

3minuteQI 
Free resources

**Getting Started in
Quality Improvement**



Getting a good start in
quality improvement
provides the foundations
for building a lifetime of
improvement

**Improve ONE
thing:
Paediatrics**

**Upcoming
conferences**

QI Posters



Hi I'm Nikki Davey

I'm an expert, coach, supporter, teacher, learner and designer of quality improvement.

It's my passion, to champion learning that has a real and lasting impact for people enabling them to improve the healthcare they deliver every day.

It's been a busy start to 2022, and I'm getting more and more people asking me just how I do what I do!

FocusQI is one way I can bring top tips, pointers, insights and ideas to you to help you plan your own and your team's QI journey.

Whether you're trying to engage people face to face, virtually, online or a blend of all of these via One-offs or structured programmes – we have 1000's of hours of #Quality Improvement and #Learning "know how" at our fingertips. FocusQI is here for you.

If want more like this, sign up to our quarterly newsletter and we will share some more in a few months time.

Thanks, Nikki
QIClearn



"Why not spend a few moments taking a look through our explainer video here"

Use QI to deliver great QI...

QIClearn provide accredited courses designed for people whose time is precious who need flexible learning opportunities that they can fit around their life. Our structured programmes keep learners on track to deliver, with the evidence they need for accreditation, portfolios and appraisals.

Our courses allow organisations who are ambitious to equip all staff to continuously improve their services with the capacity to do this beyond the reach of their current teaching and coaching capacity, whilst developing this for the future at the same time.

200+ trainees secured their Full QIP through: Improve ONE thing



140
QI posters
generated



A talented team of:
- 6 teaching faculty
- coaches
- mentors in training
All with a wealth of skill and experience.



10 conference
winners



Lots of trainees in more professions!

- paediatrics
- emergency medicine
- frailty,
- maternity,
- occupational therapy
- physiotherapy
- pharmacy

170+ learners to
Autumn 2021

Learner

10 mentors recruited
through the
programme

Mentor in
training

Supporting 6
mentor groups
per cohort

Mentor

3 now
contributing to
Teaching
Faculty

Faculty

Map the learning journey...



Our Improve ONE thing courses focus on ONE area of improvement at a time. Designed with busy professionals in mind, our learning content distils what participants really need to know and do to make changes to patient care. It's a tried and tested approach that has inspired hundreds of healthcare professionals to make lasting improvements.

Offering purposeful choices

Short courses with structured progression through to a full Quality Improvement Project

- Getting Started with Quality Improvement (entry point)
- Designing a Quality Improvement
- Testing & Sustaining Change
- Mentor support
- CPD accreditation



*I just wanted to say thank you to Nikki and the team, This has been such a great experience and one that has challenged me and helped me grow and gain confidence in implementing QI... thank you! x.
Katie Green, Paediatric Trainee, Improve ONE thing: Paediatrics*

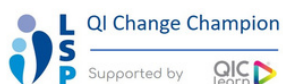
The Full QIP...



To date over 200 Paediatric trainees have made their way through this 18 week course.

We understand that as well as acquiring clinical skills to deliver good care to patients, medical trainees need to build skills to improve services. They need to evidence this to land the job they want next.

- **A structured way to learn, practice and evidence service improvement.**
- **Design, test and implement meaningful improvements in 18 weeks.**
- **Benefit from experienced coaches, mentors and faculty.**
- **Aligned to curriculum. Eg: QI Level 1 and 2 in the RCPCH Progress Curriculum.**
- **Opportunities to learn from with patients and other care professionals.**

