

BRIEF INTERVENTIONS IN PRACTICE : QUALITY IMPROVEMENT WORKSHEET

**BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS)
Emotional Health Committee Maryland Chapter American Academy of Pediatrics
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Assess Self Motivation:

Do you wish to make changes in the way that you provide mental health care in your office?

NO:

What is the advantage of your *current* approach? What keeps you doing what you are doing?

What is the disadvantage of continuing your *current* approach?

Do you think you *might consider* changing your current approach?

When *might* you start?

MAYBE:

What is the advantage of changing your approach?

What is holding you back?

How will you know when you are ready?

How much time do you need?

YES:

Start the plan (see below: Plan-Do-Study –Act Model)

What are the pros and cons of the plan?

How ready are you to begin?

When will you start?

The PDSA model provides a systematic way to introduce and assess and fine tune quality improvement changes in an office setting.

Plan – Do – Study – Act Model

PLAN:

Pick an intervention (START SMALL)

EXAMPLES:

- Using a questionnaire (e.g. Pediatric Symptom Checklist, Vanderbilt, Depression, Anxiety - SCARED)
- Using the D-TECKT to develop a mental health differential diagnosis
- Conducting a behavioral interview using the Behavioral Interview Template
- Counseling a family on:
 - Discipline/ temper tantrums
 - Developing a behavior modification program
 - Sleep problem
 - Elimination problem
 - Habit problem
- Evaluating/ Managing (non- pharmacologic/ pharmacologic)
 - ADHD (e.g. using the ADHD Tool Kit, developing a behavioral management plan, stimulant)
 - Depression (e.g. screening questionnaire, psycho-education, CBT intervention, SSRI)
 - Anxiety (e.g. screening questionnaire, psycho-education, CBT intervention,)
- Other

Who/What/Where/When?

- Current screening being performed?
- What new intervention is going to be performed?
- Who will be performing the new intervention?
- Who on the staff will need to be involved (scheduling? printing questionnaires? distributing questionnaires? send out? give out at front desk? give out in exam room? who will be scoring questionnaires?)
- Where will the intervention take place? (physician office? exam room? telephone?)
- How much time is needed to see the patient?
- What day of the week or time of day works best?
- How will the service be billed?
- How many providers/ patients to begin with?
- When to begin?
- To whom are potential mental health referrals being made?

DO:

- Implement the change on a small scale
- Document problems and address obstacles
- Record ongoing observations

STUDY:

- Analyze the data (group review?)
 - How did it go?
 - Parental and clinician satisfaction?
 - Scheduling: allotted enough time?
 - Efficacy of the intervention? (e.g. how many screening forms completed? number of positive screens? number of referrals made? number of patients who actually followed through with referral?)
 - Reimbursed appropriately?
 - Mental health consultant needed for advice or to see patient?
 - Other problems and obstacles?

ACT:

- What changes need to be made for the next change cycle?
- Implement the changes and begin the next test cycle

<http://www.ihi.org/iHi/Topics/Improvement/ImprovementMethods/Tools> (more info on PSDA model)

