



# Exemplar Project

## Behavioral and Mental Health

*This document summarizes an exemplary quality improvement project that was submitted to the American Board of Pediatrics and earned the participants 25 points of MOC Part 4 Credit.*

### Use of SMART Behavior Goals in Managing ADHD in the Children's Medicine Center

- **Location:** Children's Medicine Center — Ambulatory Training Center at CAMC and WVU-Charleston
- **Submitting Physician:** Jane Nicholas, MD
- **Key Takeaway:** Utilizing a SMART tool in partnership with ADHD patients to set target behavior goals impacts patient ownership of and adherence to plan of care

#### WHAT PROBLEM DID THE PROJECT ADDRESS?

The use of SMART behavior goals to help guide the management of ADHD in our clinic had been inconsistent and underutilized.

#### WHAT DID YOUR PROJECT AIM TO ACCOMPLISH?

We aimed to improve the percentage of ADHD visits utilizing target behavior goals to guide management to 60% in 12 months.

#### MEASURES:

- **Measure Name:** Utilize SMART behavior goals to manage ADHD
- **Goal:** Increase to 60%
- **Unit of Measurement:** Percentage of ADHD visits utilizing SMART behavior goals out of total ADHD visits
- **Data Source:** EHR
- **Collection Frequency:** Weekly

#### NOTABLE CHANGE STRATEGIES:

- **Education:** Resident didactic about ADHD management through incorporating the use of SMART behavior goals determined with the patient (Specific, Measurable, Attainable, Realistic, and Timely), repeated with new interns, and demonstrated use during checkouts.
- **SMART Tool for Patients:** Designed a tangible SMART Goal patient education tool to equip and empower patients in their behavioral goals, reviewed at every ADHD appointment.
- **Engage Parents/Patients:** Patient/parent provided with the SMART tool before the exam room and completed collaboratively with their physician during the appointment.
- **Increase Frequency of Chart Reviews and Feedback:** Chart reviews increased from monthly to weekly and provided weekly feedback on their performance of utilizing SMART goals for management plans.



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### TOOLS:

#### ADHD QI Resident Feedback

Pt. Athena Number: \_\_\_\_\_

Encounter date: \_\_\_\_\_

Resident: \_\_\_\_\_

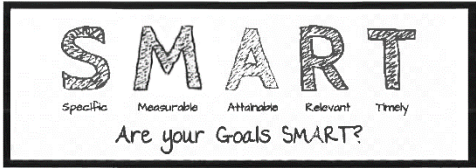
Attending: \_\_\_\_\_

BOP on chart? Yes / No / NA  
(NA if not Rx 90 days of stimulant)

Behavior Goals doc? Yes / No  
Are they SMART? Yes / No

Mgt Plan UTD: Yes / No

## ADHD Behavior Goals



**What are some SMART goals?**

Stays on task with \_\_\_\_\_ or fewer reminders.

Finishes homework in \_\_\_\_\_ amount of time.

No fights with siblings for \_\_\_\_\_ days/week.

Writes homework in planner \_\_\_\_\_ days/wk.

Keeps room clean / organized \_\_\_\_\_ days/wk.

Gets ready on time in mornings \_\_\_\_\_ days/wk without too much nagging.

**How to reach SMART goals?**

Keep a daily or weekly chart.

Set-up a homework space away from distractions.

Give immediate praise for work done well.

Keep a list of what items needs packed.

Make a list of steps for getting ready.

Use the Teacher Weekly Behavior Report Card.

**Your turn to make SMART goals for your child!**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



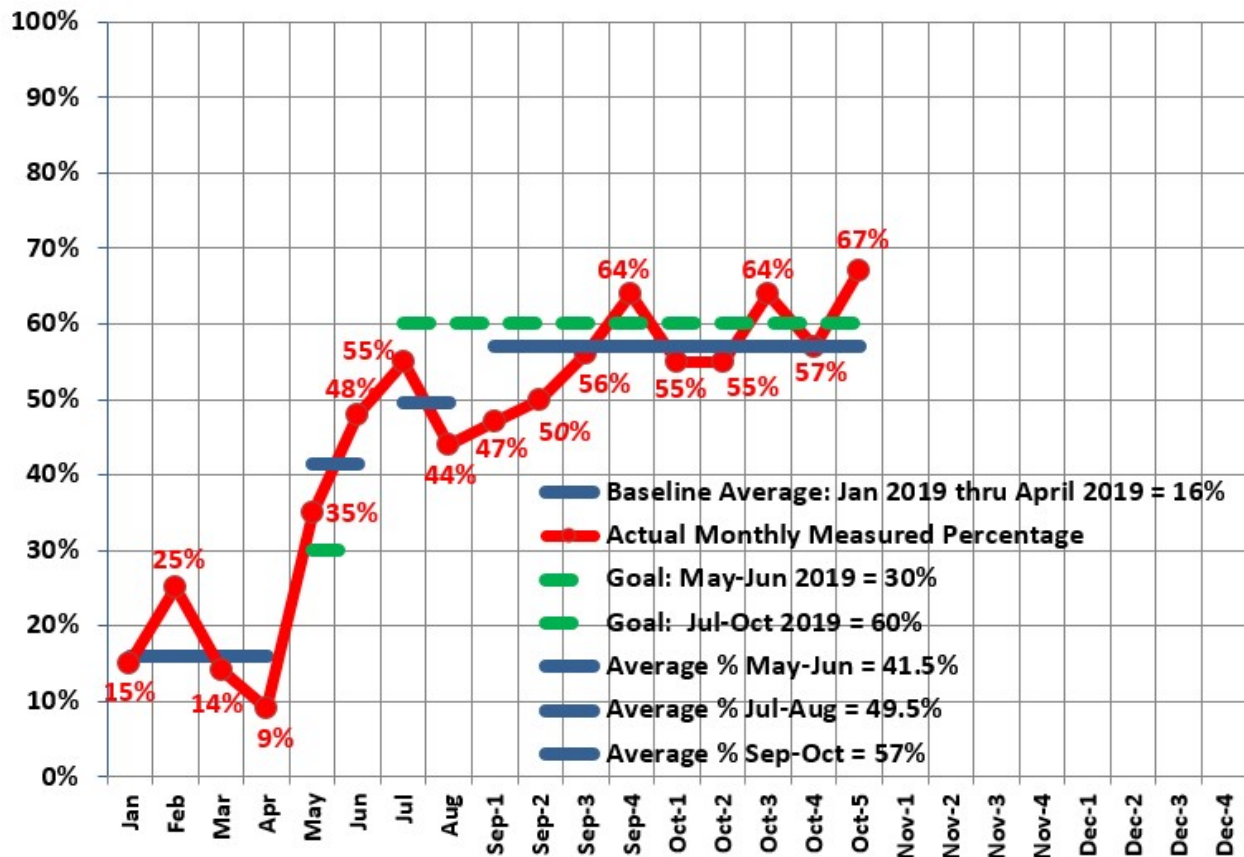
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### DATA:

**% of ADHD Visits at which Behavior Goals Identified - 2019**



### OUTCOME:

Throughout this project, the rate of ADHD visits that identified SMART Behavioral Goals increased from the baseline rate of 16% to a sustained average of 60%.

### QUESTIONS?

To learn how to create your own quality improvement project, visit <https://www.abp.org/content/your-own-qi-project> or contact our MOC Support Center at 919-929-0461 or [moc@abpeds.org](mailto:moc@abpeds.org).