Rafting Down the QI River on A Raft Called HPV

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Step One: Planning Your Trip

• Preparation and planning are essential to a successful rafting trip (QI Project)

• What you will need to bring on your trip
  ✓ Resources (evidence-based interventions)
  ✓ Tools
  ✓ Knowledge (both from education/training and lived experience)
Step Two: Set a Goal (AIM)

- Whitewater Rafting: To safely navigate the QI River and have fun while doing it!
- HPV Vaccination Learning Collaborative: To increase HPV Vaccination Rates by 5% for girls and boys, age 11-13 years old
Step Three: Need a Guide

The Guide (Practice Champion)

- Leader that will guide the crew on what to do to make it safely down the river
- Visionary, encouraging, trusted
  - Needs to be prepared, organized for the trip
- Will navigate the Crew down the river; has already mapped out the first steps (baseline data)
Step Three Continued: Need a Guide

• To navigate the QI river successfully, the Guide needs to...
• Communicate, Communicate, Communicate!!
If You Don’t Communicate!
Step Four: Preparing the Raft

The Raft: QI Project or Idea (HPV Vaccination Learning Collaborative)

- Check for holes, make sure ropes and raft are strong (ropes = QI tools)
- Currently 3 rafts (3 Large Pediatric Practices in Maine)
  - Waterville Pediatrics
  - Pediatric Associates in Lewiston
  - Pen Bay Pediatrics
Step Five: Preparing the Crew

The Guide: Needs to train/prepare the Crew
(Crew = Practice Staff)

• Careful placement and clear understanding of each Crew member’s role is critical in the raft for many reasons *(role=accountability)*

• Have to be a cohesive Crew on the River (team based care)

• Assess previous knowledge and experience
Step Five: Preparing the Crew

SO IMPORTANT: Training before heading down the river (On-site HPV Training at Practices)

—All Ahead, All Back, Ahead Left, Ahead Right, All STOP!

• If someone falls out, the closest person reaches over and pulls them into the boat or extends their paddle end out (we all help each other)

• Hold paddle outside the raft and hold on to the rope
Step Six: Putting the Raft in the River

• Everyone has to help pick up the raft (own a piece of the QI project)

• The Guide cannot drag the raft down the rocks and put it in alone!
We have our Guide, Raft and Crew...

Here we go!!
Step Seven: Heading Down the QI River

• Rapids, Rocks, Strainers, and Hydraulics
The Rapids (Processes)

• There are certain rapids (processes) that occur consistently, every day on the river.

• They can be big or small, depending on the river flow

• To safely navigate the rapids, need to listen to the Guide, all row together (equal strength)

• HPV rapids: 1. Patient/Parent Reminders
  2. Clinical Team Reminder/Recall
  3. Assessment/Feedback
Rocks (Challenges)

• Rocks we know are there and can plan for
• Rocks unseen just under the surface
A Few QI River “Rocks“ (Challenges)

1. Lack of Staff Engagement (one of the biggest)
2. Change Anxiety
3. Lack of Time
4. Staff Burnout
5. Lack of Resources
Strainers

• An obstruction that allows water to pass through but stops and holds objects such as people and rafts

• QI River “Strainers”:
  1. Lack of QI Culture
  2. Lack of Leadership
  3. Data/Measurement Issues
Hydraulics:

- Hydraulics are created when water recirculates on top of itself; can be created by a hole, dam, waterfall, or other source

Dangerous!!
QI River: Hydraulics = Resistance

- One of the most dangerous things on the QI River as it can be overt or subtle
- Completely normal part of the river (and QI)
- Cannot ignore resistance
- Need to Identify and address the source
Then Everyone Can Hit the Rapids Together!
Eventually the QI River Starts Getting Calmer...
As Everyone Works Together...
And Celebrates Success!
(Success=Preventing HPV-Associated Cancers!)
Questions?

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