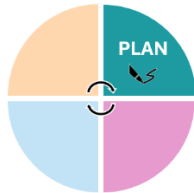


Sample Plan-Do-Study-Act (PDSA) Cycle

Team members:

Nurse Manager, Clinical Nurse Educator, Physiotherapist, Quality and Patient Safety Consultant, Front-line LPN and PCW (*for planning, study, and act stage*).



Plan: A plan includes identifying what change will be tested and how.

Objective:

To reduce the number of patient falls that result in harm on the inpatient unit, particularly among patients over the age of 80 years old, by 10% over the next three months.

Trending incident data has shown a rise in the number of falls that result in harm on the inpatient unit. Lack of awareness by staff of those at higher risk of falls and inconsistent implementation of care plan interventions are thought to be contributing factors.

Who, what, where, when:

What: Implement a “Fall Prevention Safety Huddle” at the beginning of every shift. During the huddle, discussion will include identification of high fall risk patients and their care plan interventions.

Who: RNs, LPNs, and PCWs will participate in the huddle. Either the Clinical Educator or Clinical Lead will lead the huddle.

Where: Nurse’s station.

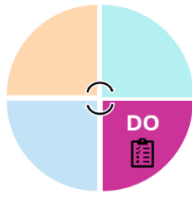
When: At 0740 and 1940 each day. The huddle will be a maximum of 5 minutes in duration. They will run for a four-week duration.

Plan for data collection:

1. Gather baseline data for falls over a four-week period.
2. Track falls and staff feedback over a four-week period.
3. Staff feedback regarding huddles.

Predictions:

Daily huddles and focused prevention efforts will reduce falls by 10% during the four-week test period.



Do: *Put the plan into action.*

Steps taken:

“Fall Prevention Safety Huddles” were implemented over a four-week period. They occurred twice daily, once at 0740 and the other at 1940. The huddle was missed on one evening shift change (March 3) as there was a Code Blue called.

Data collected:

The number of falls that resulted in harm over a four-week period.

Staff adherence to huddles.

Staff feedback regarding huddles and their overall feasibility.

Observations and/or problems:

It was challenging to monitor staff adherence to huddles as a formalized process to track that was not clearly identified before beginning the cycle.



Study: *Analyze the data collected.*

Review and analysis of results:

The number of falls decreased by 5% compared to the previous month. Staff reported improved team communication and awareness of patient needs.

Compare results to predictions:

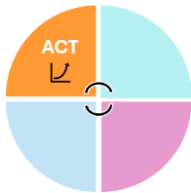
There was a reduction in falls that resulted in patient harm; however, the following factors could have influenced the results:

- Staffing levels were improved compared to the comparison month.
- There were several new staff this month, it is unclear if incident reports were completed for every fall that occurred.

What were the learning points:

The intervention appears promising and well received. Feedback from staff included that some huddles ran too long, approaching 10-15 minutes and that a “Fall-Risk Care Board” would be helpful to have a visual reference of what was discussed in the huddle.

There needs to be a more solidified tracking method for staff compliance with huddles, as well as the need to monitor falls and huddles over a longer period to understand their true impact.



Act: Based on what you have learned, make plans for the next steps.

☒ **Adapt?** Set a timer for each huddle to ensure it does not exceed 5 minutes. Add a “Fall-Risk Care Board” that is to be updated twice daily by the Clinical Nurse Educator or Clinical Lead with important information from the huddle. Collect data over more months to allow for improved comparison; complete a chart audit at completion of cycle to ensure appropriate incident reports were completed for each fall that occurred.

☒ **Adopt?** Continue “Fall Prevention Safety Huddles”, daily, at each shift change.

☐ **Abandon?** Click or tap here to enter text.

Date of completion: March 15, 2025.

Plan to complete another PDSA cycle: ☒ Yes ☐ No

If yes, repeat the cycle worksheet again. If not, outline your next steps:

The worksheet will be completed again. The following adaptations noted above will be trialed.