from CCG and ED/UCC attendances</p>	<p>Project lead</p> <p>Baseline data at project start</p> <p>3/12 by project team</p> <p>3/12 by individuals</p> <p>3/12 by clinical staff</p> <p>End of project year</p>



Outcome monitoring framework: To improve the quality of sleep for children and young people who have severe learning disabilities

Aims	Outcome	Outcome indicator	Info collection methods	When and by whom
<p>Aim 2: To increase the amount of sleep each night</p>	<p>Child/young person achieves increased hours of sleep at night required for age</p> <p>Child/young person achieves increased hours of sleep from start of the programme</p> <p>Child decreases daytime sleep/napping</p>	<p>Hours of quality sleep achieved at night</p> <p>Child/young person able to settle back to sleep without parental assistance on waking during the night</p> <p>Episodes and times of day time napping decreased/stopped</p>	<p>Sleep diary / sleep charts</p> <p>Parent feedback 4 weeks / 12 weeks following attending workshop</p> <p>Child/young person feedback</p> <p>Photographs</p>	<p>Within a 12 week time frame from implementing</p> <p>Parents implementing routines</p> <p>Nurse and education staff delivering workshops and support every term</p>

Information collection

- Self-assessment by individuals in the project (this includes questionnaires and other tools)
- Interviews with individuals
- Observation (usually but not always by project staff)
- Measurements eg blood pressure, weight
- Record keeping eg attendance, prescribing



Measuring change over time

- In order to accurately assess change over time it is best to collect the same information from the same person at least two points in time preferably:
 - As early as possible, and as late as possible
 - Compare the results
 - It might be possible to assess some changes on a routine, regular basis
 - Key outcomes may be the hardest to assess
 - Some outcomes may worsen over time
 - Possible problems with accuracy and validity due to reliance on self reporting
 - If and how to track individuals not involved throughout the project year



Attributing outcomes

Can you say that your project caused the change?

You can assess that:

- The project is delivered
- The outcome is achieved

But:

- It is difficult to prove the project caused the outcomes

So

- Keep records of changes over time
- Ask individuals what caused the outcome
- Ask other experienced professionals who know the person
- Use your own knowledge and expertise of the people involved in your project
- Accept that certainty is not possible without a clinical trial



Successful outcomes approach

- Outcomes are relevant, clear, measurable, achievable
- There is realism about what can be done using an outcomes based approach
- There is good accessible management support
- People believe the tasks are worth while
- Accept that there may be unexpected and unintended outcomes too!



H O m E w O R k

