

## Improving the quality of measuring patient's daily weights

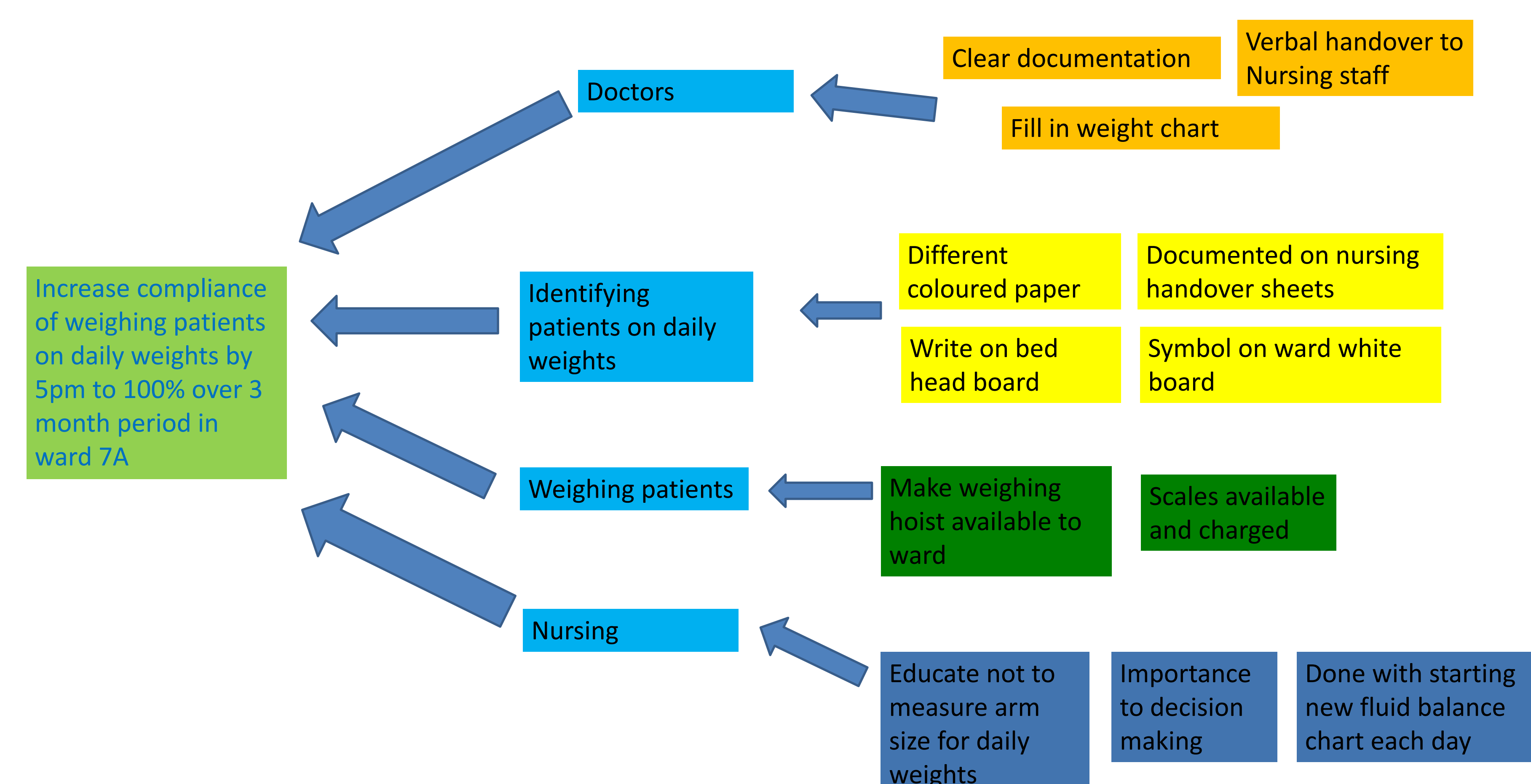
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### Benefits of daily weights

- In Heart failure, patients accumulate fluid in lungs causing shortness of breath or in body causing swelling.
- Amount of fluid accumulating in body is reflected by patient's weight.
- Measuring patients arm size will NOT give accurate measurement of amount of fluid in patient's body
- Accurate daily weight for the trend of fluid loss or gain is important for titration of diuretics.
- Overdosing in diuretics can cause kidney failure.

