# Best Practice Guideline Activity (for Performance Review and/or Outcome Measurement)

## Background

A quality improvement activity that can be done in your own practice is to look at what is best practice for a particular presentation, condition etc, compare your own practice to that benchmark, identify possible improvements, (performance review), make any changes to practice and re-measure (outcome measurement). The following guideline provides some ideas for how to go about this, plus a list of useful links and resources.

### PDSA cycles

Plan

* + Choose from common/important conditions (the [ACRRM Rural Generalist Curriculum](https://www.acrrm.org.au/docs/default-source/all-files/rural-generalist-curriculum_final.pdf?sfvrsn=b0fe42c8_4) is a useful resource for topics)
	+ Choose something you think you could learn more about and improve on
	+ Choose something that is practical to do - even small changes can make a difference

You might like to discuss this activity with the practice manager, i.e. your data requirements and data collection methods.

Choose something easily searchable and de-identifiable

E.g. condition, medication, age, investigation, parameter, intervention, and prevention.

Decide on the length of your activity – when will you audit your results?

Do

* Review best practice/current guidelines for that topic – see list of links below, or search for others.
* Identify a simple intervention that is important in the management of that condition and also easily searchable
* E.g. target, intervention, investigation, treatment, preventive check, referral

Study

# Audit

* At the end of the activity cycle, pull up records for the thing you chose and audit/analyse the number of times you did the intervention/management

# Reflect

* Decide how you might be able to improve and implement changes to practice

Act

Implement a new cycle, repeat the process, and measure any improvements (PDSA)

### Review clinical records

* + For example, review smoking status, recording of an item of history, allergies, cervical screening etc
	+ Review referrals
	+ What is best practice? Are there any changes that you can make? (Performance Review)
	+ If so, implement changes and review your records again in a specified time period – did the changes result in improved patient outcomes? (Outcome measurement)

### Review cases

* + Identify best practice for a particular area
	+ Review cases against best practice
	+ Discuss with colleagues
	+ What is best practice? Are there any changes that you can make? (Performance review)
	+ If so, implement changes and review your records again in a specified time period – did the changes result in improved patient outcomes? (Outcome measurement)

### Links to Resources (external sites)

Includes decision support resources drawn from the ACRRM Independent Pathway education program

General

* + [Research Review](https://www.researchreview.com.au/au/home.aspx)
	+ [Cochrane](https://www.cochrane.org/)
	+ [Therapeutic Goods Administration guidelines](https://www.tga.gov.au/ws-sg-index)
	+ [Australian Resuscitation Council guidelines](https://resus.org.au/guidelines/)
	+ [PubMed](https://pubmed.ncbi.nlm.nih.gov/)
	+ [Scopus](https://www.scopus.com/home.uri)
	+ [Australian Commission on Safety and Quality in Healthcare](https://www.safetyandquality.gov.au/)
	+ [Cancer Australia](https://www.canceraustralia.gov.au/clinical-best-practice)
	+ [SportAus - Concussion in sport](https://www.concussioninsport.gov.au/)
	+ [Ausralasian Diabetes In Pregnancy Society (ADIPS)](https://www.adips.org/)
	+ [National Asthma Council Australia](https://www.nationalasthma.org.au/)
	+ [NPS Medicinewise](https://www.nps.org.au/)
	+ [Pain Australia](https://www.painaustralia.org.au/)
	+ [Palliative Care Australia](https://palliativecare.org.au/)
	+ [UpToDate](https://www.uptodate.com/login)
	+ [Australian Medicines Handbook](https://amhonline.amh.net.au/auth)

Emergency Medicine

* + [Emergency Protocols](http://emergencyprotocols.org.au/)

Chronic disease

* + [Diabetes Australia](https://www.diabetesaustralia.com.au/)
	+ State Government of Victoria - [Better Health Channel (patient handouts)](https://www.betterhealth.vic.gov.au/)
	+ [Queensland Health | Royal Flying Doctor Service - Chronic conditions manual](https://publications.qld.gov.au/dataset/chronic-conditions-manual)
	+ RACGP | Diabetes Australia - [General practice management of diabetes](https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/5d3298b2-abf3-487e-9d5e-0558566fc242.pdf)
	+ Australian Government Department of Health - [The Australian type 2 diabetes risk](https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/6d252140-1ff0-47b2-a83f-3cc3db348131.pdf)

[assessment tool (AUSDRISK)](https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/6d252140-1ff0-47b2-a83f-3cc3db348131.pdf)

* + Diabetes Australia - [Type 2 diabetes risk calculator](https://www.diabetesaustralia.com.au/risk-calculator)
	+ National Vascular Disease Prevention Alliance - [Absolute cardiovascular disease risk](https://www.heartfoundation.org.au/images/uploads/publications/Absolute-CVD-Risk-Quick-Reference-Guide.pdf)

