

# The Model for Improvement Guide

For the Chronic Obstructive Pulmonary Disease (COPD) and Chronic Disease Prevention and Self Management (CDPSM) topics

The Model for Improvement Guide is a tool for developing, testing and implementing change. The Model consists of two parts that are of equal importance:

1. The 'thinking part' consists of Three Fundamental Questions that are essential for guiding your improvement work.
2. The 'doing'/'testing' part is made up of Plan, Do, Study, Act (PDSA) cycles that will help you test your ideas and implement change.

This Guide will take you through the following steps:

Step 1	Change Principles
Step 2	The 3 Fundamental Questions
Step 3	PDSA cycle
Step 4	Enter onto the web portal

## Step 1 Change Principles for COPD & CDPSM topics

Circle the Change Principle that your improvement effort relates to.

Chronic Obstructive Pulmonary Disease	Chronic Disease Prevention and Self Management
1. Build and maintain the practice team	1. Build and maintain the practice team
2. Establish a system for creating, validating and updating a register for people with COPD	2. Identify those people in your practice for whom risk assessments are recommended
3. Be systematic and proactive in managing the care of people with COPD	3. Undertake the appropriate risk assessments on those identified
4. Involve patients and their families in delivering and developing their care	4. Deliver evidence-based and patient-centred interventions and other risk factor reduction strategies
5. Ensure effective coordination of the care of people with COPD through the use of a multi-skilled and multi-agency approach	5. Develop self management plans and systems to monitor and review those plans
	6. Adopt a multi-skilled and multi-agency approach

## Step 2 The 3 Fundamental Questions

### 1. What are we trying to accomplish?

By answering this question you will develop your GOAL for improvement

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### 2. How will we know that a change is an improvement?

By answering this question you will develop MEASURES to track the achievement of your goal

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### 3. What changes can we make that will lead to an improvement? – list your small steps / ideas

By answering this question you will develop the IDEAS that you can test to achieve your goal

Idea

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Idea

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Idea

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Idea

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Other ideas

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Note: Each new GOAL (1st Fundamental Question) will require a new Model for Improvement Guide

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## Step 3 Plan-Do-Study-Act cycle

You will have noted your IDEAS for testing when you answered the 3rd Fundamental Question in Step 2.  
You will use this sheet to test one idea.

<b>Idea</b>	Describe the idea you are testing: refer to the 3rd Fundamental Question.
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PDSA cycle number \_\_\_\_\_

<b>Plan</b>	What, who, when, where, predictions & data to be collected.
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<b>Do</b>	Document any unexpected events or problems.
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<b>Study</b>	Record, analyse and reflect on the results.
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<b>Act</b>	What will you take forward from this cycle? (What is your next step / PDSA cycle?)
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**Step 4** Enter your responses to steps 1, 2, & 3 onto the web portal