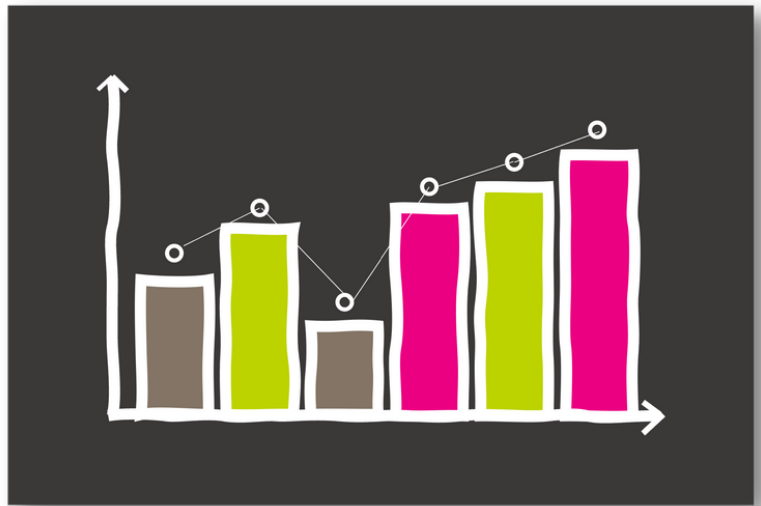


[Click here](#)

Open Course

[Click here](#)

Get off to a great start...



Getting Started with Quality Improvement provides the foundations for building a lifetime of improvement.

It's straightforward with an immediately accessible online learning experience with engaging curated content. Individuals build on their own experience and capture their work to generate evidence.

With access to expert feedback and an option for additional coaching it can be completed in just 4 weeks. Evidence of action and a certificate of completion for this accredited programme adds credibility to everyone's personal learning portfolio.

“

**Read
more**

I have found the course very useful to learn about what QI is and the process to start a QI project. Each step was simple to follow and enabled me to think about the problem in more detail. I did not have any previous experience with QI so it has been a really useful learning tool.

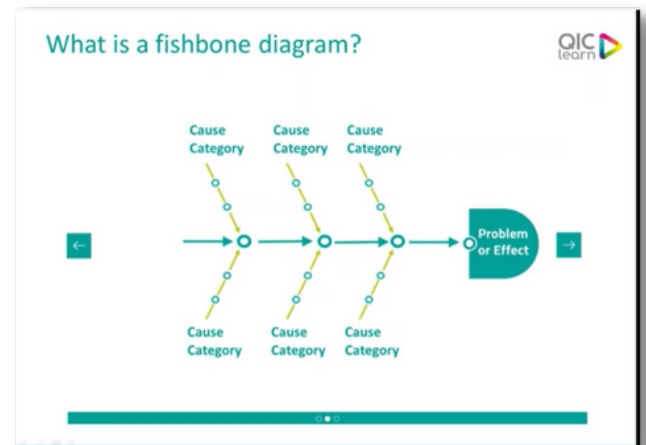
No time for QI?...

All of our online learning courses feature 3minuteQI. Online activities that are designed to be accessed easily 'on the go' in just 3 minutes.

Worksheets and guides capture action:

- Problem statement,
- Aim Statement,
- Process Map,
- Fishbone diagram,
- Bar Chart or histogram, Measurement Definition,
- Run Chart
- My 1st PDSA

3minuteQI



Choose ONE thing	Problem Statement	Aim Statement	Change ideas
Explore ONE thing	Process map	Measurement ideas	Choose ONE test idea
	Fishbone diagram	Measurement definition	My 1st PDSA
	Bar Chart or histogram	Run chart	PDSA series

3minuteQI Free Resources!

We practice what we teach all the time. Below is an example of our 3minuteQI philosophy.



Getting Started with Dot Voting, our latest 3minuteQI video.

Dot voting is a fun way of engaging people to sort a list of things based on how popular or important they are to them. [Click the link](#) to see how and why you should use it.

More bite-sized video tutorials including how to effectively use a [fishbone diagram](#) as a tool within a healthcare setting are available on our YouTube Channel.

Take 'bite-size' seriously...

Pledge to action is our way of engaging people in the smallest of improvement actions.

Understanding that there are many different reasons people seek another way to bring about change and improvement for their patients, colleagues and teams, Pledge to action takes people from knowing about something to doing something about it!



