CVD Improvement Collaborative 5
PDSA Cycle - Testing

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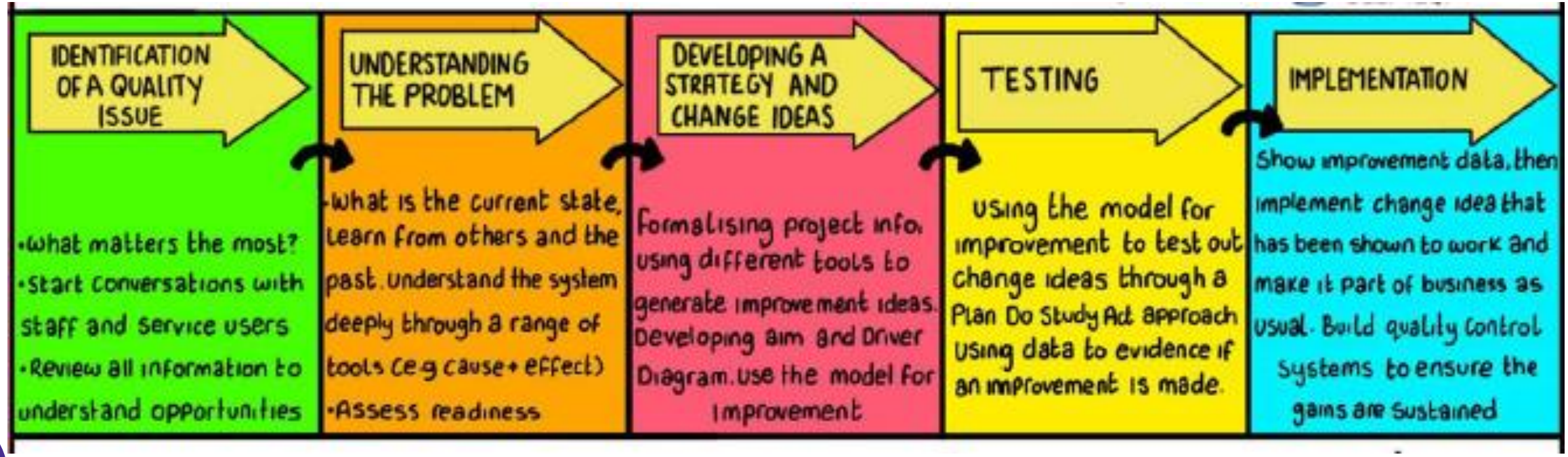


Diagnosis

- Looking at data
- Reviewing complaints/serious incidents
- Talking to staff and patients
- Process mapping
- RCAs
- 'Deep dives'

Planning

- Write your aim statement
- Process mapping and user journey
- Stakeholder mapping

