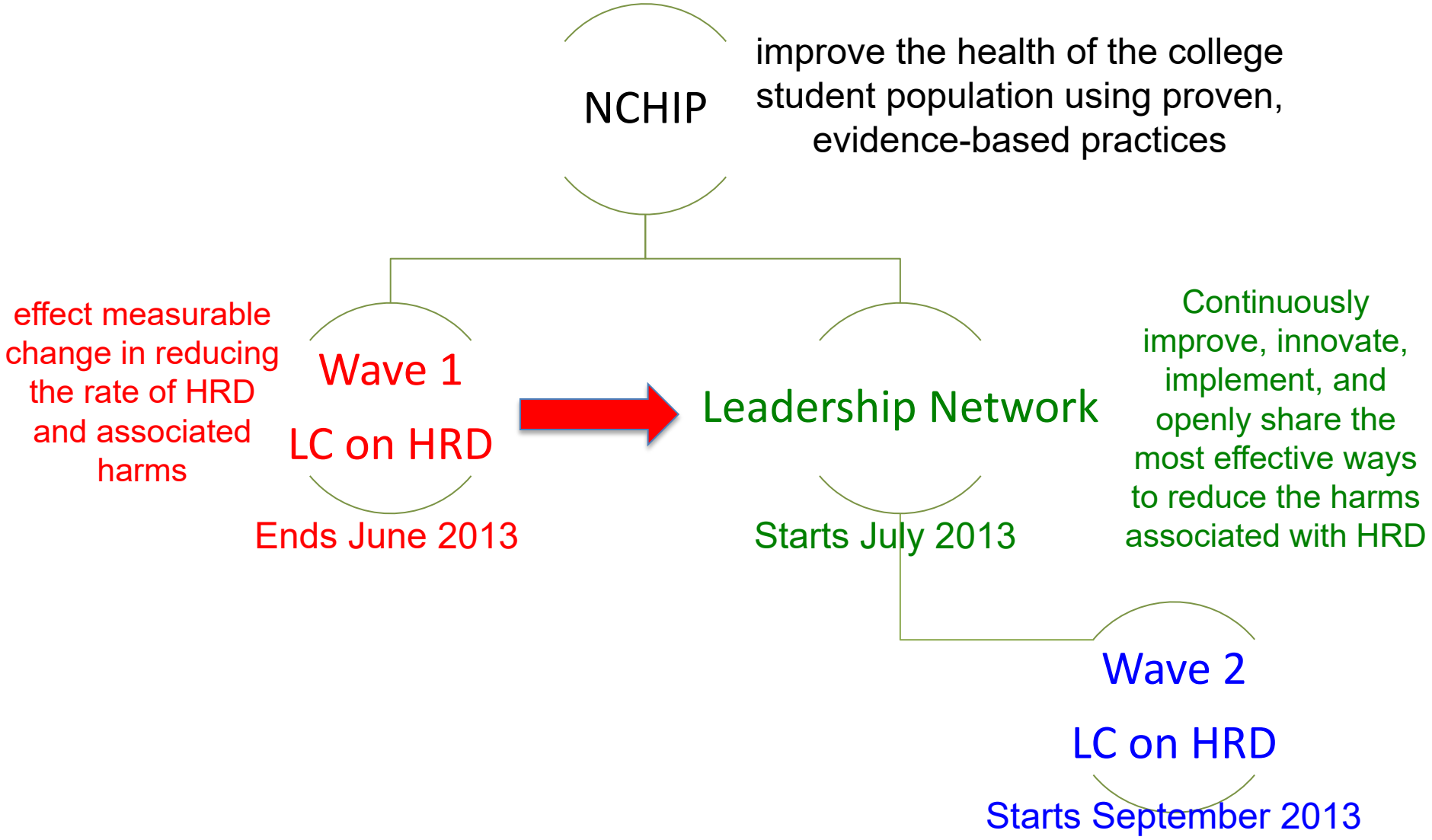
NCHIP | National College Health Improvement Project

NCHIP – A Learning & "Implementation" Collaborative
Maryland State Conference
May 8, 2013