[Book here](#)

Pledge to action – QI made easy

Using a structured worksheet as a guide you'll pick up an essential technique in quality improvement to add to your tool kit. With examples from other learners to inspire you, it's a great way to evidence your learning.

Get expert facilitator feedback, CPD accreditation, 1 hour learning, 4 weeks access

Price: £10



[Book here](#)

Pledge to action – Health Campaigns

We help you capture your energy when you're all fired up about an exciting campaign or after a great training session, getting you to make thing happen. We walk through existing campaigns including #15s30m #WhatMattersToYou, #ActsofKindness, #hellomynameis.

Get expert facilitator feedback, CPD accreditation, 2 hour learning, 4 weeks access

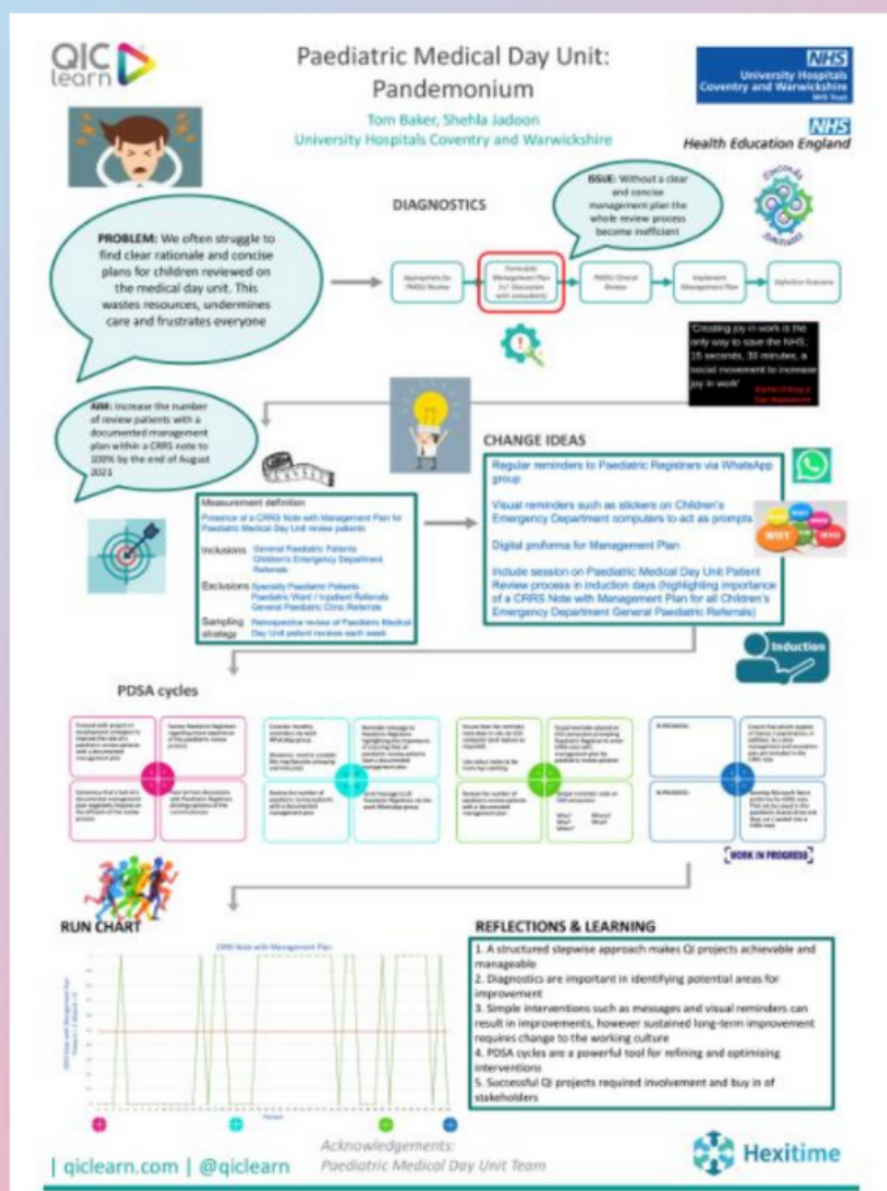
Price £20

Learner outcomes: QI Posters...