### Methodology

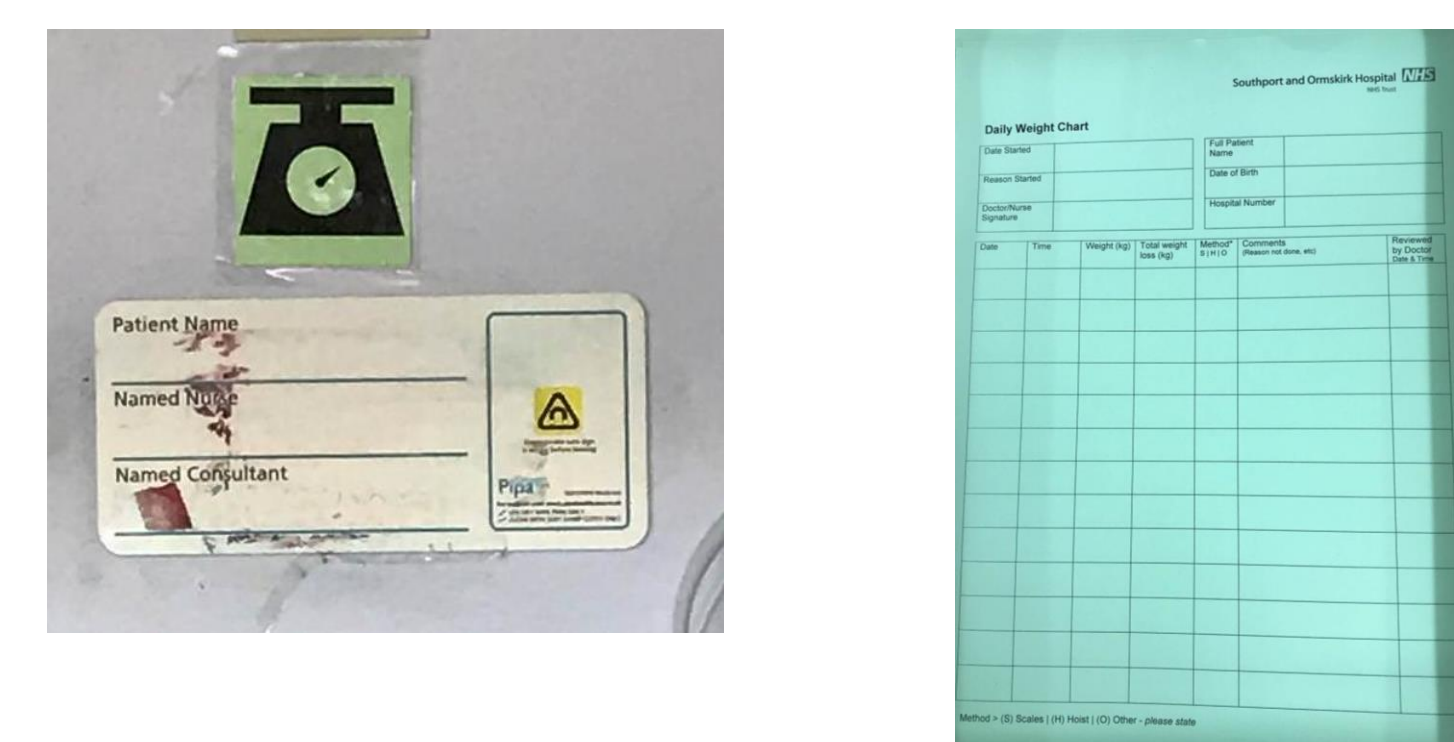
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|---|---|
| What are we trying to accomplish?                           | 1) Increase compliance of weighing patients on daily weights by 5pm to 100% over 3 month period in ward 7A.<br>2) Engage junior doctors, nurses and AHPs in quality improvement methodology |
| How do we know a change is an improvement?                  | 1) Compliance of daily weight increases on 7A<br>2) Embed new skills in QI methodology and demonstrate learning and development   |
| What change can we make that will result in an improvement? | Use QI methodology at the frontline to make a visible change  |