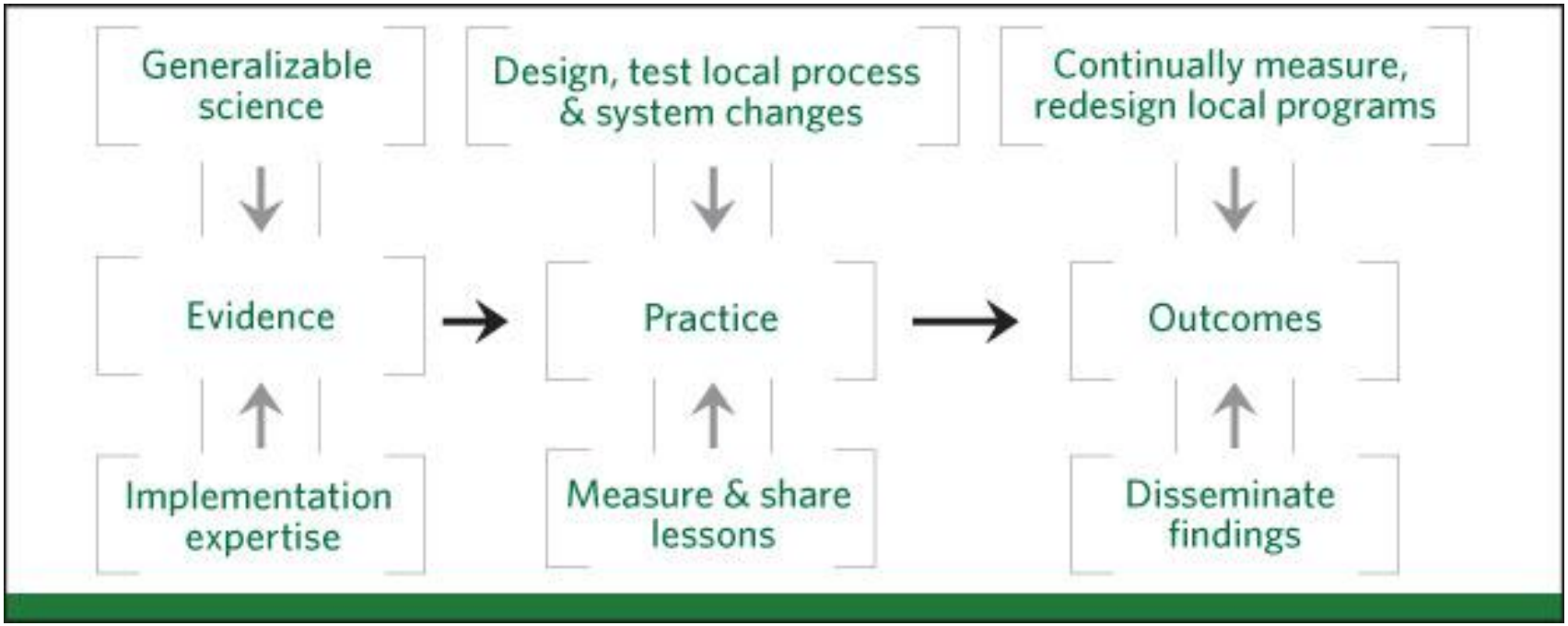
Using an Improvement Model for Implementation

- NCHIP's evolving structure
- Improvement model ingredients
- Implementation examples
- Lessons learned

