



The North West London Hospitals
NHS Trust



Goal Attainment Scaling (GAS) in Rehabilitation

A practical guide

Further information and advice may be obtained from:

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What is GAS?

course of intervention. In effect, each patient has their own outcome measure but this is scored in a standardised way as to allow statistical analysis.

Goal

4. Score baseline

This is usually rated 1, unless the patient is as bad as they could be in that particular goal area, in which case the baseline rate is 2.

Using this baseline score as a starting point, a baseline Goal score can be calculated.

5. Goal Attainment scoring

Rate the outcome scores at the appointed review date.

Calculate the GAS T score by applying the formula or, with the use of published tables(11), look up the summated scores. A simple spreadsheet calculator is available.

Technically the GAS T score is, in itself a measure of change, but in certain circumstances it may be appropriate to record the change

Goal Attainment Scaling: Prof Lynne Turner Stokes.

practice on our unit,

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Goal

Goal

Appendix 2: The "GAS – light" model

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Six key steps in decision-making and records needed to inform GAS-light

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Using GAS to negotiate realistic goals

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