

## Acne Example

Using a Model for Improvement approach.

### **1. What are we trying to accomplish? Needs to be specific 'by how much?' and 'by when?'**

To improve care and wellbeing of patients suffering from acne in line with existing guidelines.<sup>(1)</sup>

- To increase the use of topical treatments for acne, either topical retinoid alone +/- benzoyl peroxide or combination antibiotic/topical benzoyl peroxide or topical azelaic acid alone by x% in x months' time
- To reduce the use of topical antibiotics alone or together with oral antibiotics by x% in x months' time
- To reduce the duration of oral antibiotic use to a maximum of 3 months continuous use in x% patients in x months' time
- To increase the proportion of patients on oral antibiotics for acne who have topical retinoid (adapalene) or benzoyl peroxide co-prescribed by x% in x months' time
- Increase the proportion of patients who have had pre-Roaccutane bloods taken including FBC, LFT, Lipids (including Triglycerides) when referred to dermatology for Roaccutane by x% in x months' time.
- Increase the proportion of female patients of childbearing age offered contraception prior to referral for oral Roaccutane by x% in x months' time.

### **2. How will we know that a change is an improvement?**

- % of patients with acne reviewed 3 months after starting acne treatments
- % of patients with acne on oral antibiotics who have topical retinoid or benzoyl peroxide therapy co-prescribed
- % of patients with acne on dual topical antibiotics/topical benzoyl peroxide
- % of patients with acne on oral antibiotics for more than 3 months
- % of patients with acne referred for oral Roaccutane who have had pre-roaccutane bloods ordered
- % of female patients with acne of childbearing age on contraception when referred for roaccutane.

### **3. What changes can we make that will result in improvement?**

Undertake a PDSA approach to **each planned change idea** and include **measurement of outcomes, processes and unexpected effects (called 'balance measures')**.

- Development of a recall system for annual review of patients with acne
- Develop a practice template for acne, which clinicians are prompted to complete when typing the word 'acne' into the electronic record
- Develop a practice formulary for acne treatments
- Staff Education about acne and its treatments
- Develop and issue patient information leaflets to be issued with acne prescriptions
- Signposting of patients with acne to national/local patient support groups and educational programmes through leaflets/prompt on practice template

## **References**

1. [NICE guidance Acne](#)