



# A Taste of QI for your CPSO Project:

## Increasing Physician Wellness and Making your Life Better





# Presenter Disclosures

**Employees of OntarioMD:** Jennifer Littlejohn & Olivera Bosnic

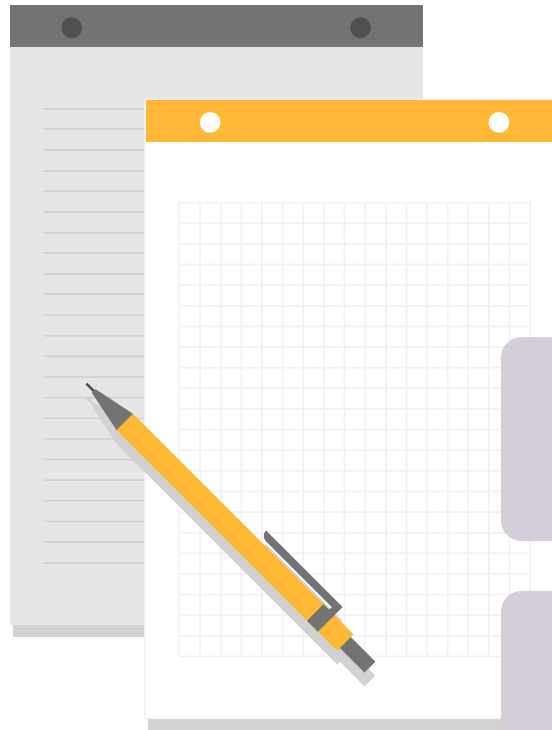
**Relationship with Commercial Interests:** No relationships with commercial interests

**Disclosure of Commercial Support:** No financial interests and no commercial support

**Potential for Conflicts of Interest:** None

**Mitigating Potential Bias:** None

# Overview



Identifying **Meaningful** Priorities for Improvement



Overview of **Model for Improvement**



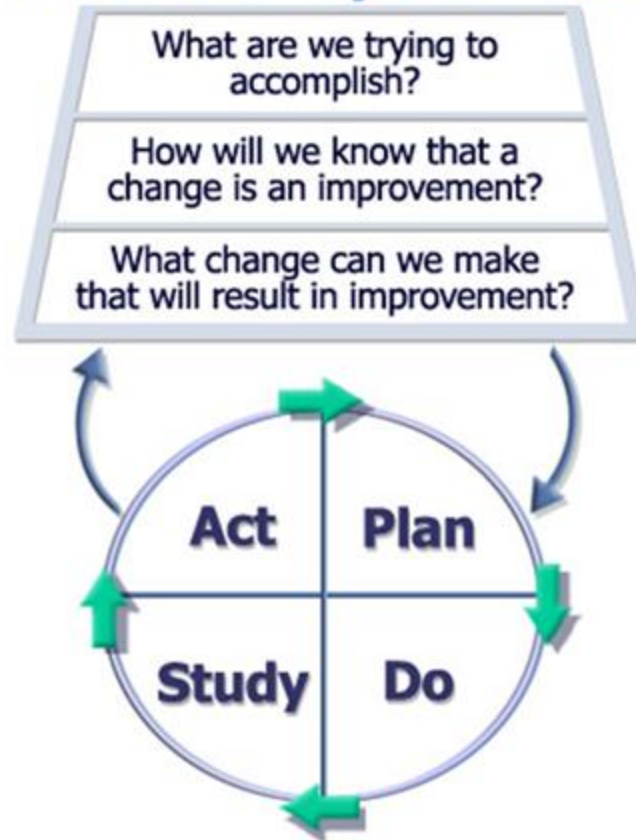
**A Real Case:** Applying QI Principles to Physician Wellness

# What is QI?



# Fundamentals

## Model for Improvement



## 3 Questions:

Which can be addressed in any order

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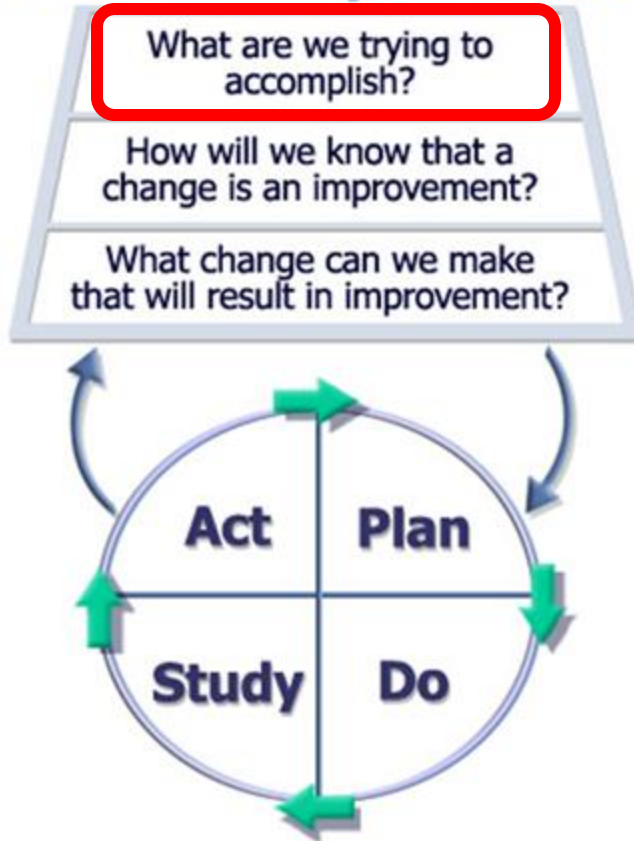
## PDSA Cycle:

