



Designing and Executing PDSAs

Preconception CoIN Year 2 Meeting

January 17-18, 2019

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Objectives



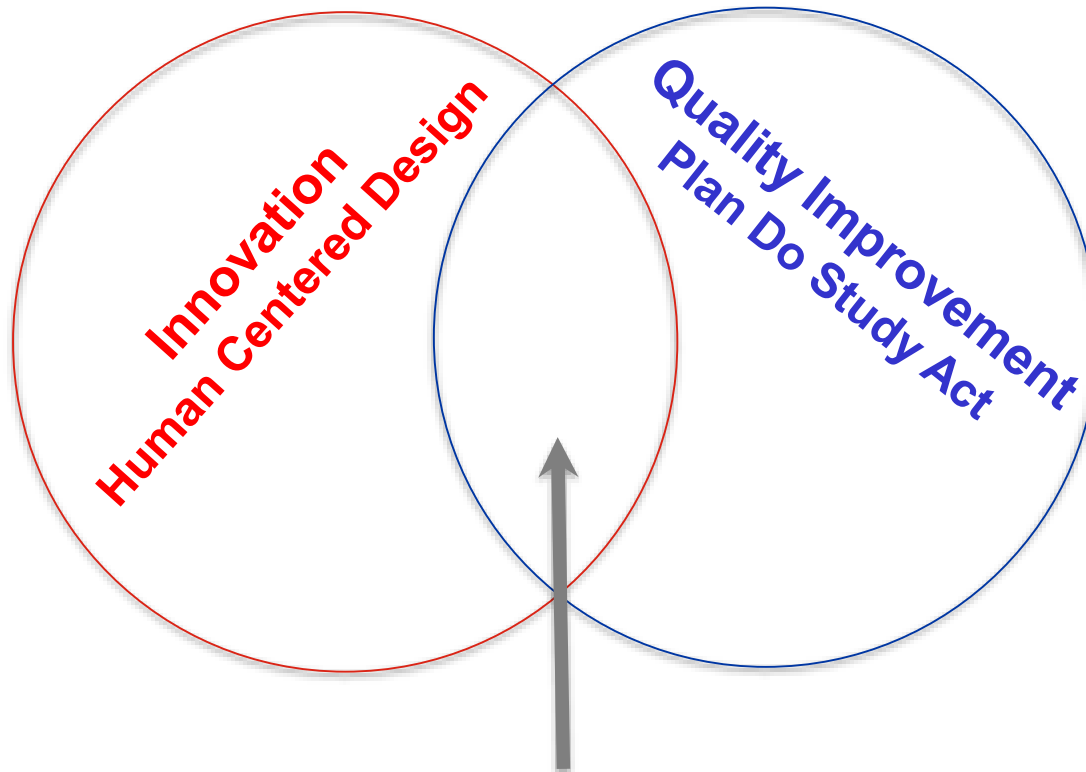
By the end of this session, participants will:

- Understand basics of PDSA
- Know safeguards that will promote PDSA success
- Know how to design a Preconception CoIIN PDSA to test

