




Solution-focused coaching helped youth with neuromuscular conditions set & attain personally meaningful goals


Evaluation of the Solution Focused Coaching-Peds (SFC-peds) Strategy for Youth with Neuromuscular Conditions

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Background - What we Know

Goal setting encourages **self-determination** & **self-efficacy**  **PROBLEM:** Youth with neuromuscular (NM) conditions have **fewer** chances to **set** & **achieve** goals  SFC-peds helps youth set & attain **personally meaningful goals** 

Solution Focused Coaching

SFC promotes a youth's ability to **develop goals** & **plans specific to their needs** & **environments** 

Objectives - What we Want to Learn

1. Does SCF-peds allow youth with NM conditions to **set & attain personally meaningful goals**?
 2. Does the **number** of sessions **affect achievement**?
 3. Do youth see a **role** for SFC-peds **in clinic**?
 4. What goal areas are important to **youth**?
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Results - What we Learned

Quantitative


- All youth **successfully generated** personally meaningful goals
- **64% achieved their goal** in both intervention
- There was **no difference in success** between the single & intensive groups

Qualitative

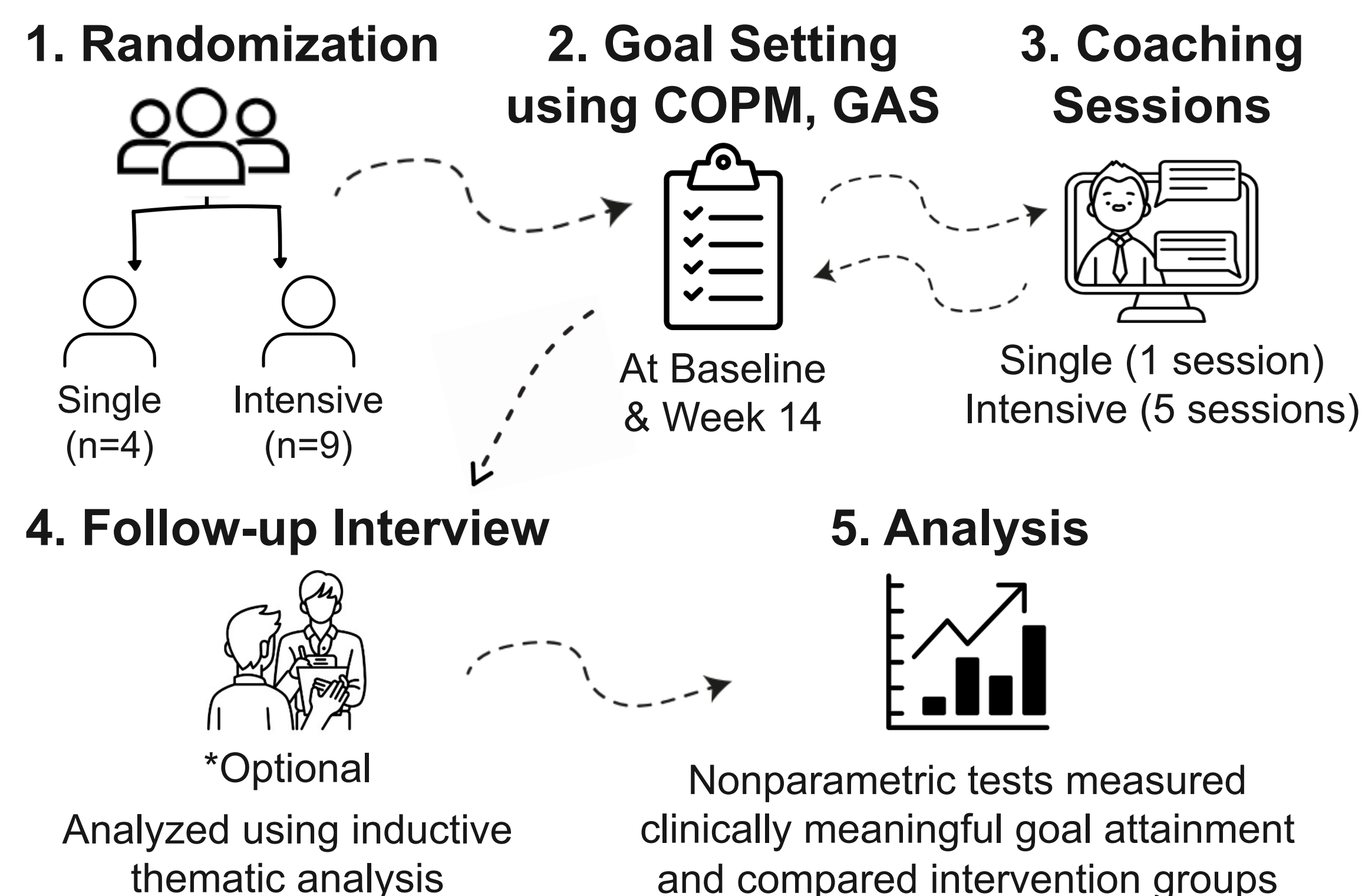
- Goals focused on **socialization** & **independence**
- Youth **felt personal success** with the goals, saying it should be used **in clinic**

Participants - Who Participated

Age: 11-16 years
Gender: 12 male, 2 female
Diagnosis: Duchenne MD* (n=11), Becker's MD (n=1), LAMA2 Congenital MD (n=1), RyR1 MD (n=1) *MD – muscular dystrophy



Methods & Analysis - What we Did



Conclusions - What this Means

- SFC-peds was **successful**
- SFC-peds **allows** for **personalization** of goals & number of sessions
- Youth wanted to improve their **socialization** & **independence**
- Future research should explore implementing SFC-peds outside of HB

Application - How this benefits Holland Bloorview

-  SFC-peds helps clients **develop important life skills**
-  SFC-peds helps clients **play a leadership role in their care** through setting goals that are personally important
-  This study provides clinicians with the **topics youth want to focus on**, creating more impactful care



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