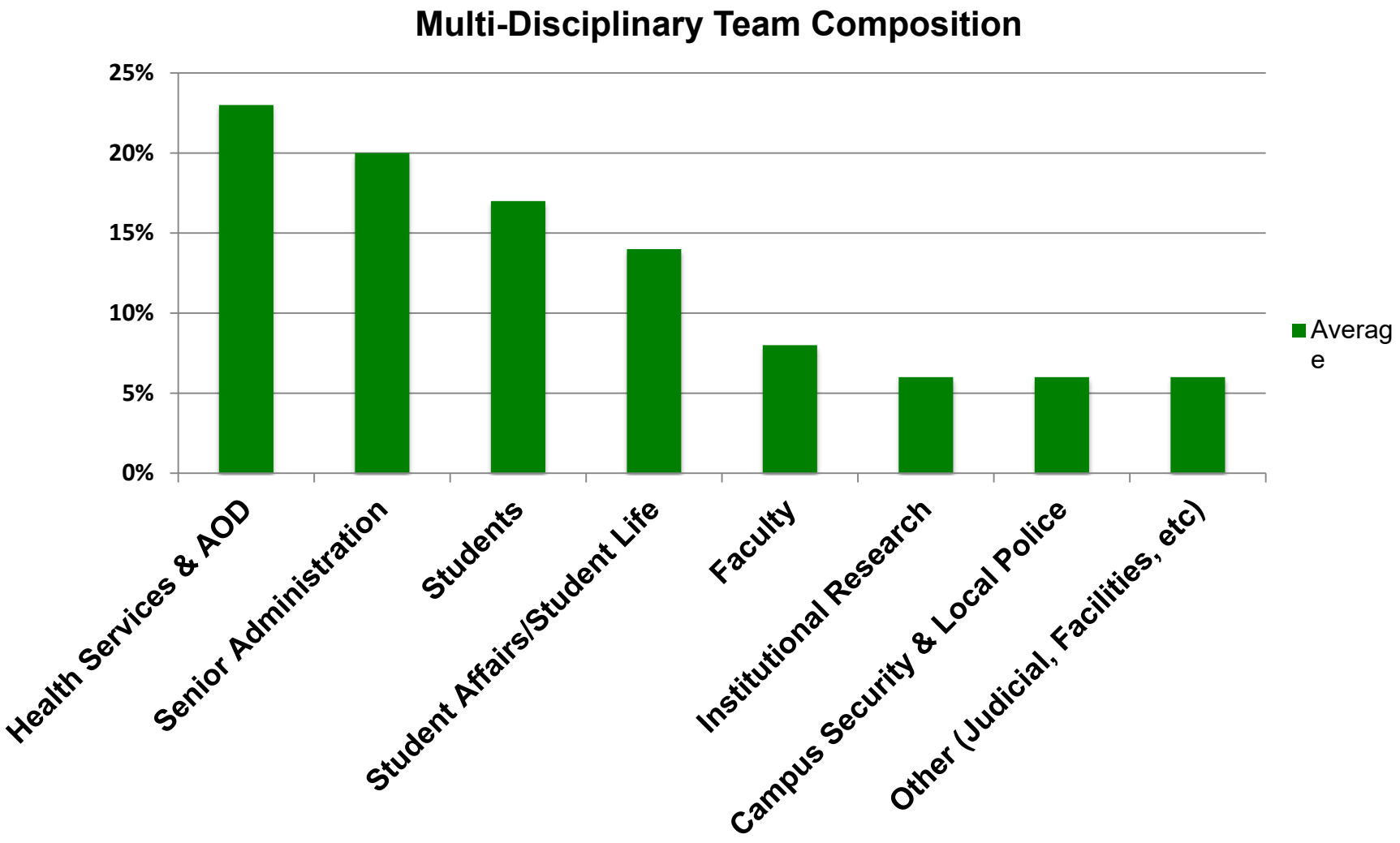
NCHIP Organization



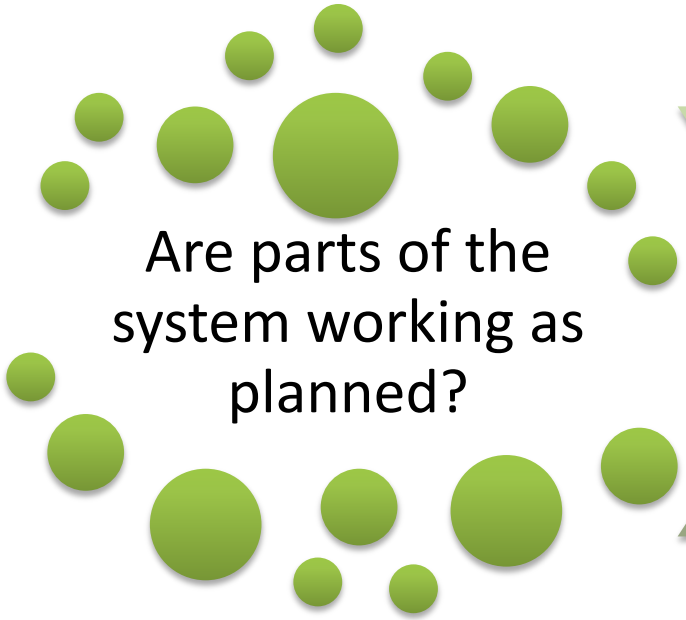
Putting Evidence into Practice & Measuring