❖ *Shared Learning Question*



Innovation and Quality Improvement



Overlapping values and aspects



PDSA Basics

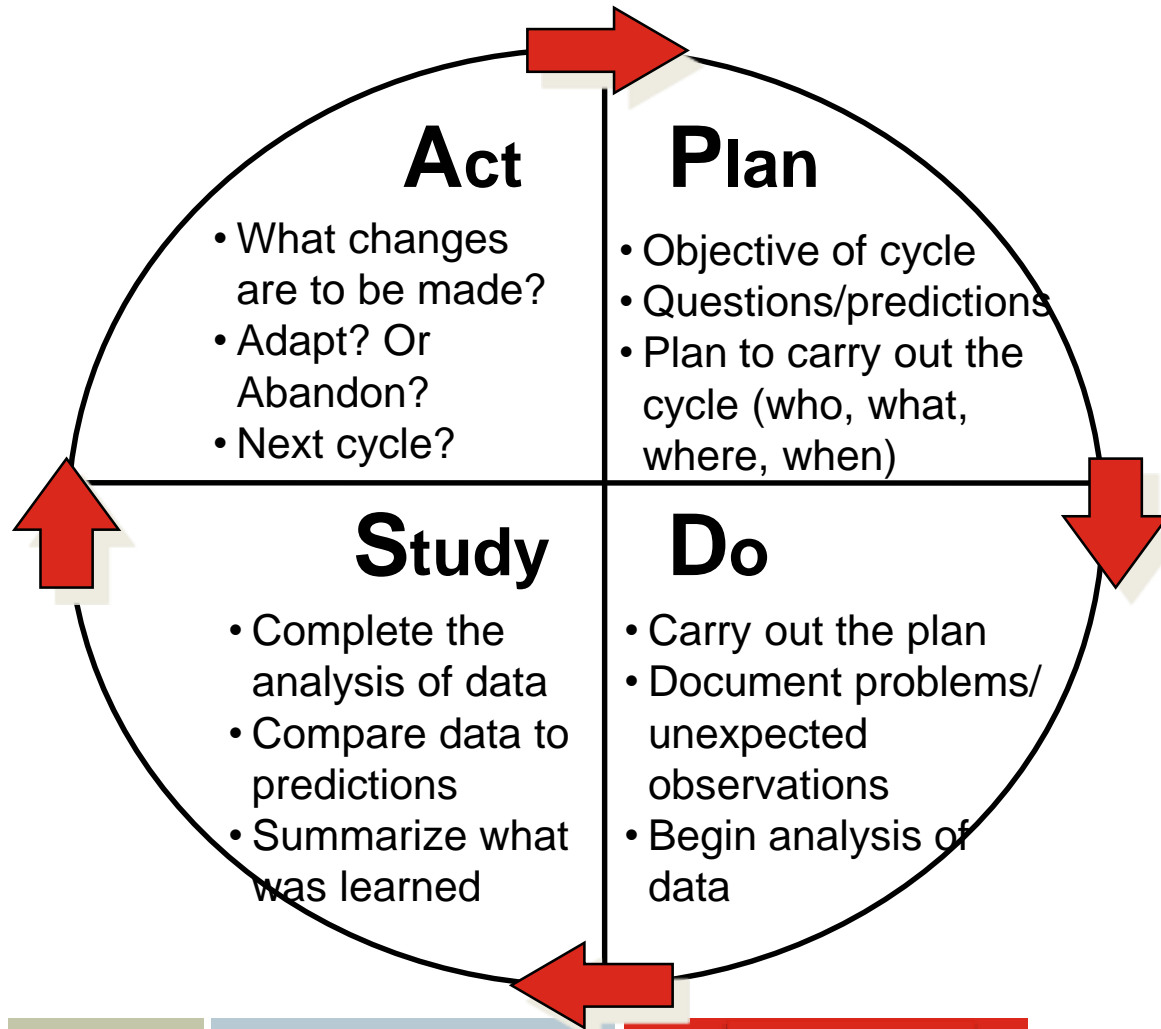


What is PDSA?

- Rapid tests of change

What's its purpose?

- Learning



Avoid Potential Pitfalls



1. Take time to plan

- a) Identify its purpose – what do we want to learn?
- b) Predict PDSA results – what do we think will happen?
- c) Design a data collection and analysis plan that provide required answers
- d) Engage stakeholders in planning, testing, and data analysis
- e) Use PDSA findings to plan a new cycle

The problem with Plan-Do-Study-Act cycles

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4789701/>



Avoid Potential Pitfalls



2. Be sure to record and share your learning from each cycle
3. Take sufficient time to conduct the learning to improve success for full-scale implementation
4. Identify a PDSA ending timeframe
5. Determine how the successful intervention will be sustained in practice



Tips for Testing Changes



Plan-Do-Study-Act (PDSA) Cycle
A Tool for Learning and Improving

IMPORTANCE OF THE PDSA CYCLE

- Plan how you will learn and improve.
- Try a change on a small scale.
- Make observations about the results of the change, and
- Take quick action based on what was learned by stopping, adapting, or abandoning a change.

KEY COMPONENTS OF THE PDSA CYCLE

- **PLAN** how you will learn and improve.
 - Document what you hope to learn.
 - Describe how the change will be carried out. Be specific about who, what, when, and where.
 - Describe how you will collect data (both qualitative and quantitative data). Be specific about who, what, when, and where.
- **DO** the change as planned on a small scale for a short time frame.
- **STUDY** the data collected while carrying out the change.
- **ACT** on what was learned.
 - Determine whether the change should be retained, adapted, or abandoned.
 - Make adaptations to the change.
 - Plan how you will try the change with the new adaptations. Then, start over with a new PDSA cycle to test the same change again but including these new adaptations.

