

Quality issue / initial problem

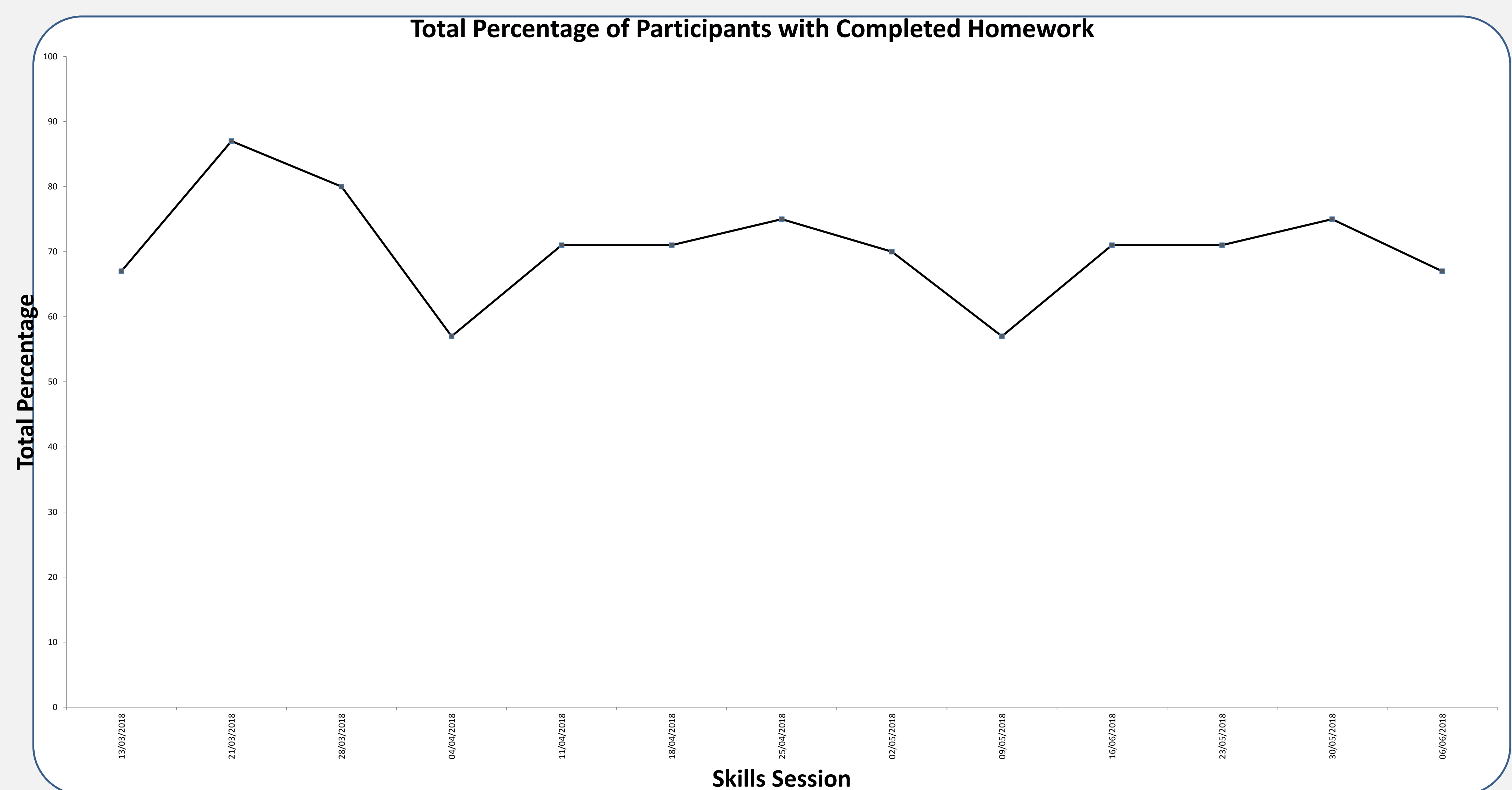
DBT is a psychological therapy, which was initially developed for people with Emotionally Unstable Personality Disorder however can be used with substance misuse and eating disorders to name a few. The team is presently based in Cambridge Street House with staff from adult community primary and secondary mental health care and Willow Services. Skills group is one of 5 DBT functions. Concordance with homework is important as demonstrating use of new skills decreasing life threatening behaviour.

Specific aim

Increase concordance to have all patients attending skills group attempting homework in two months.

Measurement of improvement

- Any changes can be measured against weekly diary cards that patients record problem behaviour including threatening, recording homework concordance during weekly skills group and completing a CORE 10 and BSL-23



Tests of change

- Test 1 Have two groups each with a facilitator
- Test 2 Increase time at end of group from 5 to 15 minutes

Tools

- Process map
- Pareto bar graph
- Fish bone chart
- Informal patient experience-at break times

Effects of change

The anticipated impact of both tests was to increase concordance with homework and so reduce life threatening behaviour. However it became clear many factors influence outcome such as use of multiple facilitators with different styles of delivery, staff and patient willingness to change and adherence to DBT manual. It would be hoped sustainability would be achieved by trying change ideas for each module as repeated over year to compare and test improvement in. Also promote application to QI Academy to continue work.

Lessons learned and message for others

Several lessons learned included the knowledge that using QI tools with a proven methodology can be effective in trying to facilitate change, however only if a fertile ground exists in the first place.