

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

Plan: Define exactly what you are going to test, how you will measure it, who will be involved, where and when it will happen, and what you predict will happen.

Do: Carry out the test on a small scale (e.g., one unit, one shift, or a handful of residents), not the whole facility.
Document what happened, including anything unexpected.

Act: Based on what you learned, decide your next move:

- *Adapt* the change and test again (if it partially worked but needs adjustment).
- *Adopt* the change and expand to more units or shifts (if it clearly worked).
- *Abandon* the change and try a different approach (if it did not help or made things worse).

Study: Compare your results to your prediction. Did the change make things better, worse, or have no effect? Look at the data, but also talk to the staff involved. What did they observe? What was hard? What worked?

PDSA