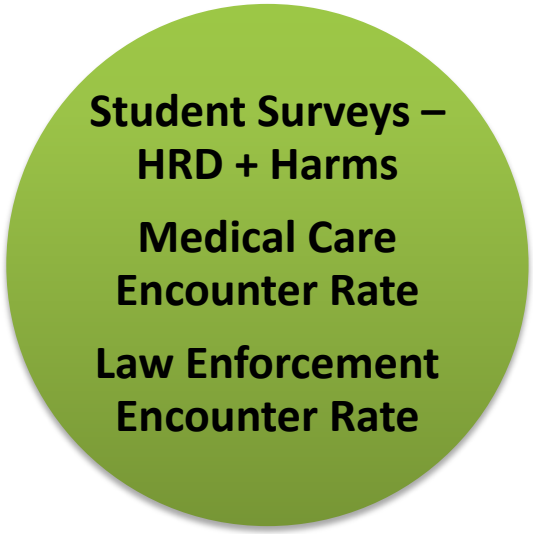


Ingredient #1 - Campus Improvement Team



Ingredient #2 – Measures: Outcome + Process

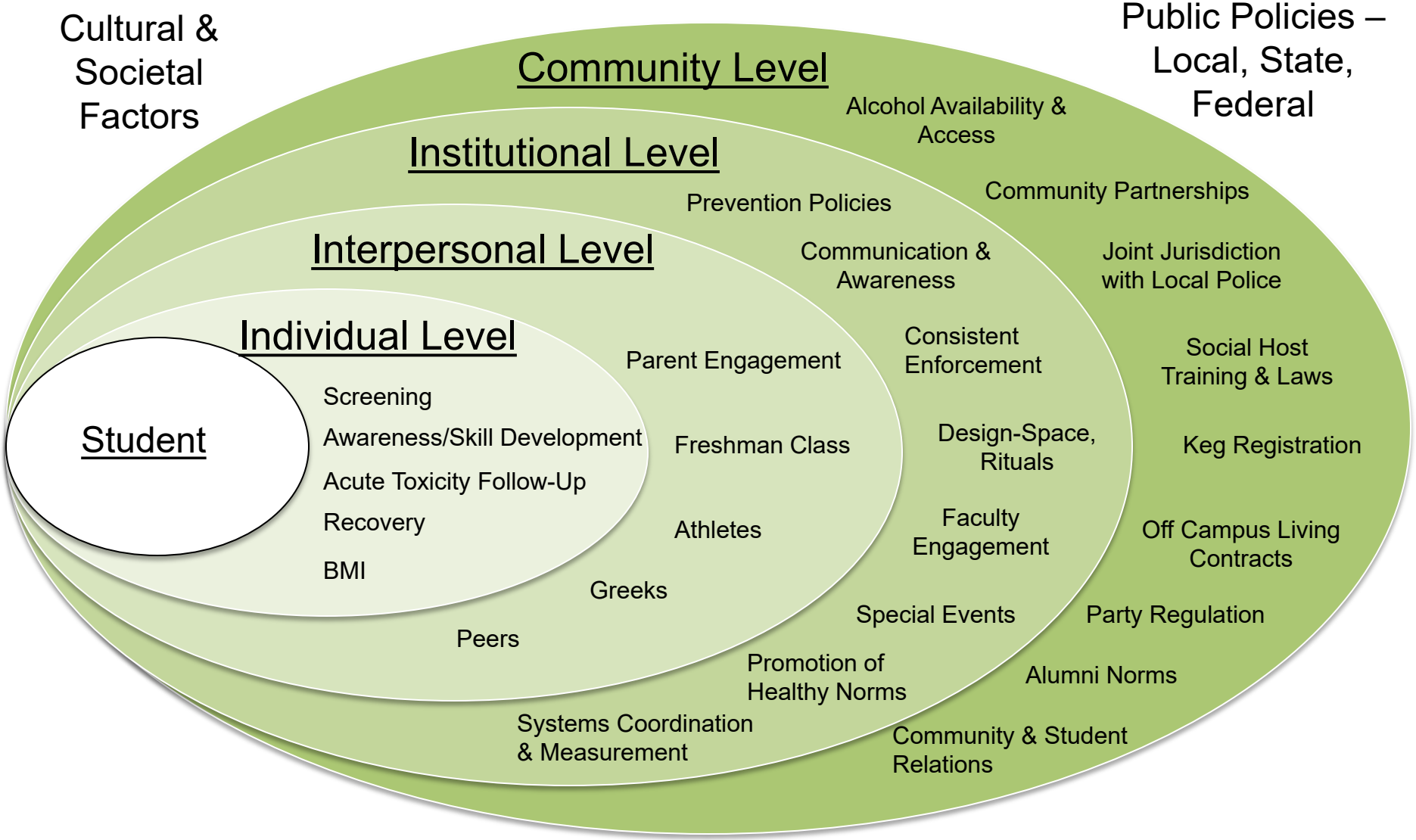




Process Measures

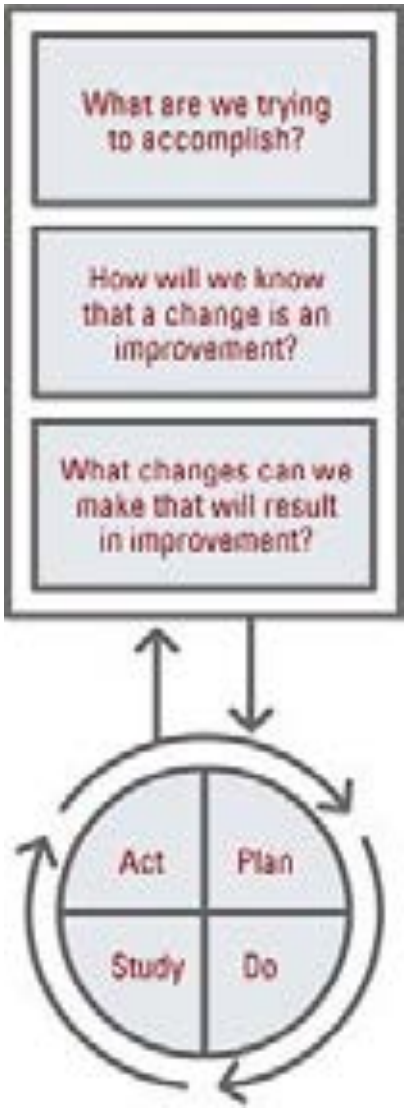
Outcome Measures

Ingredient #3 – Most Effective Change Ideas



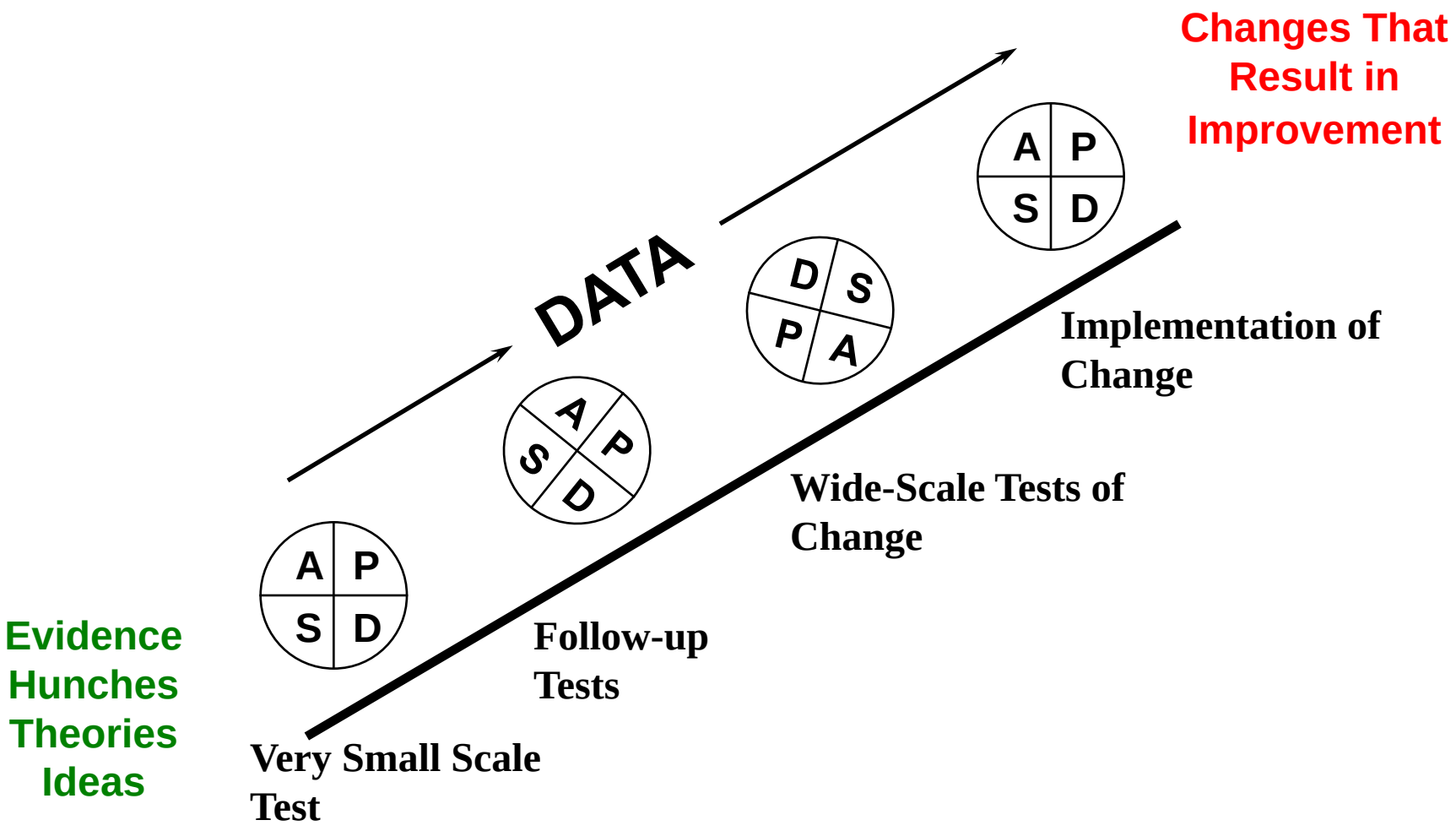
Adapted from UMN Alcohol Epidemiology Program & HEC Social Ecological Model

