



HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

TuftsMedicine

PDSA Worksheet

The PDSA Cycle (Plan Do Study Act) is a quality improvement process that helps us learn if changes are making the positive impacts we hope to see in our work. Choose one action step in your implementation plan and, using the questions below as a guide, test that action using the steps of the PDSA cycle.

An example is provided on the last page.

Overall project and goals

- Restate your aim statement:
- Describe implementation project (i.e., your larger PDSA Cycle):

Action Step PDSA Cycle

Plan

- What is your action step? This will be the small test of change you are implementing.
- How are you planning on collecting data on this action step?

Do

- What did you do to enact your small test of change?
- Share who helped you test the change, when and where you tested the change, and what you did.

Study

- How did it go?
- What did you learn?
 - How did staff and/or families react to the change? Did they notice?
 - Why do you think it went the way it did?
 - From what you observed, how does this affect families/ your team/ the wider organization?

Act

- What now? What are your next steps based on what you learned from this small test of change?
- What will you do next? Do you need to change any of your implementation plan to account for what you learned? What can/should stay the same?



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Example

Larger PDSA (Overarching HIN Implementation Project)

- Creating a survey to collect families' access to building blocks.

Plan

- Create questions for a survey.
- Small test of change: do these questions yield the types of information we are looking for, and do they make sense for families? How time-consuming are the questions (hoping for 5-10 minutes)?

Do

- Each therapist in the practice will go through these questions with one family this week.
- They will submit the forms to their supervisor on Friday for review.

Study

- Each therapist was able to get through the six questions from the survey in the family's session.
- Four families completed the survey. Children in the families were ages 6-14.
- Families shared the most information related to the relationship building block.
- They had the least to share about emotional growth.
- Therapists noted that they needed to give some additional explanation for the questions related to emotional growth.
- Time to complete ranged from 10-25 minutes.

Act

- Keep relationship question as is.
- Rework the emotional growth question.
- Reduce to four questions to reduce time burden.