#### PSDA Cycle 1: The size of the problem

#### PSDA Cycle 2: Face to face discussion

#### PSDA Cycle 3: Sign placed above headboard

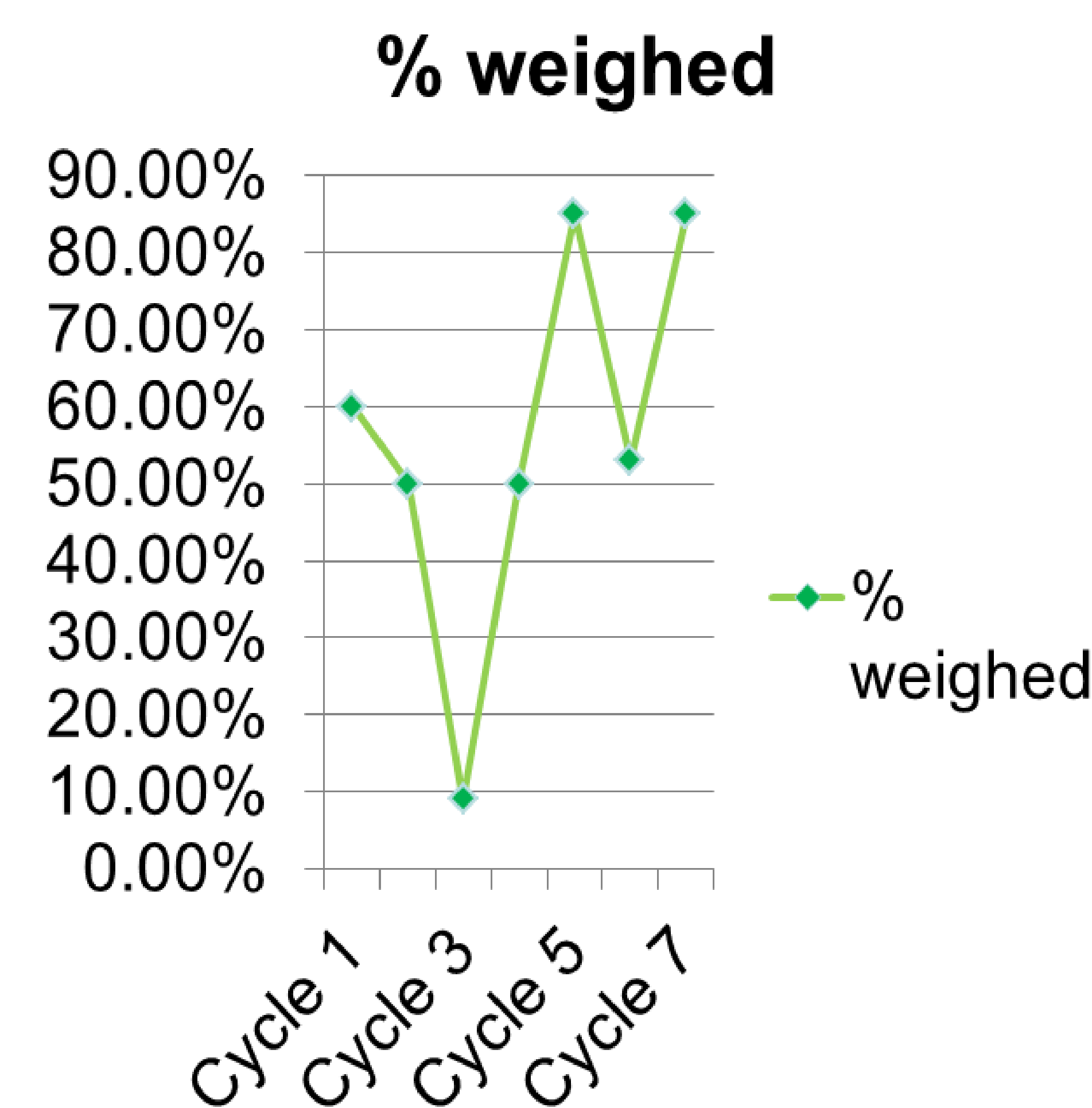


#### PSDA Cycle 4: New charts

#### PSDA Cycle 5: Re-education

#### PSDA Cycle 6: Spring hoist introduced

#### PSDA Cycle 7: Daily reminders at 4:30-5pm



### What went well?

- New way to identify daily weights as you would identify falls risk with head board signs
- Requested funding for additional equipment for the ward
- New weight chart with good verbal feedback
- Educated nursing staff of the importance of daily weights
- By end point – an increase of 25%

### What didn't go well?

- Slow progress of the QI project
- Doctors change over
- Did not meet initial aim to increase compliance to 100%
- Relying on constant reminders / auditor action
- Priority of weights still low
- Not enough sample size
- Not enough PSDA cycles

### What could be improved?

- Make one change at a time
- Increase length of observation per change for a bigger sample size
- Involve more auditors
- Shorter break in between each cycle to build habit and momentum