A process to test your changes

Developed by Associates in Process Improvement

# Fundamentals

## Model for Improvement

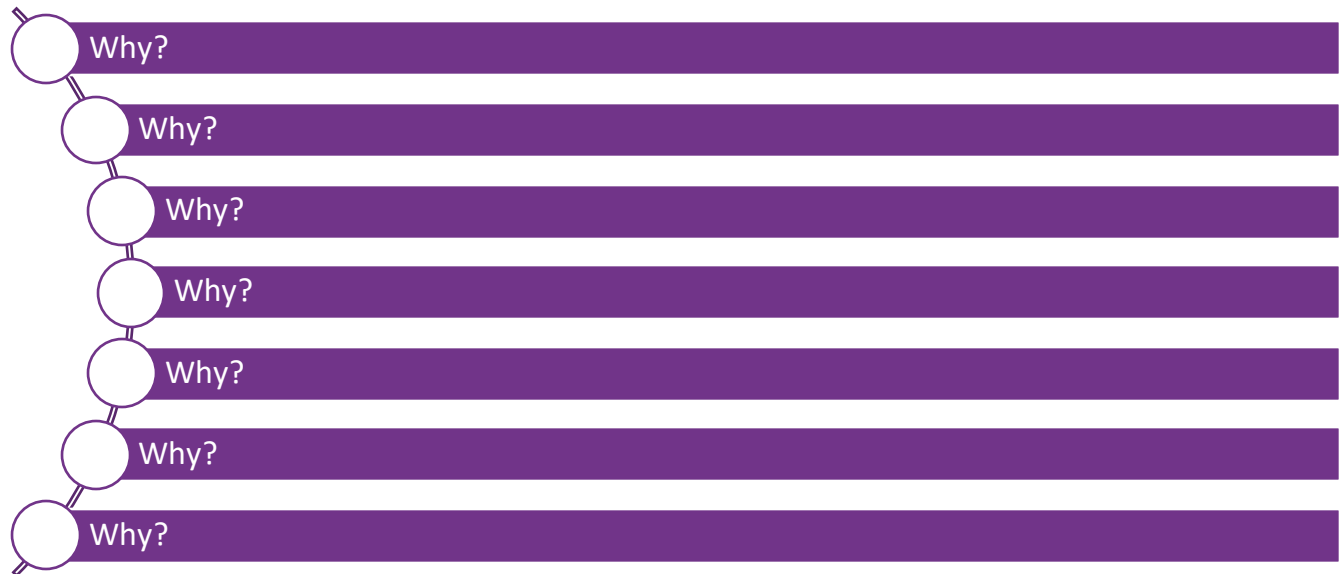


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## Problem or Opportunity Statement:

Describe the problem you would like to improve

## Diagnostic Tools:



# Fundamentals

## Model for Improvement



## AIM Statement:

Defines **How good, by when, for whom**"

S	SPECIFIC - What do I want to accomplish? (What, Why, When, Who, Where)
M	MEASURABLE/MEANINGFUL – How will I know when it is accomplished?
A	ATTAINABLE/ACHIEVABLE– How can the goal be accomplished?
R	REALISTIC/RELEVANT – Does this seem worthwhile/realistic?
T	TIME-BOUND – When can I accomplish this goal?