Iterative testing

- **PDSAs!**

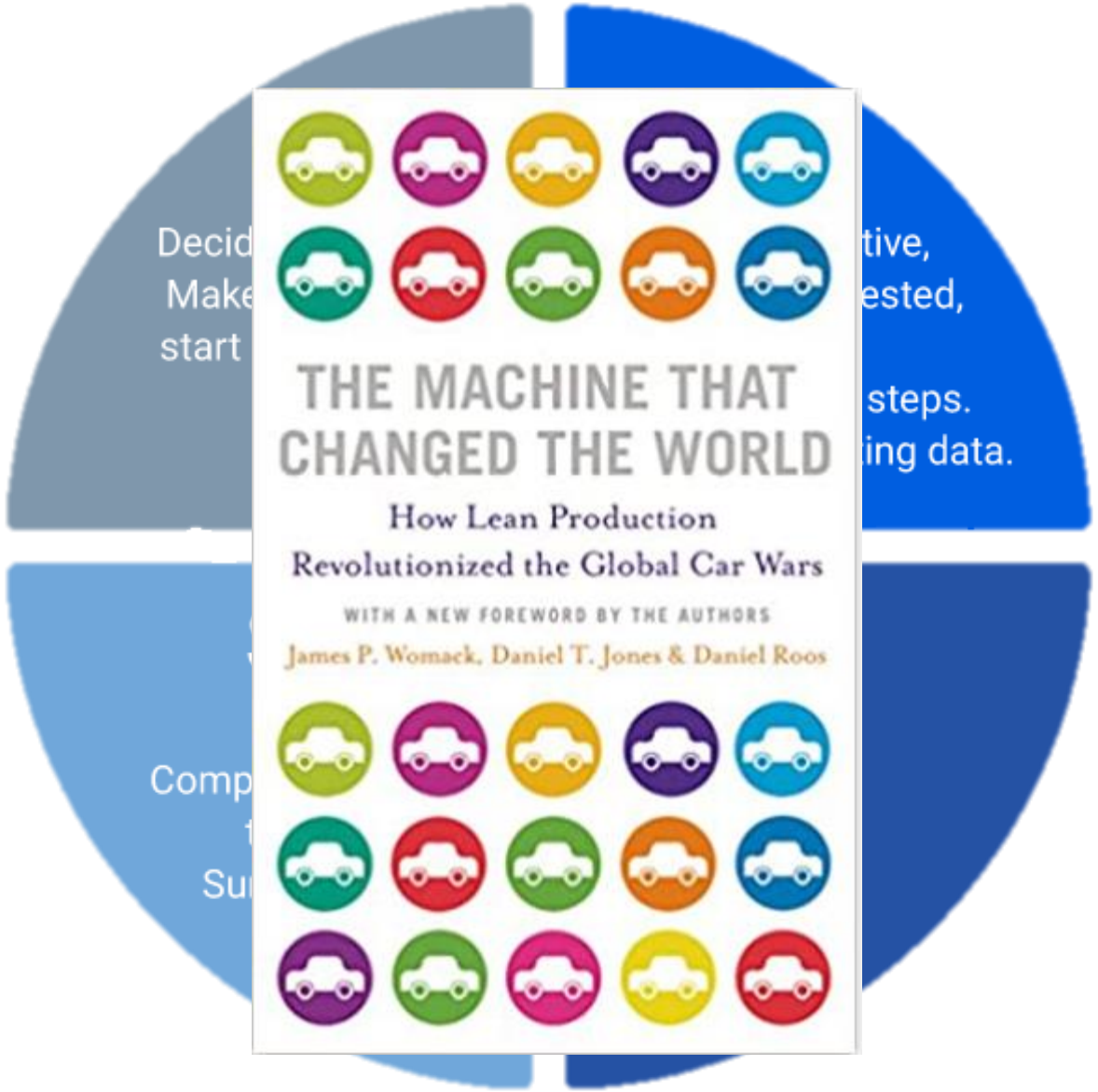
Refine and scale up

- Spread and adopt

Communication and involvement

Measurement

Testing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Due by	Reporting element	Your project
July 19th	What is the problem? (e.g. high no. people at risk of CVD with unmanaged lipids)	High number of patients with dangerously high blood pressure.
	Target group (e.g. people with QRISK 15-19% AND not on statin)	Patients with a blood pressure of 160/100 or higher
	Current Status (baseline data from e.g. UCLP search)	In south lambeth road we have 6 patients with last BP above 180/120 and 33 patients with a BP of over 160/100 and in HARP we have 32 with a BP of over 180/120 and 150 with a bp over 160/100
	Aim / target improvement and what you will measure (outcome and balance measures):	Aim is to have a 80% decrease in the number of these patients
	Root cause analysis (what is a cause of the problem)?	Patients being lost to follow up after clinician discovering having a high blood pressure
gust 16th	Proposed intervention (e.g. review high risk patients with outdated BP)	To have designated clinic where clinician will book patients discovered to have high blood pressure to then make sure to follow up
	Implementation Plan (the steps you will take – some examples in project pack)	
	Monthly updates:	
	Progress update (e.g. comparison to baseline data, if no data then a couple lines/bullet points to provide a narrative of what happened this month)	
	Learning/reflections (e.g. what worked well, unexpected challenges, any changes to the original plan etc..)	

Plan

Do

Study

Act

PLAN

Objectives:

- Identify the issue you are trying to solve – look at data
- Create a specific aim statement
- Think about what change will help you meet that aim
- Decide how you will know if that aim has been achieved

Tips:

- Consider **starting small**
- Be **specific**! Avoid broad objectives
- Don't try and achieve too much in 1 cycle
- Make sure you plan how you will analyse your data

What is the problem? (e.g. high no. people at risk of CVD with unmanaged lipids)
Target group (e.g. people with QRISK 15-19% AND not on statin)
Current Status (baseline data from e.g. UCLP search)
Aim / target improvement and what you will measure (outcome and balance measures):
Root cause analysis (what is a cause of the problem)?
Proposed intervention (e.g. review high risk patients with outdated BP)

PLAN (worked example)

Project example: Optimising lipids treatment in primary prevention cohort	
Cycle objective	test the best way to optimise lipids treatment/care for patients in cohort
Theory	recalling these patients, explaining their CVD risk and providing treatment options will improve their care and reduce number of patients not on optimal treatment
Data	no. of patients at the start of the cycle, no. of patients seen throughout the cycle, outcomes of follow up (patients who did not book appointment, patients who declined medication, patients who agreed to medication)
Start small	1 month period, aiming to see 5-10 patients per week

Do

Implementation Plan (the steps you will take – some examples in project pack)

Objectives:

- Putting your ideas to the test
- Monitoring your progress

Tips:

- Think about any preliminary steps you may need to take
- Make sure you document your progress carefully

Do (worked example)

Project example: Optimising lipids treatment in primary prevention cohort	
What you'll do:	Recall 15 patients and see them in the first month
How you'll monitor:	Document any changes to their clinical measures following repeat blood test Document any changes in treatment / prescribing Discuss the experience with other staff involved and assess how much resource you used and any refinements they may make If working in a new way ask patients how they found it – did you get good engagement?

