

Continuous Quality Improvement (CQI) Project Plan

Project should answer 3 questions:

1. What are we trying to accomplish?
2. How will we know a change is an improvement?
3. What changes can we make that will result in an improvement?

Identified problem: The Being Active goal was being met by participants <70% of the time. Goal would be to meet activity goals \geq 70% of the time.

Plan: Prediction: If we focus more on providing sample exercises and give more concrete ideas to participants during group class, they will better be able to meet their activity goals.

Who: Group Class Instructors

What: 1. Adjust Being Active portion of group class to include more sample activities including those for at-home fitness as well as work fitness ideas, stressing the benefits of being more active in more detail.

2. Encourage participant to set exercise related/being active goal. Set initial goal for exercise to be attainable, with rate of progression ideas given to participant. More concrete ideas given to participant in helping them to develop their specific goals.

3. Look at exercise frequency, type, and duration when initial goals are set by participant.

5. Look at any barriers to exercise and address those when goals are set and in follow up.

6. Give list of exercise facilities/classes in the area.

Data Collection:

Where: Data recorded on and collected from the AADE7 Self Care Behaviors sheet

When: Monitor through follow up process at 4 weeks and again at 3-6 months to see if percent of clients meeting their exercise/being active goal changes.

Do: Run the plan in 2 different group sessions. Explain what happened and any observations we made.

Study: Analyze the results and compare them to our prediction. Summarize and reflect on what we learned.

Act: Based on what we learned, determine whether we:

Adapt – modify the changes and repeat PDSA cycle.

Adopt – consider expanding the changes.

Abandon – change your approach and repeat PDSA cycle.

SAMPLE