

Plan-Do-Study-Act (PDSA) Physical Activity Status

QI activity focus	Ensuring patients have a recorded physical activity status in clinical software.		
Start date		End date	
Purpose of PDSA	<p>What are you trying to accomplish?</p> <p>To manage and improve the quality of practice data by checking and recording missing physical activity status for patients in clinical software.</p>		
PDSA cycle number			
Initial measure	_____% of patients with recorded physical activity status in clinical software.	End measure	_____% of patients with recorded physical activity status in clinical software.
PLAN - Write down concise statements about what you plan to do and the steps involved.			
<p>What do you plan to do?</p> <p>Improve practice data by ensuring patients have a recorded physical activity status in clinical software.</p>			
<p>What do you hope to achieve? (Include measurement/outcome.)</p> <p>Increase in patient recorded physical activity status by ____% within ____ months.</p>			
How are you going to do this? (List the steps to be implemented.)	By who	By when	Date Completed
Run appropriate reports to obtain baseline data. (CAT recipe: "Add physical status, sufficient, insufficient, sedentary, nothing recorded")			
<p>Arrange a practice meeting to discuss:</p> <ul style="list-style-type: none"> identifying barriers to obtaining patients' physical activity status focusing on obtaining physical activity status for applicable patients. 			

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Practice staff to refer to resources on the ASK and ASSESS webpages of the WAPHA SHAPE website to learn how to ask for and take patient measurements in a sensitive, person-centred manner.			
Check and record missing physical activity status for patients.			
Run report at end of cycle to obtain data.			

Practice Partner/General Manager		Date	
QI Nurse Manager		Date	
Team/PDSA Lead		Date	

DO - Implement your plan and write down observations you have during your implementation. This may include how the patients react, how the doctors react, how the nurses react, how it fit in with your system or flow of the patient visit. Ask yourself, "Did everything go as planned?"

What did you observe?

Were there any unexpected events?

STUDY - After implementation, study the results and record how well it worked, if you met your goal and document areas of improvement. Ask yourself, "Do I need to modify the plan?"

What did you learn?

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This resource has been adapted from information developed by Practice Assist and WA Primary Health Alliance.

Has there been an improvement?

Did you meet your measurement goal?

What could be done differently?

ACT - Write down what you came away with after this implementation and whether it worked or not. If it did not work, what can you do differently in your next PDSA cycle to improve the outcome? If it did work, are you ready to spread it across your entire practice?

What did you conclude from this PDSA cycle?

Practice Partner/General Manager		Date	
QI Nurse Manager		Date	
Team/PDSA Lead		Date	

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