Ingredient #4 – Model for Testing & Implementing*

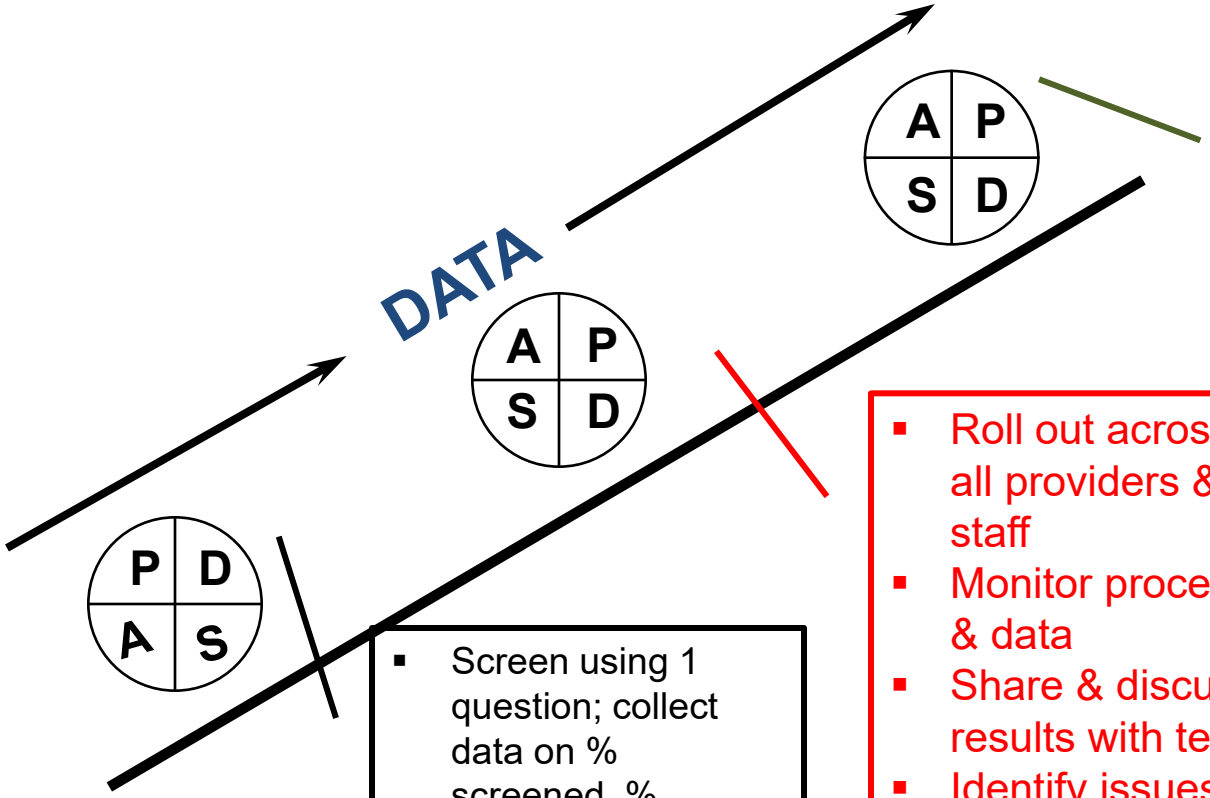


* Institute for Healthcare Improvement – ihi.org

PDSA Ramp


Changes That Result in Improvement
DATA
A P S D
D S P A
A P S D
A P S D
Implementation of Change
Wide-Scale Tests of Change
Follow-up Tests
Very Small Scale Test
Evidence
Hunches
Theories
Ideas

PDSA – Screening in Student Health

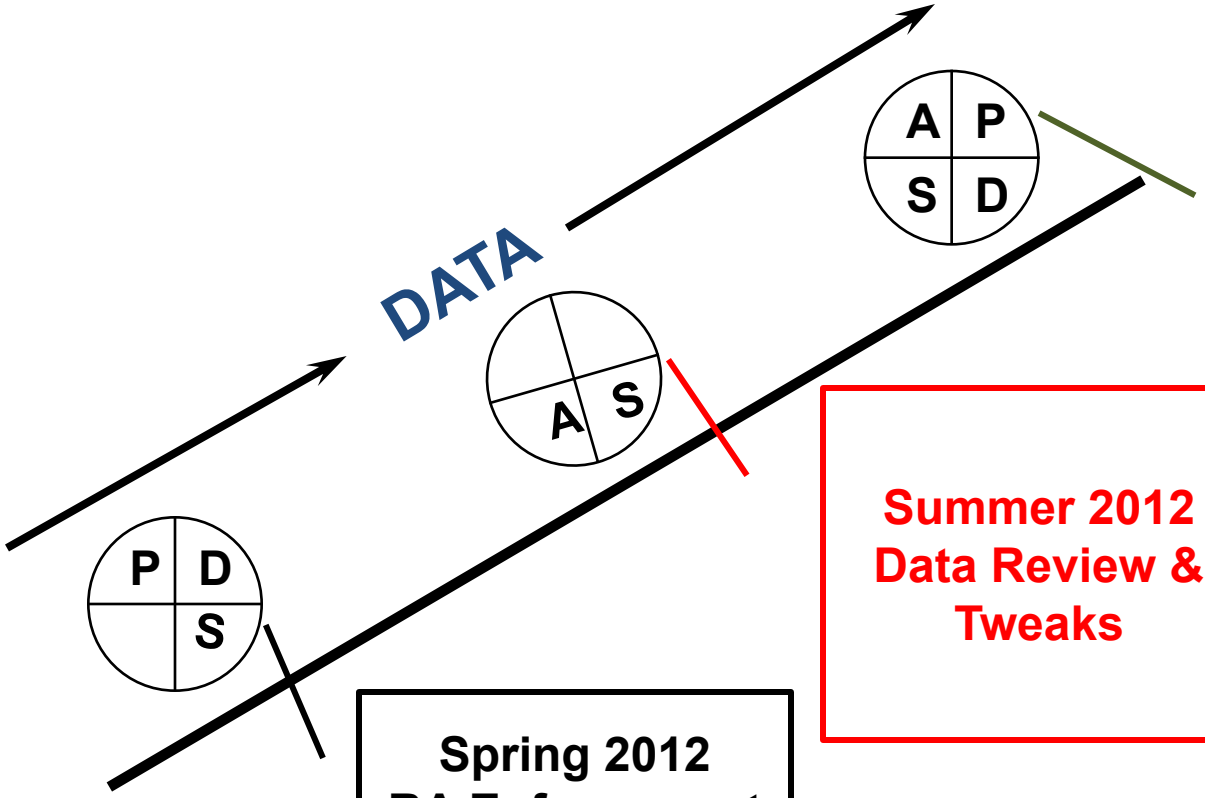


- Screen using 1 question; collect data on % screened, % reporting HRD, % receiving BMI
- Start with 1 provider & 1 triage staff
- Study process, work out kinks

- Roll out across all providers & staff
- Monitor process & data
- Share & discuss results with team
- Identify issues, make changes

- **Sustain goal of 90% of students being screened**
- **Collect & monitor key indicators**

PDSA – Addressing Pre-gaming in the Res Halls

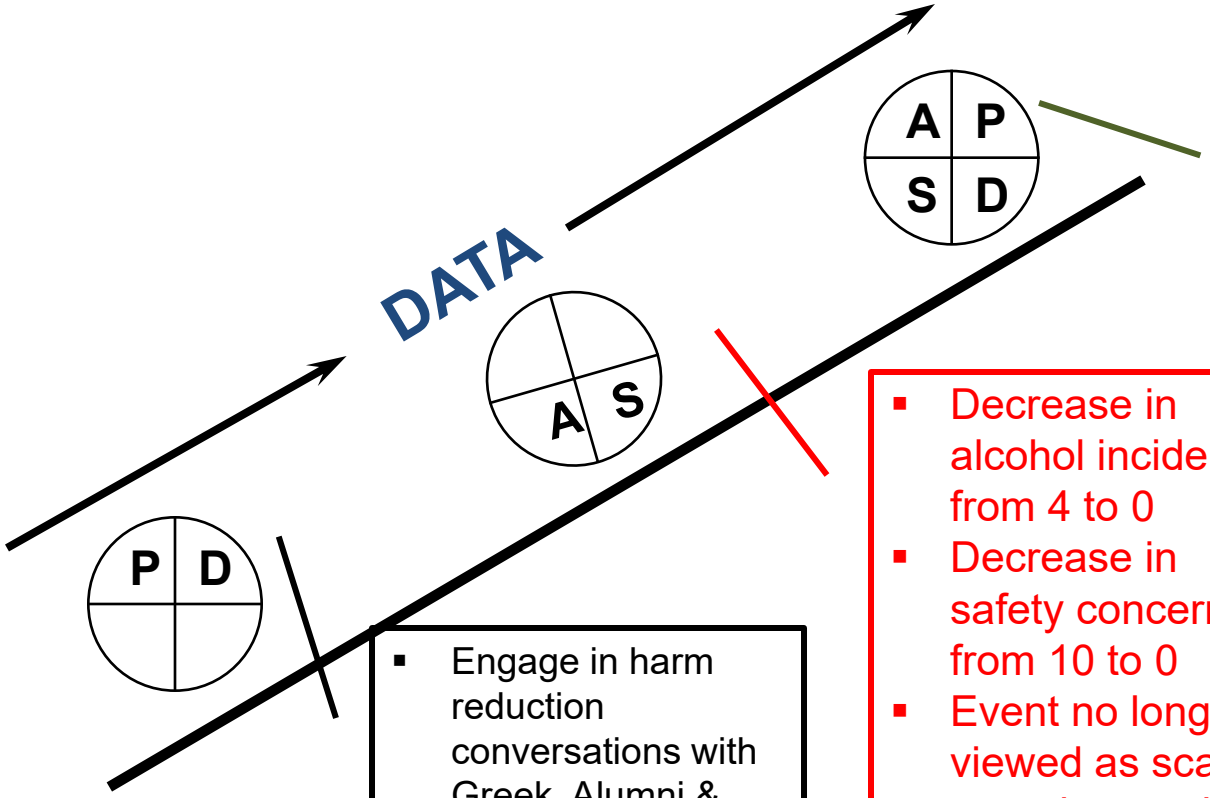


Spring 2012 RA Enforcement -- 1 Residence Hall with 100 Students

Summer 2012 Data Review & Tweaks

Fall 2012 RA Enforcement Wide-Scale – 30+ Residence Halls with 3,500 Students

PDSA – Lowering Harms at a Special Event

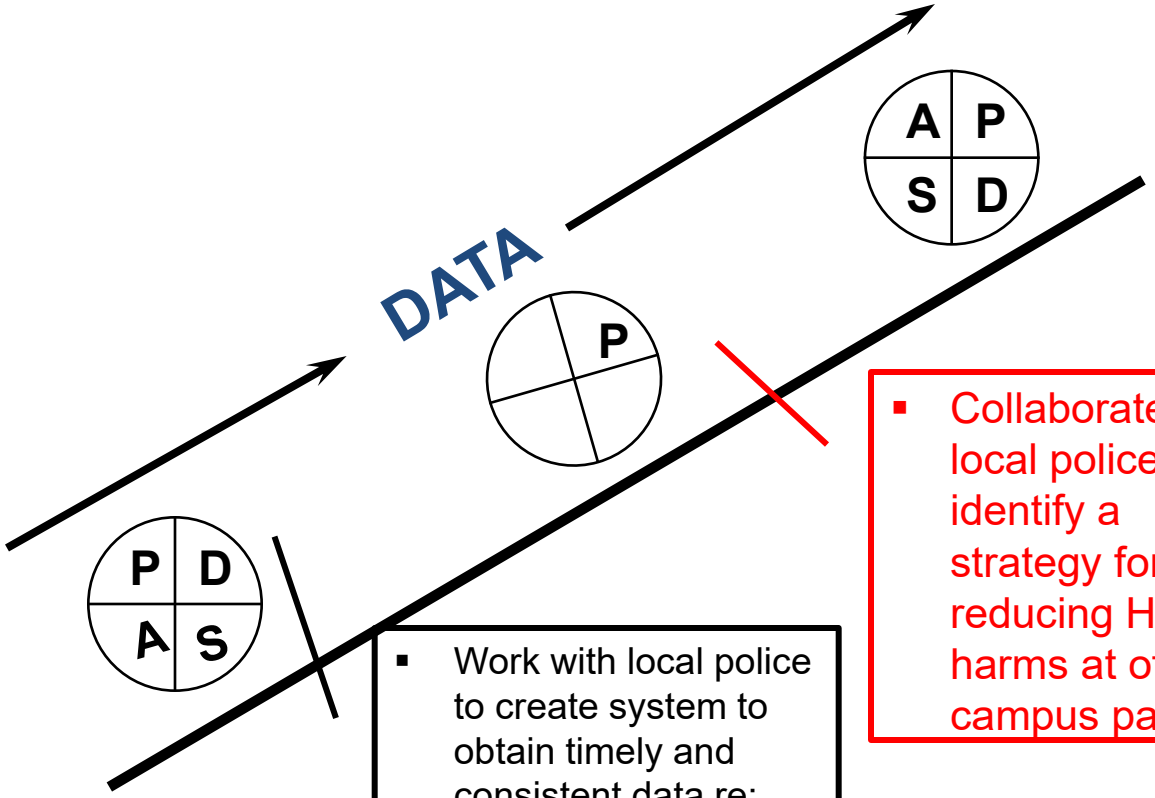


- Engage in harm reduction conversations with Greek, Alumni & Student Leaders
- Use wristbands for tracking of-age students
- Increase security presence @ event

- Decrease in alcohol incidents from 4 to 0
- Decrease in safety concerns from 10 to 0
- Event no longer viewed as scary or embarrassing

