

PDSA Worksheet

EasyPI: Obesity



PDSA CYCLE

The PDSA Cycle is a systematic, four-part, series of steps for learning and gaining valuable insight for the continual improvement of a process. Use the things that you have learned from process mapping to design your PDSA cycle.

Step 1: Plan Plan the intervention, including a plan for collecting data.

- Who:
- | | | |
|------------------------------------------|-------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Front office | <input type="checkbox"/> MA | <input type="checkbox"/> Office manager |
| <input type="checkbox"/> Back office | <input type="checkbox"/> LPN | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Physician | <input type="checkbox"/> RN | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Other providers | <input type="checkbox"/> Care coordinator | |

What: *Example: Obtain height and weight for all patients without documented BMI and make exercise and diet recommendations for patients who are overweight or obese*

When: *Example: 3 months (April 1 to June 30)*

Data Collection: *Example: Review of 30 charts of patients with BMI > 25 to determine if exercise and diet recommendations were made*

Step 2: Do Try the intervention on a small scale. In 1-2 sentences, describe the specifics of your intervention including details of how your plan will be implemented.

What: *Example: MAs will document height, weight, and BMI when they room the patient, then for patients with obesity, the physician will use motivational interviewing to promote healthy weight and nursing staff will provide patient education.*

Step 3: Study Analyze the data and study the results.

After the intervention period, you will review problems/unexpected observations from the intervention, analyze the results of the intervention, determine if you have met your goals, and evaluate what was learned from the intervention.

Step 4: Act Refine the change, based on what was learned from the test

When you have studied the effect of the intervention, you decide if you will make this change permanent, go back to the way things were done before, or do another PDSA cycle with another change.