# **Quit’s Plan, Do, Study, Act (PDSA) cycle – FAQs**

## **What is a Plan, Do, Study, Act (PDSA) cycle?**

PDSA cycles are designed to improve the quality of care provided to patients. The PDSA method takes a ‘trial and learning’ approach – starting with small changes that can then be routinely implemented in practice on a larger scale.

Individual GPs or practice/multidisciplinary teams can undertake PDSA cycles, either aimed at:

* Improving practice through systems and processes, or
* Improving individual skills and knowledge

Read more about PDSA cycles in the RACGP QI&CPD Program Handbook for general practitioners (2017-2019): <https://www.racgp.org.au/education/professional-development/qi-cpd/about>

## **What is the PDSA for smoking cessation?**

The PDSA for smoking cessation has been designed by Quit, in collaboration with Gippsland PHN and with input from health professionals. It consists of four cycles (see below), each designed to assist GPs and their practice team to embed best practice, evidence-based smoking cessation activities as part of routine care.

*Cycle 1: Review new and emerging literature on tobacco and smoking cessation and complete Quit’s online brief advice training for general practitioners*

*Cycle 2: Extract and examine patient data relating to smoking status, and set reminder “red flags” for patients who smoke and patients with “unknown status” recorded*

*Cycle 3: Assess the practice environment ensuring it is conducive to patients making quit attempts*

*Cycle 4: Implement the 3-step brief advice (Ask, Advise, Help) model on 20 current patients who smoke*

## **Who can complete the PDSA?**

GPs or any other member of the practice team can complete the PDSA. However, only GPs will receive CPD points under the RACGP QI&CPD program. The PDSA can also be undertaken as a practice team, but each GP will need to register individually to receive CPD points.

## **Are there any pre-requisites to completing the PDSA?**

To complete the PDSA, GPs must have either completed Quit’s online brief advice training or have previously attended Quit’s face-to-face brief advice training (please note the face-to-face training is no longer available).

To access Quit’s brief advice online training, visit: <https://education.quit.org.au>

## **Does the PDSA attract RACGP QI&CPD points?**

The PDSA cycle is accredited by the RACGP and attracts **40** Category 1 points.

## **How long does the PDSA take to complete?**

Completion of the PDSA is self-paced and is designed to be completed over a period of 15 weeks. You can log in and out as often as you need.

## **How do I access and complete the PDSA?**

1. Visit <https://education.quit.org.au/>
2. Click on “Online training for health professionals”.
3. Register your details in the registration form (if you haven’t already done so when registering for Quit’s online *brief advice training for general practitioners*).
4. Once registered, click on the “PDSA cycle for General Practitioners” course link.
5. Follow the prompts to complete the pre-PDSA questionnaire.
6. Work your way through all topics and activities within Cycles 1-4.
7. Complete the post-PDSA questionnaire.

## **How do I access my certificate?**

1. From your course page, click on the “Dashboard” link on the top right-hand side of your course page to take you to your learner dashboard.
2. Your certificate will appear as a downloadable link under “Completed courses*”* on the right-hand side of your learner dashboard.
3. Click on the course link to view and download your certificate. Quit will forward your certificate to the RACGP for allocation of your points.

## **Where do I go for help or more information?**

Watch our short webinar on completing the PDSA cycle, or you can contact us via:

* Email: Quit.HP@cancervic.org.au
* Phone: (03) 9514 6465