**PDSA Cycle [1]**

**Aim:** what are you trying to accomplish?

To improve the care of constipation, by regular assessment by medical and nursing staff. Aiming to prescribe laxatives in a timely fashion if needed and reduce or stop them as the constipation subsides.

**Plan:** what will your test be?

Twice weekly ward rounds and laxative prescribing guidance.

There was also multi-level educational sessions for ward staff.

**Prediction:** what do you think will happen as a result of your test?

Reduced prescription of regular laxatives.

Improved profile of effective laxatives prescribed.

Elimination of PRN laxatives.

**Do:** what happened when you carried out your test?

Compliance with the ward rounds was good. There was a reduction in laxative prescription.

**Study:** how did the results of your test compare with predictions?

The data was audited monthly. There was a reduction of laxative prescription overall, initially more than expected. Over time this became less and laxative prescription increased again.

**Act:** how will you change your previous test in light of what you have learned?

Out of hours staff needed to be made aware of laxative guidance.

Educational session for staff.

**PDSA Cycle [2]**

**Aim:** what are you trying to accomplish?

Regular assessment for constipation

Reduced prescription of laxatives

**Plan:** what will your test be?

Continued bi-weekly ward rounds

Further Educational session

Laxative Guidance printed on wall

**Prediction:** what do you think will happen as a result of your test?

Reduced laxative prescription

Improved compliance with laxative guidance.

**Do:** what happened when you carried out your test?

Reduced laxative prescription

Improved rates of compliance

**Study:** how did the results of your test compare with predictions?

In keeping with predictions.

**Act:** how will you change your previous test in light of what you have learned?

Continued education program needed for rotation staff.