

# The GASlegs Tool

## Goal Attainment Scaling – Evaluation of Outcome for leg Spasticity

Version V2.5

### Summary description:

A semi-structured tool, designed to provide a framework for goal-setting and outcome evaluation. It comprises seven goal areas across 2 domains and is mapped onto the WHO International Classification of Functioning Disability and Health (ICF).

Development led by:

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### Instructions for use:

At baseline:

1. Choose 2-3 goal areas – designate one primary goal, and others as secondary goals
2. Select principal subcategory for each goal area
3. Record goal parameter – how goal will be assessed (e.g. rating out of 10, Leg Activity measure).  
Record baseline and target ratings – e.g. pain score baseline 8/10 – target 4-5/10.
4. Write SMART goal statement and record baseline GAS

At evaluation point:

5. Record achieved rating / measurement for goal parameter
6. Record Goal attainment rating
7. Use GAS formula to derive T-scores  
(Goal weighting: Primary goal w=2, Secondary goals w=1)

### Further information and advice may be obtained from:

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**Important: Select only those goal areas that are identified as functional priority** (Related to standardized measures recorded where appropriate e.g. reduction in LEG-A, RMI scores or Numbered Graphic Rating Scale)

| Domain 1: Impairment / symptoms   |  |  | Goal rating   |  |
|---|--|--|---|--|
| Goal Area   | Sub-categories (please tick)   | Goal parameter                                   | Baseline  | Achieved   |
| <b>Pain /discomfort</b>   | <input type="checkbox"/> Pain (b280)<br><input type="checkbox"/> Stiffness (b780)<br><input type="checkbox"/> Sleep disturbance (b134)   | E.g. Pain rating / Numbered Graphic Rating Scale | Baseline rating   | Achieved rating  |
| <b>SMART Goal</b>   |  |  | <input type="checkbox"/> Some<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |
| <b>Involuntary movements / Spasms</b><br><small>(E.g. spasms or flexed posturing of leg when lying, sitting or walking)</small> | <input type="checkbox"/> Spasms (b760)<br><input type="checkbox"/> Posturing / dystonia (b765)   | Leg Activity measure                             | Baseline rating   | Achieved rating  |
| <b>SMART Goal</b>   |  |  | <input type="checkbox"/> Some<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |
| <b>Range of movement / contracture prevention</b>   | <input type="checkbox"/> Contracture prevention<br><input type="checkbox"/> Passive ROM<br><input type="checkbox"/> Active ROM<br><input type="checkbox"/> Splint tolerance (b710, b735) | Leg Activity measure                             | Baseline rating   | Achieved rating  |
| <b>SMART Goal</b>   |  |  | <input type="checkbox"/> Some<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |
| <b>Cosmesis or Facilitation of therapy</b>  | <input type="checkbox"/> Aesthetic appearance<br><input type="checkbox"/> Body image<br><input type="checkbox"/> Facilitating therapy  | Numbered Graphic Rating Scale                    | Baseline rating   | Achieved rating  |
| <b>SMART Goal</b>   |  |  | <input type="checkbox"/> Some<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |

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| Domain 2: Activities / Function  |   |                      | Goal rating  |  |
|--|---|----------------------|--|--|
| Goal Area  | Sub-categories  | Goal parameter       | Baseline   | Achieved   |
| <b>Passive function</b><br><b>Caring for the affected limb</b><br>whether care is done by someone else or by the person him/herself. | <input type="checkbox"/> Hygiene – peroneal<br><input type="checkbox"/> Dressing the limb<br><input type="checkbox"/> Positioning the limb<br><input type="checkbox"/> Splint application/removal (d520)  | Leg Activity measure | Baseline rating  | Achieved rating  |
| <b>Goal statement</b>  |   |                      | Baseline<br><input type="checkbox"/> Some function<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |
| <b>Active function</b><br><b>Transfers/ Standing</b><br>Improved transfers / standing due to better balance, etc                     | <input type="checkbox"/> Ease of transfers (d420)<br><input type="checkbox"/> Level of assistance<br><input type="checkbox"/> Balance (d415)<br><input type="checkbox"/> Safety?  | Leg Activity measure | Baseline rating  | Achieved rating  |
| <b>Goal statement</b>  |   |                      | Baseline<br><input type="checkbox"/> Some function<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |
| <b>Active function</b><br><b>Locomotion</b><br>Improved walking due to better balance, etc   | <input type="checkbox"/> Mobility (d450)<br><input type="checkbox"/> Balance (d415)<br><input type="checkbox"/> Type of walking aid used<br><input type="checkbox"/> Gait quality (b770)<br><input type="checkbox"/> Speed / efficiency<br><input type="checkbox"/> Endurance | Leg Activity measure | Baseline rating  | Achieved rating  |
| <b>Goal statement</b>  |   |                      | Baseline<br><input type="checkbox"/> Some function<br><input type="checkbox"/> Bad as could be | <input type="checkbox"/> Partially<br><input type="checkbox"/> Same<br><input type="checkbox"/> Worse<br><input type="checkbox"/> As expected<br><input type="checkbox"/> A little more<br><input type="checkbox"/> A lot more |