TIPS FOR SUCCESS

- Test on a small scale before wide scale implementation. Start with a small number (e.g., 5-10 people) and try for a short time frame (e.g., days or weeks).
- Use the "Drop Two" principle to scale down instead of testing for a quarter then about testing for a week. Instead testing for weeks think about testing for a few hours.

Drop Two

Changes That Result in Improvement

Build on learning and improving

- include an agenda item for implementation team meetings
- hold brief 5-10 minute huddles during which testing to quickly share lessons learned and recommendations for action
- Capture lessons learned in a standard way (e.g., in an email spreadsheet, on the whiteboard, etc.)

Reference for content: Langley, G., Moen, R., Nolan, K., Nolan, P., Norman, L., Provost, L.P. The improvement guide: A Practical Approach to Enhancing Organizational Performance (2nd Edition). San Francisco, California, 12th. Jossey-Bass Publishers, 2009.

SMALL NUMBER



SHORT TIME FRAME



Tips for Testing Changes

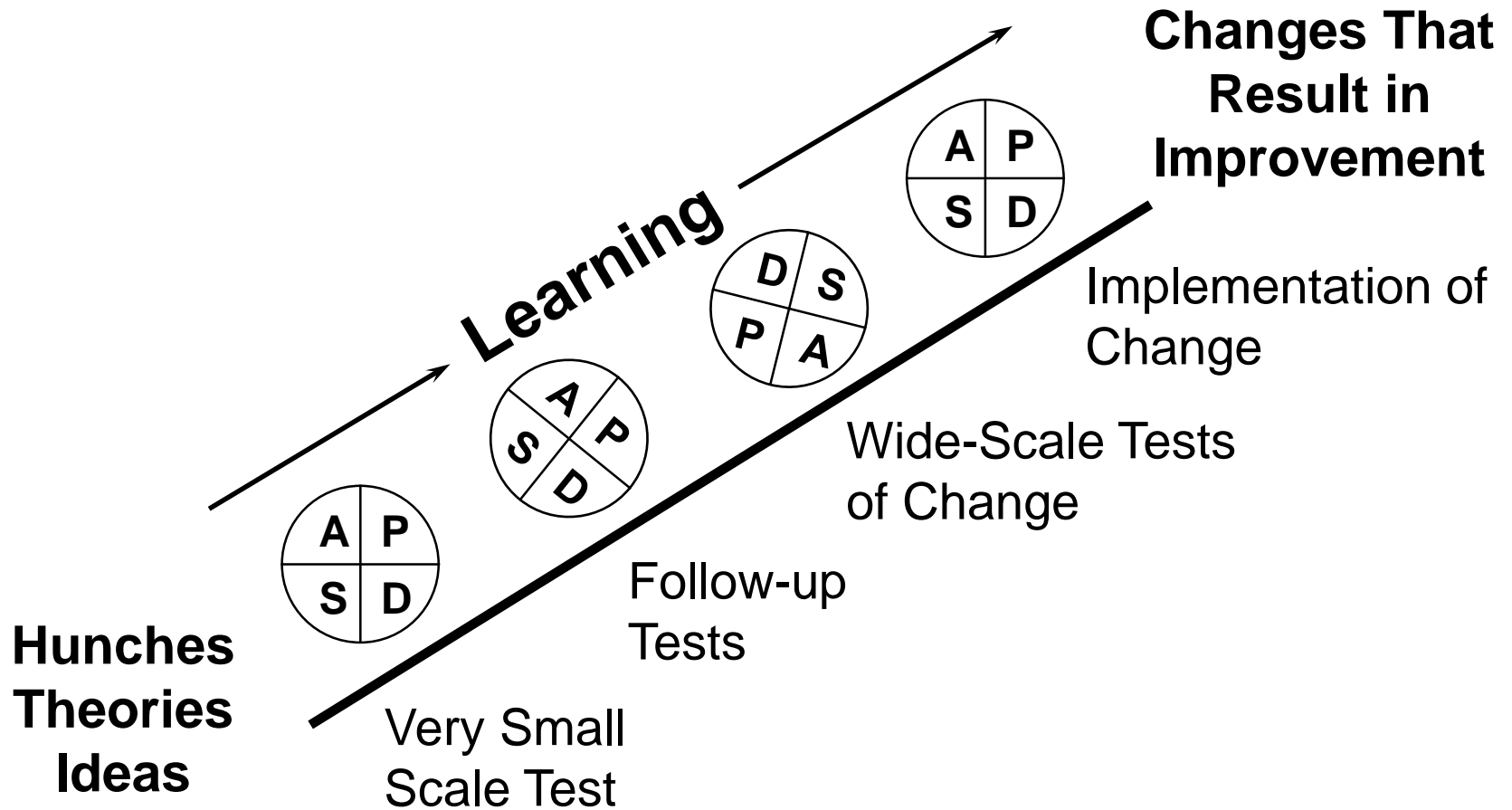


- Years
- Quarters
- Months
- Weeks
- Days
- Hours
- Minutes



“Drop Two”

Rapid Tests of Change



*Langley GL, Nolan KM, Nolan TW, Norman CL, Provost LP.

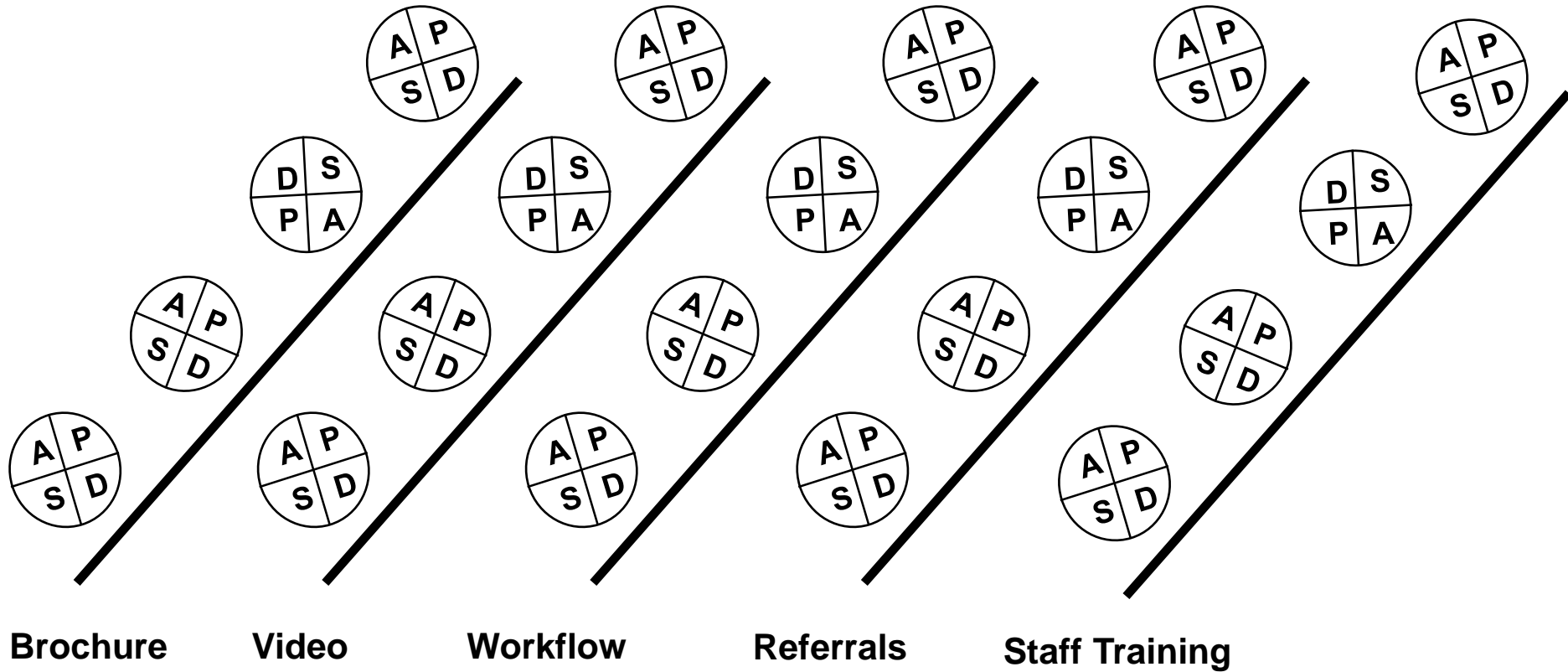
Changes in Parallel



Team 1

Team 2

Team 3



PDSA Planning and Tracking



PLAN-DO-STUDY-ACT (PDSA) CYCLE TEMPLATE

Write of Test: _____

PLAN

Specific Questions to Address:

