

## Step-by-step instructions for conducting PDSA cycles

You can use PDSA cycles to develop change ideas, test small-scale changes and implement changes across your area and organization.

Follow these steps to conduct a **PDSA cycle**:

### STEP 1 PLAN:

- State the purpose of the PDSA — are you developing a change idea, testing a change or implementing a change?
- What is your change idea?
- What indicator(s) of success will you measure?
- How will data on these indicators be collected?
- Who or what are the subjects of the test?
- How many subjects will be included in the test and over what time period?
- What do you hypothesize will happen?

### STEP 2 DO:

- Conduct the test.
- Document any problems and unintended consequences.

### STEP 3 STUDY:

- Analyze the data and study the results
- Compare the data to your predictions.
- Summarize and reflect on what was learned.

### STEP 4 ACT:

- Refine the change idea, based on lessons learned from the test.
- Prepare a plan for the next test.

*Adapted from Health Quality Ontario - July 2013*

