Quality Improvement (QI) clinics at the Royal Edinburgh Hospital

Have an improvement idea?

Not sure what to do next?

Book a QI Clinic at

qi.mentalhealth@nhslothian.scot.nhs.uk

we can support you and provide advice, tools and tips.

Quality Improvement (QI) clinics at the Royal Edinburgh Hospital

Got an idea to improve your ward, area or service?

QI clinics provide guidance and support on all aspects of QI including QI tools and data analysis.

QI clinics are available every Wednesday afternoon from 13:00 – 14:00 and 14:00 – 15:00. Additional days and times are also available.

Please contact your QI team at qi.mentalhealth@nhslothian.scot.nhs.uk to book your QI clinic*

*QI clinics can be held in person or online via Microsoft Teams.

What has gone well? feedback from QI Clinics

It gave me a clear focus, allowed me to properly plan the first stage of this project and gave me a way to sound out ideas

Useful information on process mapping and getting [project] registered

… able to link other projects to enable sharing of ideas, clarified aims, and was able to come up with a clear 'to do list'

very informative and engaging

really useful to discuss realistic next steps for my project and also to find out who else to contact about project progression

really helpful to [have] a QI team to provide support …especially with areas where I feel less confident such as data collection and interpretation

Quickly assisted me in identifying a project of potential interest. Good advice given and meeting was concluded with a well-structured plan and plans for follow up

Flexible discussion on variety of possible QI projects… open to tailor possibilities to a trainee's individual situation/availability

Immediate understanding of wishes and needs and cut through the complexity into smart objectives

Discussion about how QI methodology can be used to support development of a pathway

Quality Improvement (QI) training for Newly Qualified Nurses (NQNs) at the Royal Edinburgh Hospital

The QI network held two training sessions for NQNs on Friday 8th Dec. The sessions were 3 hours long and covered the initial stages of setting up a QI project. The NQN staff have identified a number of quality improvements to work on and the QI network will be supporting them with follow up clinics via teams and in person coaching.

To reach as many of Royal Edinburgh Hospital's NQNs as possible, a follow up QI Training has been scheduled to take place on Monday 15th January 2024 (12-3pm) in the Broch.

Speaking about the QI development opportunities for NQNs, Christina Gale (Clinical Educator for Mental Health) said "For NQN's to be involved in QI right at the start of their career means that they are starting on the path of thinking about service improvement from the very beginning. It helps to break down the idea that innovation only comes from experience. Newly qualified nurses come into the NHS with fresh perspectives and brilliant ideas, no matter how small, and they can be nurtured through a great QI project. It also helps to show how valued they are in the organisation, that they are listened to. My role as Clinical Educator in REAS is to introduce the new nurses to QI through induction and help instil confidence in their abilities as they progress through their first year as newly qualified nurses".

Senior Charge Nurse in Meadows ward, Lindsay Fox described being "… delighted to hear that our newly qualified nurses are being offered QI training as part of their induction to their first registration post. As we all know, QI is vital for improving outcomes for patients, improving patient safety and communication. Offering this training to our NQN colleagues and involving them in projects through their preceptorship year will embed the importance of QI and its role in healthcare and service provision in their practice. QI is essential for us all to be involved, and supporting NQNs to take the lead in improvement projects will be of huge benefit to their practice and professional development".

LothianQuality
BETTER HEALTH, BETTER CARE, BETTER VALUE
MENTAL HEALTH QUALITY IMPROVEMENT NETWORK

NHS Lothian

Substance use, risk behaviours and well-being

(Nina MacKenzie, Daniel Smith, Stephen Lawrie, Andrew Rome and David McCartney)

Lothians and Edinburgh Abstinence Programme's (LEAP) four-year treatment outcome paper is published in the British Journal of Psychiatry March 2023. You can find the paper here.

Background: Tackling Scotland's drug-related deaths and improving outcomes from substance misuse treatments, including residential rehabilitation, is a national priority.

Method: In total, 145 participants were recruited to this longitudinal quantitative cohort study of an abstinence-based residential rehabilitation programme based on the therapeutic community model; 87 of these participants were followed up at 4 years. Outcomes are reported for seven subsections of the Addiction Severity Index, together with frequency of alcohol use, heroin use, injecting drug use and rates of abstinence from substances of misuse.

Outcomes: Attending this abstinence-based rehabilitation programme was associated with positive changes in psychological and social well-being and harm reduction from substance use at 4-year follow-up, with stability of change from years 1 to 4. Significant improvement in most outcomes at 4 years compared with admission scores were found. Completing the programme was associated with greater rates of abstinence, reduced alcohol use and improvements in alcohol status score, work satisfaction score and psychiatric status, in comparison with non-completion.

Results: Abstinence rates improved from 12% at baseline to 48% at 4 years, with the rate for those completing the programme increasing from 14.5% to 60.7%.

The Quality Academy aims to build and support the understanding, capability and capacity of NHS Lothian staff in aspects of Quality planning, improvement and control of processes relating to health and care in our region.

What you will learn
- Improvement Science
- Project planning
- Analysing data
- Leading change
- Sharing improvement experience
...and much more!

Time Commitment
Virtual in-class learning: ~**17 hours** over **5** sessions taught over **4-5** months

Time to study E-Learning modules: ~1.5 - 3 hours

Personal time for project work and one-on-one coaching as required

Cohort Information for 2024

Applications are now open for Virtual QI Skills 2024 cohorts. You can register your interest here or complete the Quality Academy application form and return to qiacademy@nhslothian.scot.nhs.uk.

Cohort 24
Day 1 Thursday 22nd February
Day 2 Tuesday 19th March
Day 3 Wednesday 17th April
Day 4 Thursday 16th May
Day 5 Tuesday 18th June

Cohort 25
Day 1 Wednesday 20th March
Day 2 Tuesday 23rd April
Day 3 Wednesday 22nd May
Day 4 Thursday 20th June
Day 5 Tuesday 30th July

Limited spaces

Cohort 26
Day 1 Wednesday 24th April
Day 2 Wednesday 29th May
Day 3 Wednesday 26th June
Day 4 Wednesday 31st July
Day 5 Thursday 29th August

Cohort 27
Day 1 Wednesday 21st August
Day 2 Thursday 19th September
Day 3 Tuesday 22nd October
Day 4 Tuesday 19th November
Day 5 Tuesday 17th December

Cohort 28
Day 1 Tuesday 27th August
Day 2 Tuesday 24th September
Day 3 Thursday 24th October
Day 4 Thursday 21st November
Day 5 Thursday 19th December