Hypothesis/Hypotheses:

Plan for Test:

Plan for Data Collection:

DO

STUDY

ACT

PDSA Cycle Tracking Form

Name of Person Testing Change: _____ Date Test Began: _____

	PLAN	DO	STUDY	ACT
1				
2				
3				

❖ **Why use a PDSA planning form?**

❖ **Who designs and plans the PDSA?**

❖ **Who conducts the test?**

Activity: Designing a PDSA



ONE KEY QUESTION[®]

Ask*: "Would you like to become pregnant in the next year?"

<https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/DATAREPORTS/MCHTITLEV/Documents/One%20Key%20Question%20Presentation.pdf>



Ask*: "Would you like to become pregnant in the next year?"

YES

**OK EITHER
WAY**

UNSURE

NO

Review Chronic Health Conditions, Urgent Psychosocial Concerns,
Prescribe Multi-vitamin with Folic acid

Medication Review

Review birth spacing recommendations
and optional timing for wellness

Develop follow up plan for additional
preconception care and assess
contraception needs

Screen for current
contraception use

Assess satisfaction of
method and
compliance of use

Review effectiveness,
offer all options
including LARC and
Emergency
Contraception

Designing a PDSA (Plan)



Objective for this Test

(Why are you doing this test? What do you hope to learn?)



Designing a PDSA (Plan)



Specific Questions to Address

- 1.
- 2.
- 3.
- 4.



Designing a PDSA (Plan)



Specific Questions to Address

Initial Question

1. Is the new screening approach being implemented correctly?
2. Is the new approach taking more time?
3. Do consumers understand the new program's education tools?
4. Are we practicing health equity in our implementation?



More Useful Question

1. What % of providers are correctly implementing the new approach?
2. How much more time is the new approach taking?
3. To what extent (%) are consumers understanding the education tools?
4. What is the % breakdown of people of color receiving OKQ?



Designing a PDSA (Plan)



Specific Questions to Address

- 1.
- 2.
- 3.
- 4.



Designing a PDSA (Plan)



Predictions/Hypotheses

(What do you think will happen when the test is done?)



Designing a PDSA (Plan)



Plan for Test

Tasks to Complete	Who?	What and How?	When?	Where?



Designing a PDSA (Plan)



Plan for Data Collection *(Does each measure link to the Specific Questions and/or to the Plan?)*

What to measure	Who?	How to measure?	When?	For how long?



