

## **PDSAs are the way to go**

“If you keep doing what you’re doing you’ll keep getting what you get.” This was the catch of practices that took up the challenge of daring to try something new, and as a result have created sustainable and meaningful changes to the ways they practice primary health care.

### **Focus**

The focus on improving practice systems, data management and patient care in relation to better access and informed, proactive, patient self-management in the care of patients with cancer, diabetes and coronary heart disease gave them something to aim for.

### **Measurement**

Measuring and tracking the impact of the changes through monthly measurement and recording provided the impetus to keep going. The offices making the changes recognized that knowledge is power.

### **PDSA**

**They also proved beyond doubt that the quality improvement tool of Plan, Do, Study and Act (PDSA) is the way to go forward.**

PDSAs as a quality improvement tool are not the exclusive domain of Collaboratives and can be applied to any small change you wish to test. For more information visit the National Primary Care Collaboratives website [www.npcc.com.au](http://www.npcc.com.au). This site provides clear user-friendly guidelines for anyone wanting to know more about the method.

### **Not for you?**

You may think, as some people do:

- We’re too busy to consider making changes.
- We don’t have time.
- It wouldn’t work here.
- It would take too long.

### **Wrong!**

**PDSAs are small incremental steps, not long term projects. They should be doable within a few days or weeks.**

Plan:

Do:

Study:

Act: