**The Handbook PDSA Cycle [1]**

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

1. To establish how to improve the transition period of junior doctors when changing rotations, especially a new foundation doctor when first starting.
2. To determine how well trainees feel information is handed over to them by their predecessor in preparation for the ward job they will undertake.
3. How, if at all this process could be improved to assist trainees

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

1. To survey junior doctors (F1s) prior to the introduction The Handbook (our intervention) and assess: how well information was handover over and what information would help trainees when starting a new attachment.
2. To hold a junior doctor led teaching session and group based discussion to further analyse how trainees could be helped during this transition period.

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

Often very little information is communicated between trainees when changing rotation, creating a repeated gap in information and knowledge that must be relearnt by each new trainee.

Trainees would feel positively a tool such as The Handbook being introduced.

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

All F1 junior doctors from August 2012 intake were asked to complete a questionnaire with regards to how well information was handed over to them, how prepared they felt in their new role and what factors contributed to this.

The response from junior doctors was very encouraging with numerous positive contributions on how to improve this transition period and information handed over.

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

Our results were in keeping with our predictions and highlighted this continuous gap in a vital period of junior doctor changeovers. Starting a new job as a foundation doctor can be a daunting and challenging process however there is an opportunity to address and improve this area of clinical practice.

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

We aim to re-survey junior doctors again with the new cohort of junior doctors in August 2013, assessing the value of The Handbook and its role in the junior doctor changeover.

We also aim to develop The Handbook so it is functional, secure and updateable resource for junior doctors with information beneficial to trainees on a daily basis.

**The Handbook PDSA Cycle [2]**

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

To ass how successful and beneficial the introduction of The Handbook has been during the transition period of junior doctors when changing rotations, especially new foundation trainees when first starting.

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

To resurvey junior doctors following the introduction of The Handbook to assess the impact and value it has had for junior doctors when working, especially during the transition period of changing rotations.

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

As The Handbook has been designed, created by and run by junior doctors, we hope this targeted approach will have aided trainees, addressed the problems faces when changing rotations and assisted clinical practice on a daily basis.

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

All F1 junior doctors from August 2013 intake were asked to complete a questionnaire with regards to the value of The Handbook including: how (if at all) The Handbook has been beneficial, when this was the case and what aspects were of most value.

Again the response was very positive and The Handbook clearly had a role in aiding foundation trainees when starting on a new ward.

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

Our findings were similar to our predictions; The Handbook is of value, helps trainees understand their role clearer and improves confidence in the clinical environment when starting on a new rotation.

Also, our results demonstrated clear time period when The Handbook was of most value and provides a future goal for the initiative.

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

Our results have demonstrated a clear basis and justification for our intervention. The results have also provided us with future aims and areas where we can improve and develop The Handbook. Our aim is that we can expand The Handbook and its role within the Trust so it is not only valuable but also sustainable in to the future.