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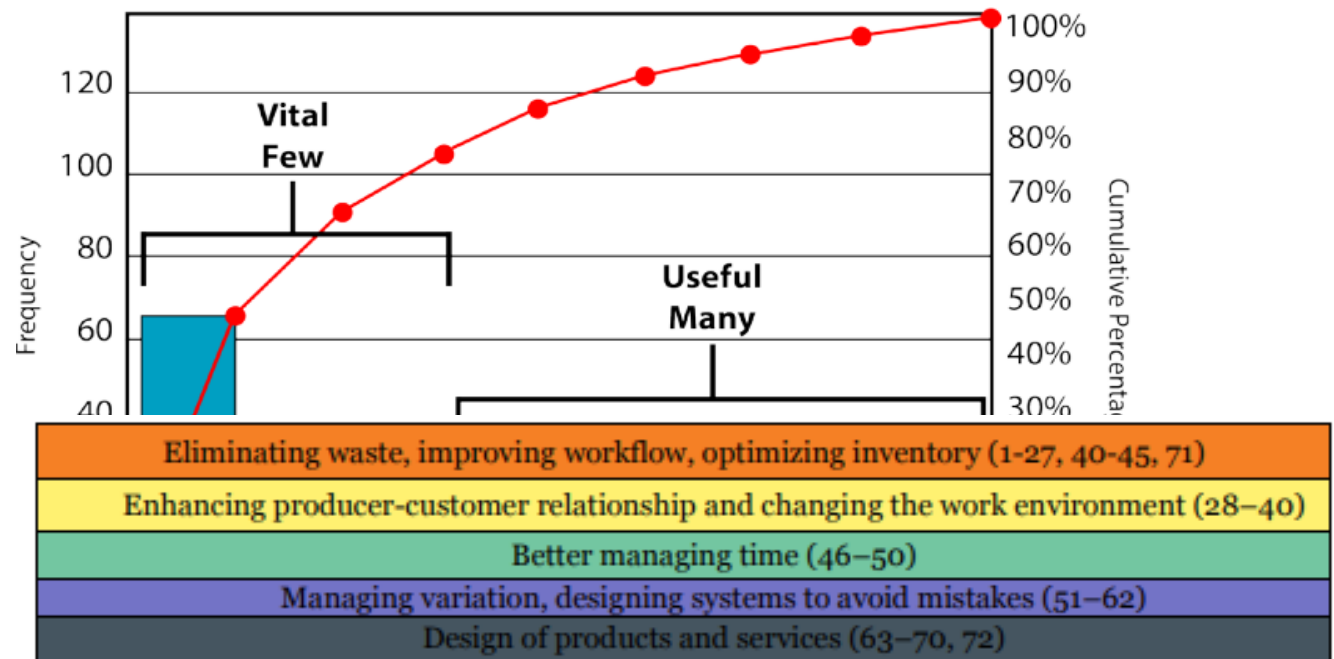
# Fundamentals

## Model for Improvement



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## Diagnostic Tools:

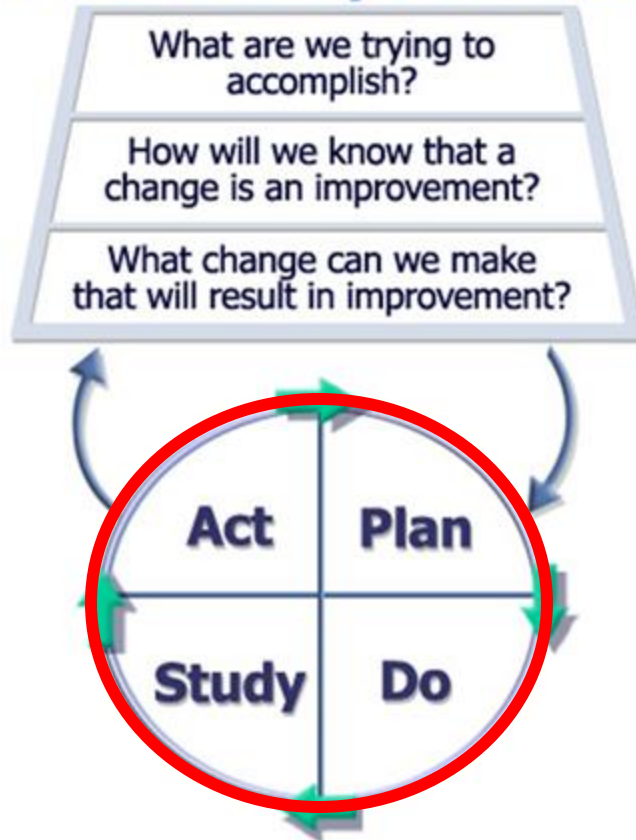


\*From: Langley GL, Moen R, Nolan KM, Nolan TW, Norman CL, Provost LP. The Improvement Guide: A Practical Approach to Enhancing Organizational Performance. 2nd ed. San Francisco, CA: Jossey-Bass Publishers; 2009.



# Fundamentals

## Model for Improvement



Developed by Associates in Process Improvement

## PDSA Cycle: Testing your changes:

Test your change ideas and monitor for improvement

- **Plan** your test: Who? What? Where? And When?
- **Do** your test: Try it and see what happens!
- **Study** your test: Did it lead to an improvement?
- **Act** based on your test results.
  - **Adapt**
  - **Adopt**
  - **Abandon**

# A Real Case: Applying QI principles to Physician Wellness



# Physician Wellness

## Model for Improvement

What are we trying to accomplish?

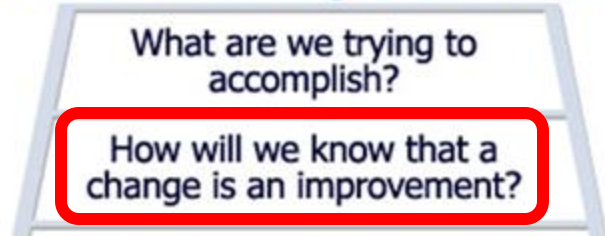
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### Problem or Opportunity Statement:

By putting patients and others first I have neglected my own well being. It is time to make a change so I may bring more energy and pride to my work again.

# Physician Wellness

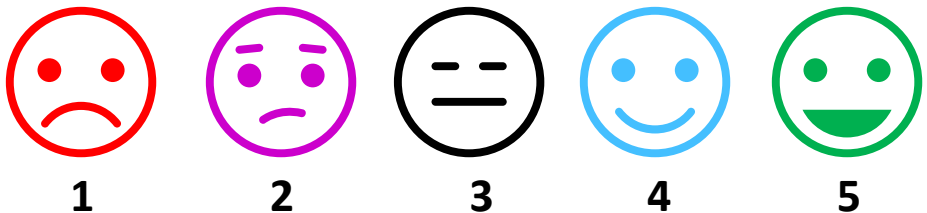
## Model for Improvement



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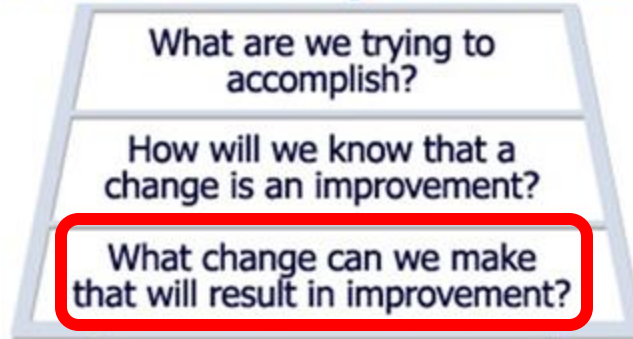
### AIM Statement (SMART GOAL):

I will improve my wellness by increasing my personal satisfaction rate from a 2/5 to an average of 4/5 by November 1st, 2022.



# Physician Wellness

## Model for Improvement



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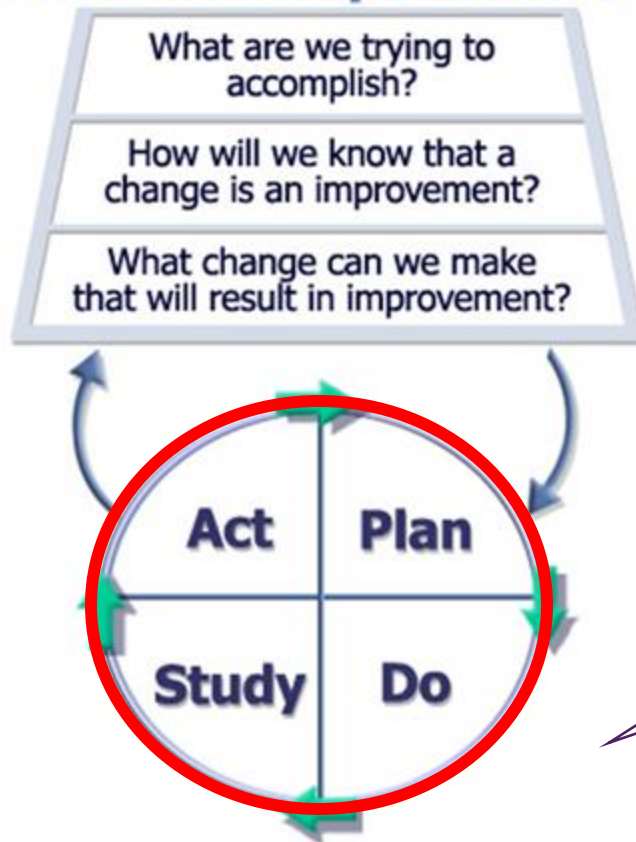
## Change Ideas:

- Taking the stairs 2 days a week
- Go for 30 minute walk 3 days a week
- Family Dinners twice a week
- Pack healthy lunches everyday
- Reminder App
- Create Template Calendar in my EMR:
  - more free blocked time for charting
  - 30 minute lunch breaks 2 days a week

**Lets pick one or two change ideas and get started!**

# Physician Wellness

## Model for Improvement



## PDSA Cycle and testing your changes:

- Staff involvement
- Solicit feedback family and staff
- Taking notes on what's working and what not
- Increase based positive experience

Developed by Associates in Process Improvement





# Thank You!

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