Quality Improvement through PDSA model

Name

Institution

**Plan-Do-Study-Change Model**

This model is simple yet powerful tool to study the effectiveness of change induced in healthcare organization aimed at improving quality. The first step is observation whether change will lead to the improvement or not. Planning includes what, where, when, how and who of the data collection, do means carrying the testing practices, the next step—study—analyzes the effectiveness of collected data and last step is implementation (ARHQ, 2016).

The topic that I chose to study is the combination of Hypnosis and Cognitive Behavioral Therapy (CBT) for reducing severe depression symptoms.

**Plan:** Patient suffering from severe depression whose score falls between 23 and 63 on Beck Depression Inventory (BDI) will be undergone both hypnosis and CBT techniques twice a week in the separate counseling cell. In order to study the effectiveness of this therapy, BDI will be administered after one month period to see whether their scores are still consistent or declined.

**Do:** psychotherapists will take patients to the separate counseling cell; free from any distractions; procedure will be explained with its effectiveness. Session will continue for 30 minutes and will be executed twice a week. Hypnosis may give slight headache afterwards.

**Study:** data analysis will be done using comparative analysis of the patients’ mean scores of Depression; their scores on BDI will be compared before and after manipulating techniques.

**Table 1**

*BDI scores indicating severity levels of Depression (BCBT, 2016)*

|  |  |  |
| --- | --- | --- |
| Sr. | Severity Level | Scores |
| 1 | Minimal | 0-13 |
| 2 | Mild | 14-19 |
| 3 | Moderate | 20-28 |
| 4 | Severe | 29-63 |

**Act:** for most of the patient, this technique would be effective and hence, the above mentioned practice will be continued with the help of combined hypnosis and CBT techniques. Patients will feel better because hypnosis will provide an access to their unconscious during which human mind becomes open for suggestions where CBT will be carried out.

**References**

Unbeatable assessment tools to help patients heal (2016). *Beck Cognitive Behavioral Therapy.* Retrieved from <https://beckinstitute.org/get-informed/tools-and-resources/professionals/patient-assessment-tools/>

Plan-Do-Study-Act (PDSA) Cycle (2016). *ARHQ Healthcare*. Retrieved from <https://innovations.ahrq.gov/qualitytools/plan-do-study-act-pdsa-cycle>