Acne Example

Using a Model for Improvement approach.

1. **What are we trying to accomplish? Needs to be specific ‘by how much?’ and ‘by when?’**

   To improve care and wellbeing of patients suffering from acne in line with existing guidelines.(1)

   - To increase the use of topical treatments for acne, either topical retinoid alone +/- benzoyl peroxide or combination antibiotic/topical benzoyl peroxide or topical azelaic acid alone by x% in x months’ time
   - To reduce the use of topical antibiotics alone or together with oral antibiotics by x% in x months’ time
   - To reduce the duration of oral antibiotic use to a maximum of 3 months continuous use in x% patients in x months’ time
   - To increase the proportion of patients on oral antibiotics for acne who have topical retinoid (adapalene) or benzoyl peroxide co-prescribed by x% in x months’ time
   - Increase the proportion of patients who have had pre-Roaccutane bloods taken including FBC, LFT, Lipids (including Triglycerides) when referred to dermatology for Roaccutane by x% in x months’ time.
   - Increase the proportion of female patients of childbearing age offered contraception prior to referral for oral Roaccutane by x% in x months’ time.

2. **How will we know that a change is an improvement?**

   - % of patients with acne reviewed 3 months after starting acne treatments
   - % of patients with acne on oral antibiotics who have topical retinoid or benzoyl peroxide therapy co-prescribed
   - % of patients with acne on dual topical antibiotics/topical benzoyl peroxide
   - % of patients with acne on oral antibiotics for more than 3 months
   - % of patients with acne referred for oral Roaccutane who have had pre-roaccutane bloods ordered
   - % of female patients with acne of childbearing age on contraception when referred for roaccutane.

3. **What changes can we make that will result in improvement?**

   Undertake a PDSA approach to each planned change idea and include measurement of outcomes, processes and unexpected effects (called ‘balance measures’).

   - Development of a recall system for annual review of patients with acne
   - Develop a practice template for acne, which clinicians are prompted to complete when typing the word ‘acne’ into the electronic record
   - Develop a practice formulary for acne treatments
   - Staff Education about acne and its treatments
   - Develop and issue patient information leaflets to be issued with acne prescriptions
   - Signposting of patients with acne to national/local patient support groups and educational programmes through leaflets/prompt on practice template

References

1. NICE guidance Acne