NOV 2021

MEDICAL DAY UNIT: PANDEMONIUM

We often struggle to find clear rationale and concise plans for children reviewed on the medical day unit. This wastes resources, undermines care and frustrates everyone.



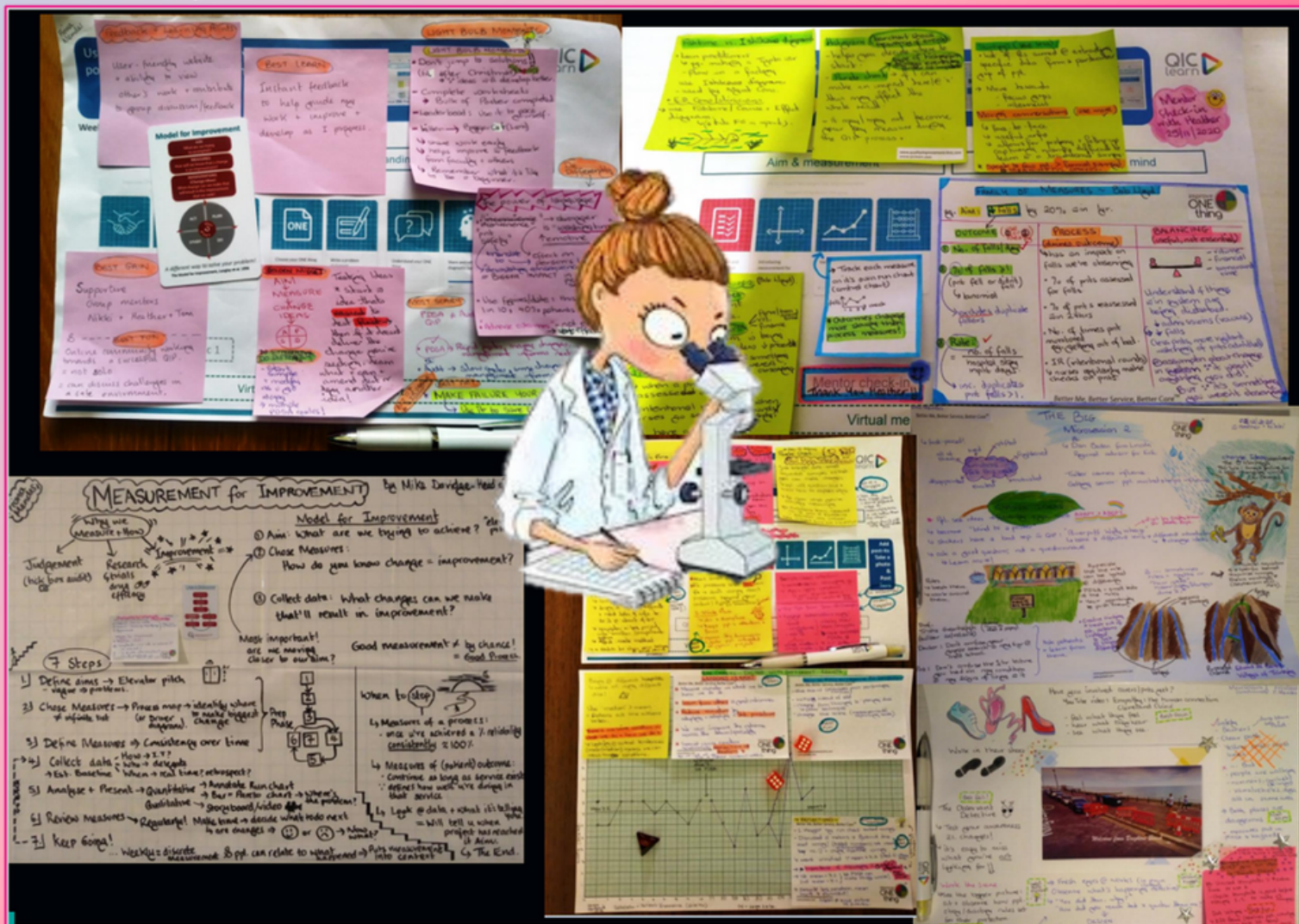
This QI poster is the result of our one of our learner's QI journey on the Clinical Leadership and Management course with West Midlands. The author and learner is Thomas Baker from University Hospitals Coventry and Warwickshire.

