

# Practice-Based QI Projects



- *Improving the quality and value of health care of older adults in your clinical practice.*
- *Learn now to support change in your clinic through collaborative learning and achieve breakthrough improvement.*
- *Work with a Quality Improvement expert consultant from Qualis Health.*

## What does the NW GWEC hope to attain with the Practice-Based QI Projects?

Increase providers' self-efficacy around improving the health of older adults in their clinical practice.

## What should a QI Project focus on?

Projects should focus on improving some aspect of care of *geriatric* patients in the *primary care* setting.

## Who should conduct the project?

- A QI champion (faculty member) from your clinic site should be the lead and/or advisor.
- Trainees may be medical residents/ fellows, or nurse practitioner or physician assistant students, or others. A long-term project may involve several trainees as they graduate or transition from site to site.
- Other interdisciplinary staff are encouraged to be involved in the project (medical assistants, nurses, nurse practitioners, social workers, etc.).

## How will the NW GWEC support the QI Projects?

- Each year, we will offer a QI didactic webinar series presented by Sharon Eloranta, MD, Medical Director for Quality and Safety Initiatives at [Qualis Health](#) and Fellow for the Institute for Healthcare Improvement. Attendance is highly encourage, but not mandatory. The webinars will be archived on our [NW GWEC website](#).
- We are pleased to offer the support of Dr. Eloranta and sites are encouraged to work on their improvement plan with her via email, phone, and video conference.
- One-time payment of **\$5,000** to participating practices will be provided to off-set

expenses needed to accomplish the project (e.g. data collection or FTE). Note, this will be a one-time payment even if your project spans more than one year.

### What are examples of possible project topics?

- Increasing screening for falls.
- Reducing use of potentially inappropriate medications.
- Increasing referrals to evidence-based programs to increase physical activity among sedentary older adults.
- Increasing completion of Welcome to Medicare visits or Medicare Annual Wellness visits.
- Increasing referrals of family caregivers to caregiver support programs in the community.
- Increasing screening for urinary incontinence among older women.
- Increasing identification of osteoporosis.
- Increasing identification of depression.

### What do I need to do if I'm interested?

- Let us know you're interested! Please contact Aimee Verrall, MPH at **206-744-9114** or [verrall@uw.edu](mailto:verrall@uw.edu). Aimee will connect you with Dr. Eloranta who will help you (as needed) to decide a project focus, advise on QI methodology, conceptualize outcome metrics, etc.
- Please complete our [QI Site Enrollment Form](#). This form includes an initial description of the project idea for review and approval. Please utilize the expertise of Dr. Eloranta as you formulate your project ideas, how you will measure change, and QI methods.
- Stay connected with us! Share with us how it's going. Reply to any inquires from us. Send us a *final report* at the conclusion of your project summarizing the results and impact on your practice.