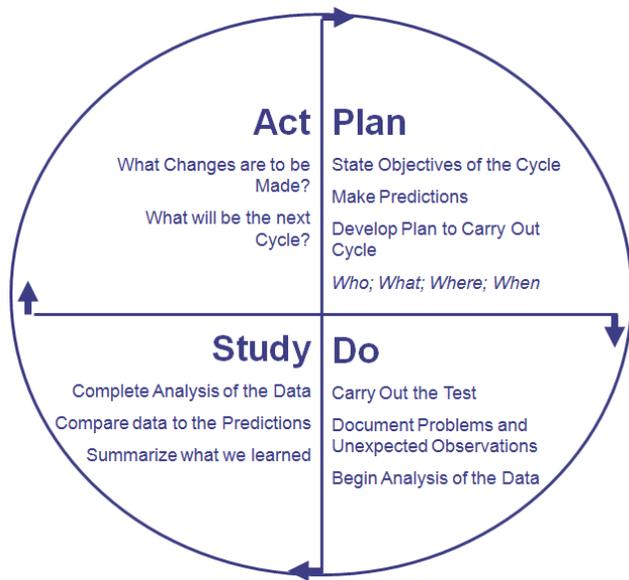


PDSA Cycles (Plan-Do-Study-Act)



What is a PDSA Cycle?

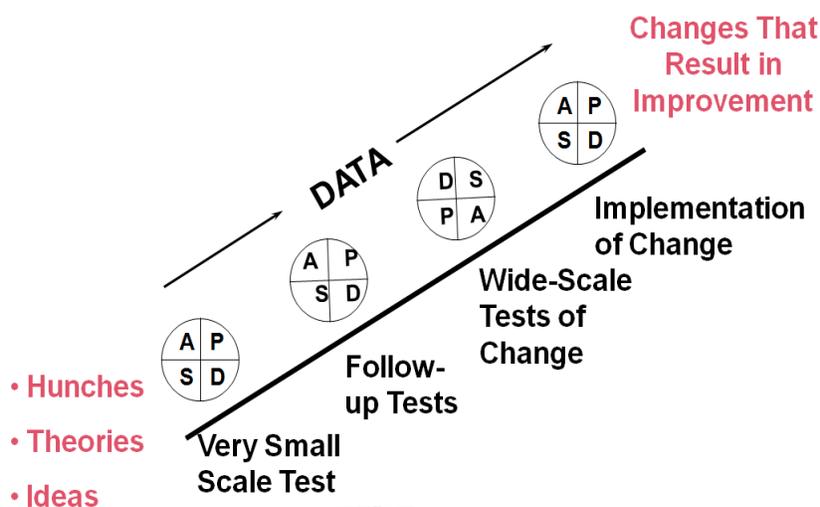
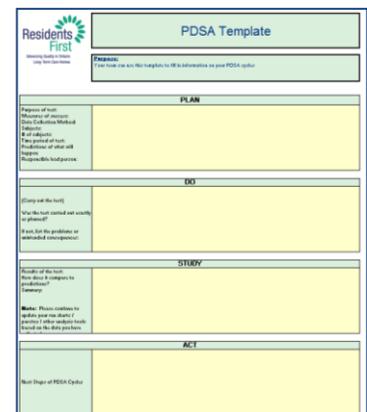
It is a rapid test of improvement. When a change idea is generated, the PDSA cycle allows for a structured approach to rapid testing of the idea on a small scale.

Tips to accelerate the rate of improvement:

- Scale down the size of the initial test
- Think a couple of cycles ahead
- Test with volunteers
- Plan multiple cycles to test and adapt change
- Do not try to get buy-in or consensus for the test – *just do it!*
- Collect useful data during each test
- Think BIG and test small

“Ramping Up” your PDSA Cycles:

Complete multiple rounds of PDSA cycles. After several cycles, your team should have a good idea of which ideas have the greatest impact, and which to discard.

PDSA Template	
Address: Enter your own site for length to fit information on your PDSA cycle	
Report of test: Minimum of success Time collected/Method used # of subjects Time period of test Proficiency of staff and helpers Logistical background	PLAN
(Copy and the text) Was the test started and exactly as planned? If not, list the problem or unexpected consequence	DO
Result of the test: How did it compare to prediction? Summary	STUDY
Notes: Please continue to explore your own ideas of practice / other methods tested / how to be more proactive	ACT
Next Stage of PDSA Cycle	

You can download a PDSA template from the Residents First website (www.residentsfirst.ca)

Additional Facilitator's Notes for "PDSA Cycles"

- One ramp of PDSA cycles per change idea
- Multiple ramps can be done in parallel

Just remember that a PDSA ramp focuses on one change idea that you wish to test, and is composed of multiple PDSA cycles that evolve off of the results (STUDY) of the previous PDSA.

Example:

The QI team wants to streamline their Flowsheet to reduce duplicate documentation and improve efficiency.

- The ramp would focus on the change idea of streamlining the Flowsheet.
- PDSA #1 will be a small test of the first draft of the revised Flowsheet with 1-2 staff.
- PDSA #2 will reflect the modifications needed (ACT) to the Flowsheet based on the results (STUDY) of the initial test. In this example, the 2nd PDSA may focus on revised wording or formatting
- PDSA #3 may focus on testing the Flowsheet with 3-4 PSWs, and
- PDSA #4 may focus on spreading the revised Flowsheet to other RHAs.

Steps prior to doing a PDSA:

1. Identify the different areas for improving care
2. Organize these Ideas into change concepts
3. Prioritize change concepts to implement
4. Tailor change concepts to needs of the organization
5. Designate a PDASA ramp for each change concept

A **change concept** is a general notion or approach that has been found to be useful in developing specific ideas for change that result in improvement i.e. understand your customer

Change concepts lead to change ideas that are tested through the PDSA cycle to determine how best to implement the change concept in this setting

PDSA Pitfalls to beware of:

- Making the test of change too large or too quickly
- Not collecting enough data to know if a change occurred
- Not writing down the PDSA, and not reviewing it with the team
- Not making a prediction of the PDSA cycle's outcome