

# SPRINT Implementation Collaborative™

## PDSA Method of Testing

The Model for Improvement, used in the SPRINT Collaborative, was developed by Associates in Process Improvement based on a study of organizations that successfully implemented changes. The Model for Improvement encompasses:

- **Goal Setting:** Begin by clearly defining your goal, asking, “What are we trying to accomplish?”
- **Measurement:** Track progress by asking, “How will we know that a change is an improvement?”
- Experimenting with new ideas: Consider, “What change can we make that will result in improvement?”
- **Testing and Refining Ideas:** Apply the Plan-Do-Study-Act (PDSA), a systematic method for testing and adapting new ideas rapidly.
- **Implementation and Spread:** Once a change is confirmed to work, make it standard and extend its use to other areas or settings.

### Testing for Improvement

PDSA cycles build upon each other. The measures taken in the “Do” step are geared towards testing improvements and will indicate if the ideas are performing as anticipated. The chart below highlights the key distinctions between testing for (a) improvement, (b) evaluation, and (c) research.

	<b>IMPROVEMENT (Rapid PDSA)</b>	<b>EVALUATION (QI Approach)</b>	<b>RESEARCH (Experimentation)</b>
<b>Aim</b>	What change idea will lead to improvement? (Action-oriented learning)	Did the change achieve the desired outcome? (Performance testing)	Is there a deep understanding of the issue? (New knowledge)
<b>Approach</b>	Test a change rapidly on a small scale to evaluate its effectiveness. Refine the change, if needed, before applying it on a larger scale.	Evaluate performance levels within a specific sample population to test for improvement or optimization.	Test to enhance a body of knowledge through the discovery of new facts, the development of new theories, or the gathering of information.
<b>Bias</b>	Accept consistent biases.	Measure and modify to minimize bias.	Design the process to eliminate bias.
<b>Sample size</b>	Use small, sequential samples (collecting “just enough” data).	Use 100% of the available, relevant data.	Statistically representative of the population, considering variability and desired confidence level.
<b>Flexibility of assumptions</b>	Allow flexible assumptions—adjust as you learn.	Make no assumptions.	Operate under fixed assumptions.
<b>Confidentiality of the data</b>	Data should only be used by those involved in the improvement.	Data should be accessible for public consumption and review.	Research subjects' identities are confidential.

Established in 1990, the Canadian Home Care Association (CHCA) is a national non-profit membership association dedicated to advancing excellence in home and community care. Our eiCOMPASS Project aims to empower home care providers to deliver emotionally intuitive, competency-based palliative care. We are enhancing the skills of frontline providers and improving team-based care that is compassionate, responsive, and person- and family-centred. [CHCA Website](#) / [X](#) / [LinkedIn](#)

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