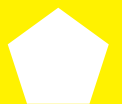
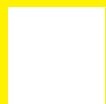


**Me first**

**PDSA  
Logbook**



# PDSA (Plan, Do, Study, Act)

## Learning from experience

PDSA cycles can be used to try-out a change in behaviour and assess its impact. Every time you finish a PDSA cycle you start a new one to try to improve on what you have done in the previous cycle. In this way it becomes a process of continuous learning and improvement.

Use this PDSA Log Book when you want to try something new to improve your communication with children or young people.

When you are studying how it went remember that learning from the changes that don't go well are often even more useful than the changes that work.

This PDSA Log Book is adapted from the Evidence Based Practice Unit (EBPU): [www.annafreud.org/pages/ebpu-home.html](http://www.annafreud.org/pages/ebpu-home.html). We would like to thank them for their support with this project. EBPU is part of University College London and the Anna Freud Centre.



# Example PDSA cycle

Your scenario

Date 4 / 5 / 15

*Freddie (12yr old boy) who I see in clinic doesn't engage in conversations during meetings and mum speaks a lot on Freddie's behalf. I want to hear more from Freddie and his thoughts on things during our meetings.*

## Plan

What one thing do I want to try?

- When I meet with Freddie on Friday I will make sure he is included in the conversations more.*
- I will sit next to him so that I can look directly at him to show him I want to hear from him*

## Do

How did I do it?  
What did I do if different from my plan?

- I sat next to Freddie during the meeting so I could look at him directly when asking questions.*

## Act

Given what I have learnt, what will I try next?

- Freddie spoke more than he has before which was great, but even though I was looking at Freddie and talking directly to him, his mum kept on answering for him.*

## Study

How did it go and what did I learn?

- Next time, I will open the conversation by explaining that it is important for me to hear from Freddie and his mum. I will say something like "I will speak to Freddie first and then Mum you will get an opportunity to speak second". I hope this will reassure mum that she will also have time to talk.*

# Plan, Do, Study, Act

Your scenario

Date / /

## Plan

What one thing do I want to try?

## Do

How did I do it?  
What did I do if different from my plan?

## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?  
What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?  
What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?  
What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?  
What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?

What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?

# Plan, Do, Study, Act

Your scenario

Date



## Plan

What one thing do I want to try?

## Do

How did I do it?

What did I do if different from my plan?



## Act

Given what I have learnt, what will I try next?

## Study

How did it go and what did I learn?



**Me first**

**[mefirst.org.uk](http://mefirst.org.uk)**