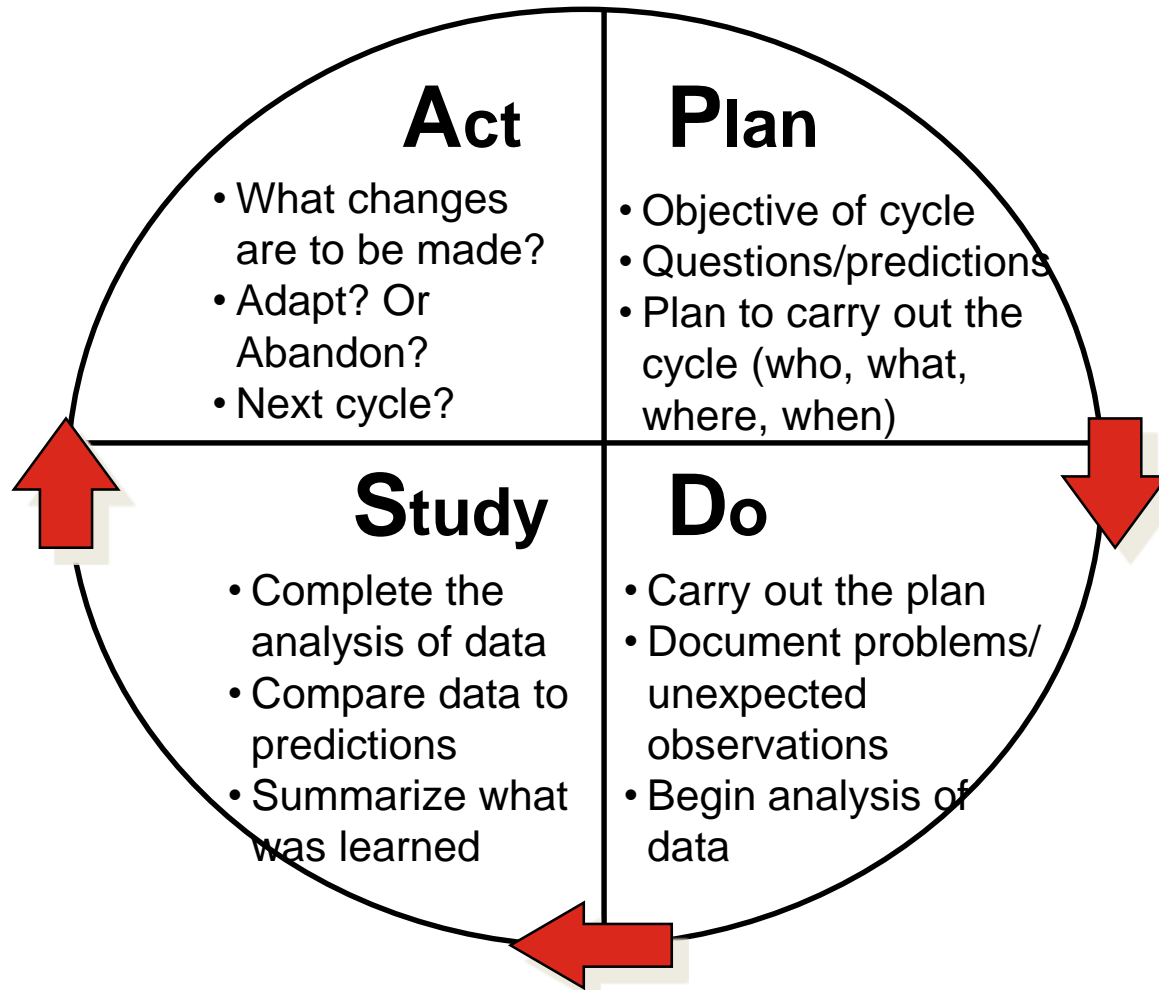
Tips for PDSA Data Collection



1. The Questions developed during PDSA planning promote efficient data collection
2. Consider data sampling to conserve resources and reduce burden
3. Develop a form on which to record data for the PDSA; test it first
4. Train staff who will collect the data
5. Document unusual circumstances



What's Next?



PDSA Cycle Tracking Form



Name of Person Testing Change: _____ Date Test Began: _____

Cycle No. - Date of Cycle	PLAN	DO	STUDY	ACT
1 -	<ul style="list-style-type: none"> • What will you test? • How will you test it? For how long? • With whom (and how many) will you test it? • Who will oversee this cycle? 	<ul style="list-style-type: none"> • What data did you collect? • What did you observe? • What problems occurred? • Were there any special circumstances? 	<ul style="list-style-type: none"> • Was the cycle carried out as planned? • What did you learn? • What worked well? • What could be improved? 	<ul style="list-style-type: none"> • Adapt, Adopt, Abandon? Why? • How will you adapt the change? • Explain the changes in the Plan column for the next test cycle.
2 -				

- ❖ *Why monitor test cycles? Who will do this?*
- ❖ *Is it difficult to monitor/document cycles? (Why don't we do this well?)*
- ❖ *When do we adapt a test and start another cycle of testing?*



Shared Learning



- ❖ *How do you sustain the gains?*
- ❖ *What do you do with your documented learnings?*
- ❖ *To whom will you communicate accomplishments?*



Summary



Remember to . . .

- Use a PDSA template*
- Plan for the “do, study, act”*
- Plan measures and analysis*
- Start small and ramp up*
- Record and share learnings*
- Involve stakeholders*





Questions?

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