



# Guided PIP Worksheet

Improving Care of Patients with Spine and  
other Musculoskeletal Pain

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## Plan: Identify an area in your practice that needs improvement.

What is the problem you are trying to solve?

Literature suggests that tracking the functional status of patients with spine-related pain improves outcomes. Discuss with your team the functional measures in place for this population and analyze the effectiveness of current tools. Determine which functional measurement tool would be most effective for your practice.

What data (objective measurements) do you have that supports this as a problem?

Review a sample of 30-50 recent charts, determining how consistently a tool such as the Oswestry Disability Index (ODI) is used. If not using a functional measurement tool, estimate the impact this gap has on patients.

*Tip: If starting from scratch, describe the current state. Establish a quantifiable metric of success to measure after implementing a change.*

What is your opportunity statement? State the goal you hope to achieve.

Based on the baseline data from the previous question, by how much do you think you can improve, and in what timeframe? *Example: "We aim to increase the timely use of ODI on charts (within 24 hours of intake) to 80% within 2 months."*

What is the underlying cause of the performance/quality problem?

Gather and brainstorm with other physicians and staff on your unit/team. What's causing this issue? How did you determine the cause?

What Institute of Medicine (IOM) Quality Dimensions will be addressed by your project?

Patient Safety | Equitability in Care | Care Delivery Efficiency | Timeliness in Care | Care Delivery Effectiveness

## Do: Describe the desired outcomes and the requirements needed to achieve them.

What change(s) did you implement?

You can implement one change, or you can choose to do several at a time. To increase use of ODI, you could:

- Include the ODI in a welcome mailing
- Instruct staff in new protocol to present to patients upon intake
- Add to visit checklist so physicians know to inquire about it

## Study: Describe the measurements used to assess the success of the plan.

Did you achieve your goal or target reported in your opportunity statement? What data do you have to support your conclusion?

This is a simple yes or no, and cite the evidence. After the timeframe indicated in your opportunity statement, do a chart audit. (It's good practice to check-in at least midway through your project, too, to see whether adjustments need to be made.) Has the rate of completed ODIs improved? If so, by how much?

Does that meet the goal you set?

*Example: Yes, we surpassed our goal. After two weeks, an audit revealed 85% of sampled charts contained a completed ODI. (It's possible to achieve your goal early!)*

## Act: Change(s) to your practice as a result of this project.

Will you continue with the changes you have implemented?

If you achieved your goal, describe how you will sustain your success, or how it led to new ideas. If you did not achieve your goal, how could you try again with new tactics? What will be your next process change to keep the improvement evolution going?

*Example: Staff discussed concerns regarding execution of ODI on repeat visits. The next process change could utilize front desk staff to present the ODI to patients upon revisit.*