

Continuous Quality Improvement Toolkit

A Resource for Maternal, Infant, and Early Childhood Home Visiting Program Awardees

Module 5: PDSA Cycle Worksheet—Example

PLAN

AIM STATEMENT

Remember: Aim statements are SMART (Specific, Measurable, Attainable, Relevant, and Time-bound).

By December 31, 2017, 40% of mothers will report exclusive breastfeeding during their 3-month postpartum home visit.

DESCRIBE YOUR FIRST (OR NEXT) CHANGE STRATEGY.

PERSON RESPONSIBLE

WHEN

WHERE

Remember: Change strategies are small, focused, and work toward achieving the aim statement.

Five home visitors will complete an infant feeding plan with at least one mother who enrolled during her pregnancy by the time she is 36 weeks pregnant.

Home visitors

August 31, 2017

Mother's home

LIST TASKS NEEDED TO SET UP THIS CHANGE STRATEGY.

PERSON RESPONSIBLE

WHEN

WHERE

1. *Develop a policy for home visitors to complete an infant feeding plan with the mother by 36 weeks of pregnancy.*

Home visiting program director

May 31, 2017

Office

2. *Identify educational materials for breastfeeding and alternative feeding options.*

Home visiting staff

June 15, 2017

Office

3. *Create or obtain an infant feeding plan template.*

Home visiting staff

June 15, 2017

Office

4. *Provide a brief training on the materials and feeding plan.*

Home visiting program director

June 30, 2017

Office

5. *Each home visitor will test the infant feeding plan with a mother who enrolled prenatally.*

Home visitors

August 31, 2017

Mother's home

PREDICT WHAT WILL HAPPEN WHEN THE CHANGE STRATEGY IS TESTED.	MEASURES USED TO DETERMINE IF PREDICTION SUCCEEDS.
<i>80% of mothers will have a completed infant feeding plan.</i>	<i>Documentation of a completed infant feeding plan.</i>
<i>75% of mothers with a completed plan will indicate intention to breastfeed.</i>	<i>Percentage of mothers reporting intention to breastfeed.</i>

DO

DESCRIBE WHAT HAPPENED WHEN YOU TESTED THE CHANGE STRATEGY.	WAS THE CHANGE STRATEGY CARRIED OUT AS PLANNED?
<p>What did you observe? Include reactions to the test of change.</p> <ul style="list-style-type: none"> <i>It took two to three visits to complete the infant feeding plan.</i> <i>Some mothers expressed concerns about support from their partners or family members for breastfeeding.</i> <i>Infant feeding plans were not uniformly completed by home visitors.</i> 	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>

STUDY

DESCRIBE THE MEASURED RESULTS.	DID THE RESULTS MATCH YOUR PREDICTION?
<ul style="list-style-type: none"> <i>All five mothers had an infant feeding plan.</i> <i>60% of mothers intend to breastfeed.</i> 	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>

ACT

DESCRIBE WHAT STEPS WILL BE TAKEN FOR THE NEXT CYCLE.	WILL YOU ADAPT, ADOPT, OR ABANDON THE CHANGE STRATEGY?
<p>Based on your decision to adapt, adopt, or abandon, what do you need to do to prepare for your next change strategy?</p> <ul style="list-style-type: none"> <i>Additional training and examples will be provided to home visiting staff to ensure that infant feeding plans are consistent.</i> <i>Materials to address partner and/or family concerns about breastfeeding will be added.</i> 	<p>Do you want to implement, modify, or stop testing and use the change strategy?</p> <p><input checked="" type="checkbox"/> Adapt <input type="checkbox"/> Adopt <input type="checkbox"/> Abandon</p>