[management](https://www.heartfoundation.org.au/images/uploads/publications/Absolute-CVD-Risk-Quick-Reference-Guide.pdf)

* + National Vascular Disease Prevention Alliance - [Absolute cardiovascular disease risk](http://www.cvdcheck.org.au/) [calculator](http://www.cvdcheck.org.au/)
	+ RACGP | Osteoporosis Australia - [Osteoporosis prevention, diagnosis and management](https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Joint%20replacement/Osteoporosis-guidelines.pdf)

[in postmenopausal women and men over 50 years of age](https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Joint%20replacement/Osteoporosis-guidelines.pdf)

Child and adolescent health

* + [Raising Children Network](https://raisingchildren.net.au/)
	+ The Royal Children's Hospital Melbourne - [Fact sheets](https://www.rch.org.au/kidsinfo/)
	+ The Royal Children's Hospital Melbourne - [Clinical practice guidelines](https://www.rch.org.au/clinicalguide/)
	+ Australian Government Department of Health - [The Australian immunisation handbook](https://immunisationhandbook.health.gov.au/)
	+ PREDICT - [Australasian bronchiolitis bedside clinical guideline](https://www.predict.org.au/download/Australasian-bronchiolitis-guideline.pdf)
	+ National Asthma Council - [Australian asthma handbook](https://www.asthmahandbook.org.au/)
	+ Queensland Health - [Maternity and neonatal clinical guideline | Routine newborn](https://www.health.qld.gov.au/__data/assets/pdf_file/0029/141689/g-newexam.pdf) [assessment](https://www.health.qld.gov.au/__data/assets/pdf_file/0029/141689/g-newexam.pdf)

Aged care

* + [Dementia Australia](https://www.dementia.org.au/)
	+ Aust Roads | National Transport Commission - [The Australian assessing fitness to drive](https://austroads.com.au/__data/assets/pdf_file/0022/104197/AP-G56-17_Assessing_fitness_to_drive_2016_amended_Aug2017.pdf) [guidelines](https://austroads.com.au/__data/assets/pdf_file/0022/104197/AP-G56-17_Assessing_fitness_to_drive_2016_amended_Aug2017.pdf)
	+ Cognitive Decline Partnership Centre - [Clinical guidelines for dementia](https://cdpc.sydney.edu.au/research/clinical-guidelines-for-dementia/)
	+ Cognitive Decline Partnership Centre - [Assessment process for dementia diagnosis](http://sydney.edu.au/medicine/cdpc/documents/resources/sssessment-process-for-dementia-diagnosis.pdf)
	+ Dementia Collaborative Research Centres - [General practitioner assessment of cognition](http://gpcog.com.au/) [(GPCOG)](http://gpcog.com.au/)
	+ Dementia Australia - [The Rowland universal dementia assessment scale (RUDAS)](https://www.dementia.org.au/resources/rowland-universal-dementia-assessment-scale-rudas)
	+ Harry Perkins Institute of Medical Research - [Kimberley Indigenous cognitive assessment](https://www.perkins.org.au/wacha/our-research/indigenous/kica/)

[(KICA)](https://www.perkins.org.au/wacha/our-research/indigenous/kica/)

* + The University of Sydney | NHMRC | Bruyère Research Institute - [Evidence-based](http://sydney.edu.au/medicine/cdpc/documents/resources/deprescribing-guideline.pdf)

[clinical practice guideline for deprescribing cholinesterase inhibitors and memantine](http://sydney.edu.au/medicine/cdpc/documents/resources/deprescribing-guideline.pdf)

Aboriginal and Torres Strait Islander health

* + [Aboriginal Medical Services Alliance Northern Territory - Continuous Quality](http://www.amsant.org.au/cqi-tools/) [Improvement Tools](http://www.amsant.org.au/cqi-tools/)
	+ [Aboriginal Medical Services Alliance Northern Territory - Continuous Quality](http://www.amsant.org.au/cqi-key-documents/) [Improvement Key Documents](http://www.amsant.org.au/cqi-key-documents/)
	+ WA Country Health Service - [APSGN Kimberley Public Health Guidelines, July 2018](https://static1.squarespace.com/static/5b5fbd5b9772ae6ed988525c/t/5ca2f95224a694ac264b5a83/1554184541588/APSGN%2BKimberley%2BPublic%2BHealth%2BGuidelines%2BJuly%2B2018.pdf)
	+ Kimberley Aboriginal Medical Services Council (2014) - [Skin infections](http://kamsc.org.au/wp-content/uploads/2015/04/oth-Skin-Infections.pdf)

