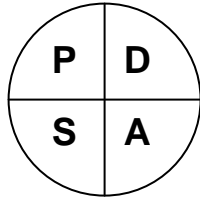
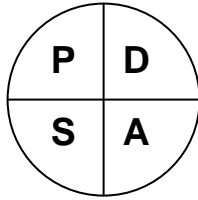


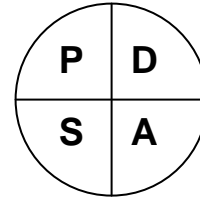
Plan



Do



Study



Act

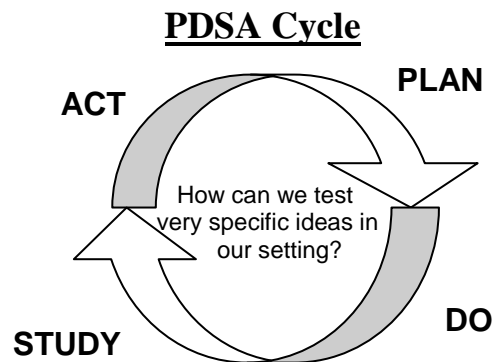
NYSPQC PDSA Tutorial

1. Gather ideas about what changes will lead to improvement

You need to understand some basic information about what are the existing challenges to improving care to reduce elective deliveries before 39 weeks. For example, are the challenges you are facing related to role clarification, delegation, staff education, lack of leadership support, or tools and prompts? Consider who could offer insight into the particular area and ideas for improving it.

This is a “thinking” step that will help to explore the reasons why areas of practice have become less than optimal. Understanding barriers that prevent change will help you plan initiatives that anticipate and overcome barriers.

PDSA cycles are small tests designed to help you make progress toward a goal. Small tests do not necessarily mean small changes; rather, small tests represent small steps needed to achieve significant improvement.



2. Plan the PDSA Cycle

It is important to develop a detailed plan for your PDSA so that you know exactly what needs to occur in your DO phase (who will do it, which patients it will involve, and how you will track your progress). When planning, ask yourself the following questions:

- What are we testing?
- Who are we testing the change on?
- When are we testing?
- Where are we testing?
- Who will implement the cycle?
- What is our measurement plan?

Don't forget to make a prediction.

Anticipating the impact of your cycle will help you to focus on

- Planning
- Areas for improvement
- Clarifying measures
- Being creative

When predicting, ask yourself, "What do you expect to happen?" Making a prediction will assist in anticipating what might come next and whether or not the cycle was a success or failure. If it was a failure, it is important to take the time to understand why (Study).

Don't forget to include measurement plan.

Integrate the study part of the PDSA into the daily routine as much as possible. What you measure to show if your PDSA resulted in an improvement may or may not be the same as the measures you use for the Collaborative reports. Usually the study part of the PDSA cycle can be an observation, or asking one of the team members their impression of how the test of change went. Build on existing systems when re-designing. What examples of success within your office can you learn from?

Example:

Goal: Increase smoking assessment and appropriate counseling to patients.

What is being tested: OB office is running a PDSA on handing out the March of Dimes Brain Card

Prediction: New tool will help build consumer buy-in for full term deliveries

When/Where/Who: Nurse offers card to Mom at first prenatal visit and explains the importance of going to 39 weeks.

Measurement: Nurse will report how mother's responded to the new tool.

3. Conduct the Cycle (DO)

Carry out the cycle, collect data and begin analysis. Don't forget to seek opinions about changes tested in this cycle.

Example:

Nurses gave the card to 4 new patients last week and reported patient response. All patients were interested and responded well to the message.

4. Analyze the Results (STUDY)

Studying the results allows you to answer the questions:

- Was this change an improvement?
- If yes, do we need more information before implementing the change with others in the practice (e.g., Test again on different days with different staff)?
- If not, what have we learned from this test? What could we do differently next time to make it an improvement over the current system? What additional information do we need to achieve an improvement?
- Share your results: Plot data of key measures each week and display for others in the office to see. Seek input from everyone in your office.

5. Decide What to Do Next (ACT)

Identify what changes are to be made in the current cycle, from this, identify your next cycle. “The science in PDSA is in the act of reflection, learning from what one did. Those who want improvement to occur need to reserve specific times to ask, ‘What did we learn, and how can we build on it?’”

Learning: Feasible strategy for practice, but additional education and prompts are needed to ensure consistent and ongoing and counseling occur.

Potential Next Cycles: After we reach a point that the patients have been getting the brain cards reach the time to schedule their deliveries we will measure if the use of these cards resulted in fewer requests by patents for an early elective delivery.

PDSA Cycle