To view the poster in full, [click this link](#)

Learner outcomes: QI Projects...

My QI Project: Reducing the Rays

Fiona Mendes



“

Hi everyone, I'm Fiona Mendes, an Emergency Medicine trainee working at James Paget University Hospital. I've chosen to take part in this course as I would like guidance in choosing and developing a QI Project to be submitted as part of my Emergency Medicine (FRCM) Final exam.”



[View Fiona's full storyboard](#)



The full QIP, including 3minuteQIP™

emergency medicine

Problem Statement

6/10 older patients with abdominal pain have **BOTH** an abdominal x-ray **AND** CT abdomen in our Emergency Department. This exposes patients to more radiation & delays their diagnosis & treatment. Serious pathology can be missed on an abdominal x-ray.

* 31 words in total



website | qiclearn.com



Twitter | @qiclearn



A national, independent, annual event
18th May 2022 online

QIClearn has been involved with Bristol Patient Safety Conference for many years. Opening Plenary with Dr Rachel Clarke, an NHS palliative care doctor and writer who lives in Oxfordshire.

This year we will be sponsoring the poster competition and there's still time to submit yours!

We will also be running a workshop '**How to set up good quality PDSA cycles**'. This conference has so much to offer take a look and [get your place secured](#).

[Enter here](#) to submit your QI poster in the national patient safety and QI poster competition

You must submit your abstract by 9th March deadline!



Hear from one of our own trainees,
Carl Adams who won back in 2016, the first of many QIClearn winners



Microlearning: it's about what you need in the moment

www.qiclearn.com team@qiclearn.com

How do we make sure that the QI skills and knowledge you have 'learned' are readily available from your memory when you need them? Because the reality is that if you can't access your QI knowledge quickly in a real-world situation (on your ward, in general practice, in your community setting) then you can't be the improver you aspire to be. If you are fumbling through copious notes and resources from that learning course you went to last year – trying to remember how to use that tool which is on page one-hundred and something in the manual – then forget it: the moment has passed, your attention moves on, you lose the opportunity.

Remembering something you have learned is much more effective than trying to re-learn it. So, how do we optimise the ability to remember – to retrieve knowledge from memory – in the way we design our QI learning? Well, the evidence-base from cognitive psychology demonstrates that the spaced repetition of concepts over time helps with retrieval. As teachers, if we cover concepts more than once across contexts and repeat ideas in simple bite-sized chunks then we can help narrow the achievement gap. In a QI context that's the gap between knowing tools and having a practical day-to-day mastery over them. Microlearning – short, focussed and flexible bursts of learning in 3, 5 or 10 minute segments – can help us bridge this gap between learning and performance.

And there are other advantages to the microlearning approach.

Imagine that you are a midwife. You have identified something you would like to improve on your neonatal ward. Premature babies get cold very quickly after birth but you've noticed that many of them are much colder than they should be. This prolongs their stay in hospital and means they have poorer outcomes. To better understand how often this happens you have decided to gather some data and need a QI tool to help you – let's say a histogram. You know that you can access a histogram tool very quickly on your phone. The 3-minute tool you have in mind revisits the concept of histograms and gives practical tips on how to create one. There's also a simple template that will help you collect and present your data – there and then. So, in the moment of need you can quickly and effectively accomplish what you need to do.