Women's health

* + [Jean Hailes](https://jeanhailes.org.au/)
	+ Jean Hailes - [For health professionals > Tools](https://acrrm.instructure.com/courses/133/pages/womens-health-resources?module_item_id=1703)
	+ RANZCR | Cancer Australia - [Abnormal vaginal bleeding in pre- and peri-menopausal](https://canceraustralia.gov.au/sites/default/files/publications/ncgc-vaginal-bleeding-flowcharts-march-20111_504af02038614.pdf) [women](https://canceraustralia.gov.au/sites/default/files/publications/ncgc-vaginal-bleeding-flowcharts-march-20111_504af02038614.pdf)

Musculoskeletal conditions

* + Bardin, L., King, P., & Maher, C. (2017). [Diagnostic triage for low back pain: a practical](https://www.mja.com.au/system/files/issues/206_06/10.5694mja16.00828.pdf) [approach for primary care](https://www.mja.com.au/system/files/issues/206_06/10.5694mja16.00828.pdf) - Medical Journal of Australia, 206(6), 268-273.
	+ Keele University - [STarT Back Screening Tool](https://www.keele.ac.uk/sbst/%22/t%20%22_blank)
	+ National Prescribing Service - [Non-traumatic shoulder pain in general practice.](https://www.nps.org.au/news/non-traumatic-shoulder-pain-in-general-practice-a-pragmatic-approach-to-diagnosis)

Mental health

* + [Beyondblue](https://www.beyondblue.org.au/)
	+ [Headspace](https://headspace.org.au/)
	+ NSW Health - [Mental health for emergency departments: A reference guide](http://www.cena.org.au/wp-content/uploads/2014/10/pub-emergency.pdf) - (A great

summary of mental health assessment and management in emergency departments)

* + ORYGEN - [The early diagnosis and management of psychosis: A booklet for general](https://oyh.org.au/sites/oyh.org.au/files/gp_manual.pdf) [practitioners](https://oyh.org.au/sites/oyh.org.au/files/gp_manual.pdf)
	+ RANZCP Algorithm - [Pharmacological treatment for first episode non-affective](https://www.ranzcp.org/files/resources/college_statements/clinician/cpg/algorithm_pharmacological-treatment-for-first-epis.aspx)

[psychosis](https://www.ranzcp.org/files/resources/college_statements/clinician/cpg/algorithm_pharmacological-treatment-for-first-epis.aspx)

* + Black Dog Institute - [Psychological Toolkit](https://blackdoginstitute.org.au/education-training/health-professionals/psychological-toolkit)
	+ Turning Point - [Alcohol and drug withdrawal guidelines](https://www.turningpoint.org.au/sites/default/files/inline-files/Alcohol-and-Drug-Withdrawal-Guidelines-2018.pdf)
	+ [Butterfly Foundation](https://thebutterflyfoundation.org.au/)
	+ [National Eating Disorders Collaboration](https://www.nedc.com.au/)
	+ Professional development > [Health professionals / PHN](https://www.nedc.com.au/professional-development/health-professionals-phn/)
	+ [Eating disorders : A professional resource for general practitioners](https://www.nedc.com.au/assets/NEDC-Resources/NEDC-Resource-GPs.pdf)

Renal health

* + Kidney Health Australia - [Chronic kidney disease management handbook](https://kidney.org.au/health-professionals/prevent/chronic-kidney-disease-management-handbook)
	+ Kidney Health Australia - [Fact sheets](https://kidney.org.au/about-us/resources-library/fact-sheets)

Heart health

* + CVD Calculator - [Australian CVD Risk Calculator](https://www.cvdcheck.org.au/)
	+ CVD Risk Decision Support - [Best Science Medicine](http://chd.bestsciencemedicine.com/calc2.html)
	+ Atrial Fibrillation Guidelines - [Heart Foundation](https://www.heartfoundation.org.au/for-professionals/clinical-information/atrial-fibrillation)
	+ Heart Failure Guidelines - [Heart Foundation](https://www.heartfoundation.org.au/for-professionals/clinical-information/heart-failure)

Other

* + RACGP - [Standards for health services in Australian prisons](https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20standards/Health-services-in-Australian-prisons.pdf)

### How to log your activity for CPD credit

If you used this activity to review your performance, add the hours spent on this to your PD portfolio using the ‘Other Performance Review’ activity type.

If you measured your outcomes by changing your practice and reviewing the impact of the changes on patient outcomes, add the hours you spent on this to your PD portfolio using the ‘Other Outcome Measurement’ activity type.

In some cases, you will have both reviewed your performance and measured your outcomes, so make two entries, one in each category, apportioning the hours according to how long you spent on each aspect.

There is an optional reflective notes field in ‘Add activity’ screen of your PD portfolio and your reflective notes can be used as evidence of the activity. Reflective notes should include your [key learnings and any resulting](https://www.mja.com.au/system/files/issues/206_06/10.5694mja16.00828.pdf) changes to practice. If you require more space, please upload a separate document in [the evidence section when](https://www.keele.ac.uk/sbst/%22/t%20%22_blank) adding the activity.

Contact pdp@acrrm.org.au if you have other suggested links to include in this guideline.