Study

Progress update (e.g. comparison to baseline data, if no data then a couple lines/bullet points to provide a narrative of what happened this month)
Learning/reflections (e.g. what worked well, unexpected challenges, any changes to the original plan etc..)

Objectives:

- Reflect on what you've seen change as a team – has it been positive or negative?
- Analyse data

Tips:

- Compare the change you've seen to what you thought might happen
- Use your aim statement as a your north star

Study (worked example)

Project example: Optimising lipids treatment in secondary prevention cohort	
Observations:	15 patients were recalled – 8 attended Of the 8 who attended, 6 patients had their treatment changed 4 patients showed significant LDL Cholesterol reductions Staff found the process didn't add to their existing workload

Act

Progress update (e.g. comparison to baseline data, if no data then a couple lines/bullet points to provide a narrative of what happened this month)
Learning/reflections (e.g. what worked well, unexpected challenges, any changes to the original plan etc..)

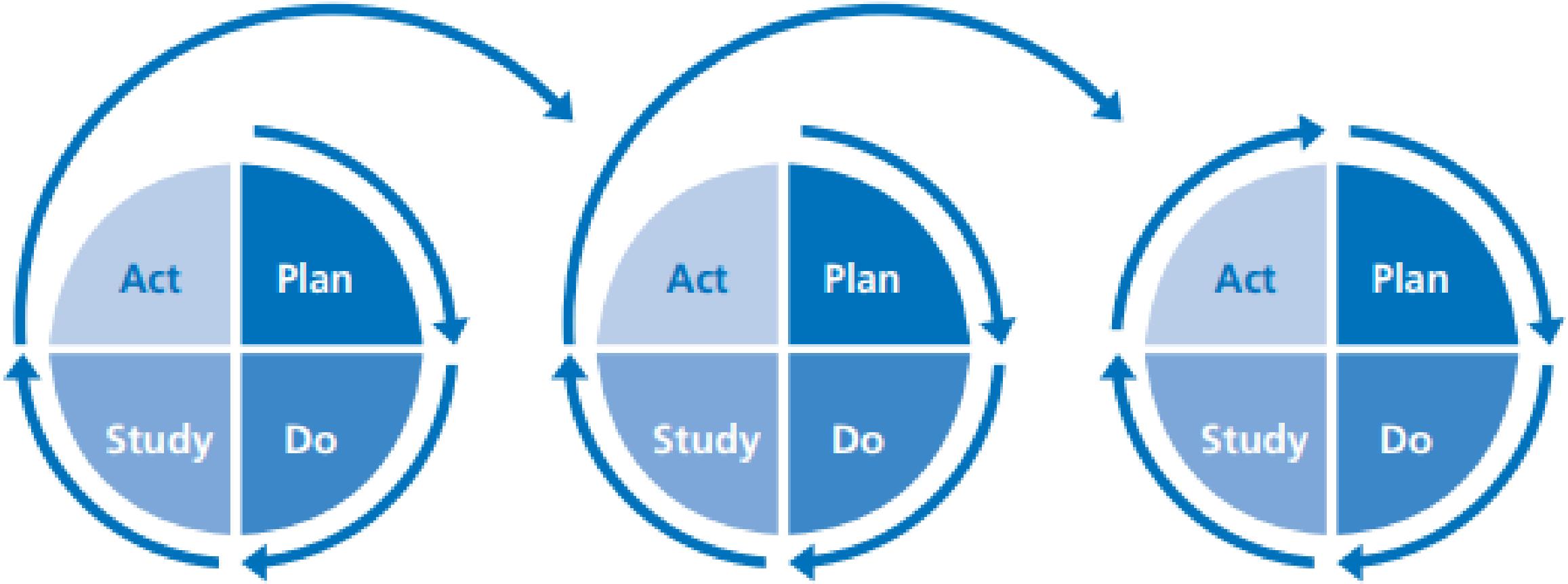
Objectives:

- Decide what to do next: 3 As
  1. Adopt - Keep change or spread
  2. Adapt - Improve plan
  3. Abandon
- Then plan your next move!

Tips:

- Continue with cycles until you meet your original specified aim

Act



Act (worked example)

Project example: Optimising lipids treatment in secondary prevention cohort	
Actions:	The change showed promise so will repeat with further patient group of 30 individuals Because of the low attendance rate we will redesign the recall process for cycle 2

The Coin Game

AIM: To keep a coin spinning for the longest possible time

Cycle	Plan What is your theory? What do you think will happen?	Do What did you achieve?	Study What did you observe?	Act Adopt, adapt, or abandon?
1				
2				
3				
4				

Cycle	Plan What is your theory? What do you think will happen?	Do What did you achieve?	Study What did you observe?	Act Adopt, adapt, or abandon?
1				
2				
3				
4				
5				
6				