- **Sustain for Next Year**
- **Replicate Across Other Events**

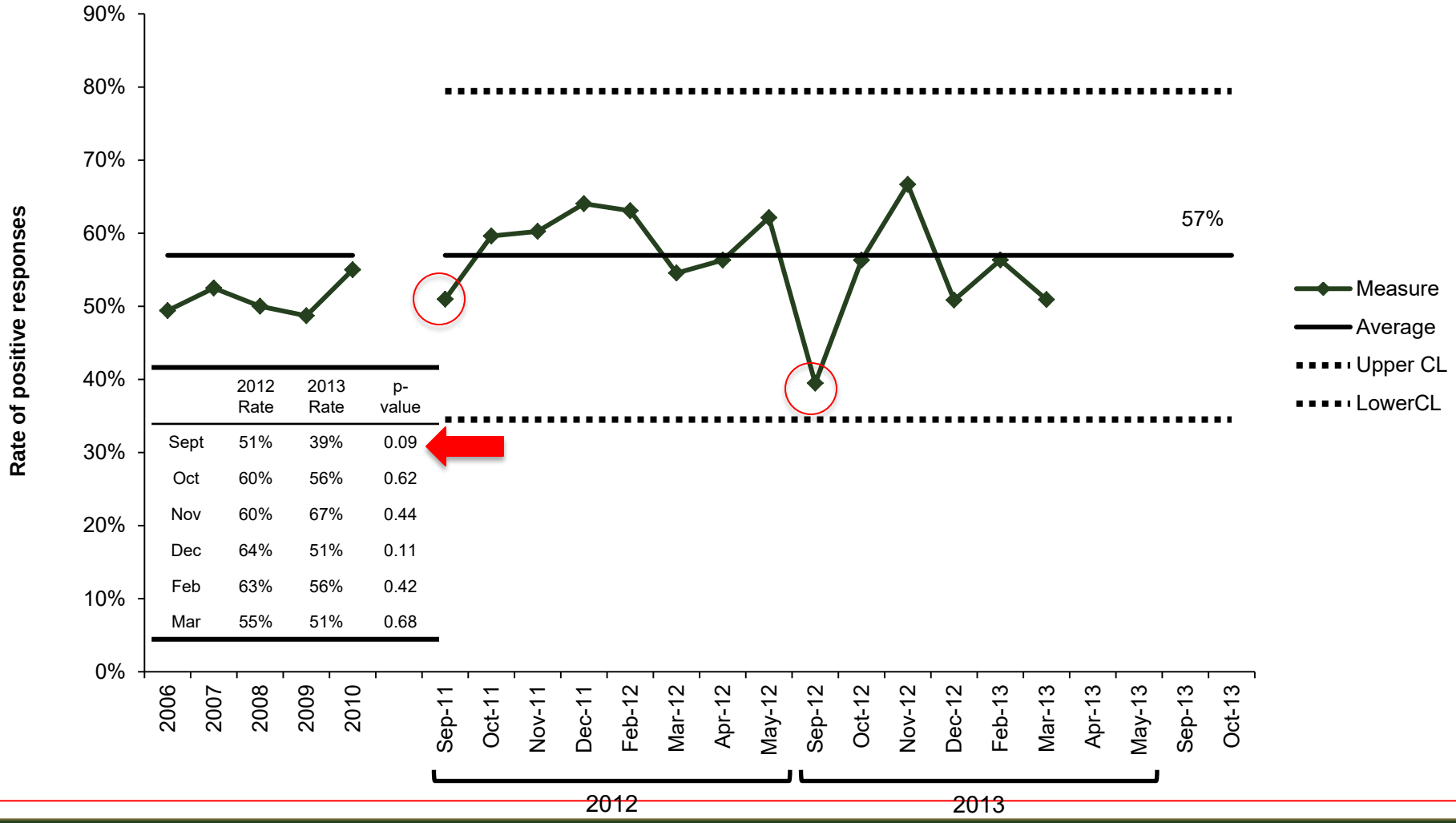
PDSA – Collaborating with Local Police



- Collaborate with local police to identify a strategy for reducing HRD & harms at off-campus parties

- Work with local police to create system to obtain timely and consistent data re: alcohol incidents & violations
- Collect & analyze monthly results
- Use GIS mapping to identify “hot spots”

An Institution's High-Risk Drinking Rate



	2012 Rate	2013 Rate	p-value
Sept	51%	39%	0.09
Oct	60%	56%	0.62
Nov	60%	67%	0.44
Dec	64%	51%	0.11
Feb	63%	56%	0.42
Mar	55%	51%	0.68

SYSTEM DASHBOARD

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Sample University Aim Statements

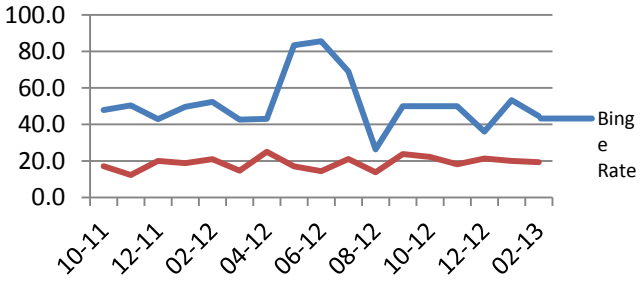
1. Reduce high risk drinking and harms associated with drinking:
   a. Decrease the binge drinking rate by 10% every year for the next three years,
   b. Decrease the rate of self-reported harms, both frequency and severity,
   c. Decrease the rate of harms to others, both frequency and severity.

2. Increase positive behaviors associated with alcohol:
   a. Increase the number and frequency of self-protective behaviors,
   b. Increase the number and frequency of helping behaviors toward others

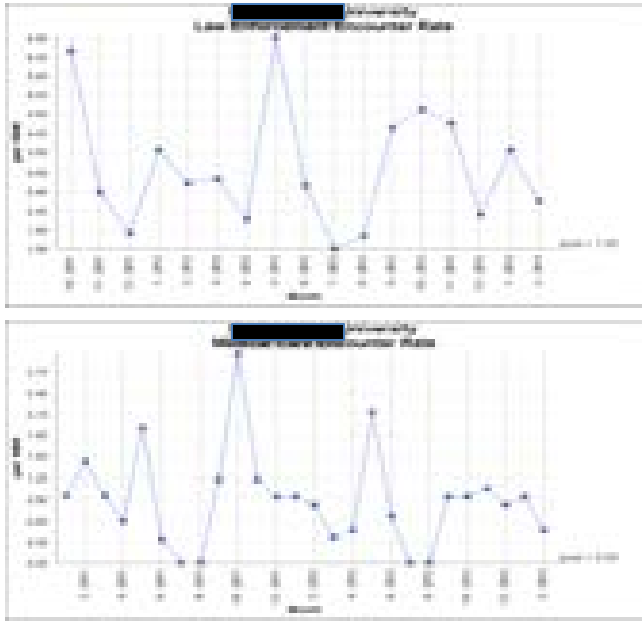
3. Increase participation in timely and appropriate interventions among students who have been involved in an alcohol related incident.

AIM 1. REDUCE HIGH RISK DRINKING AND HARMS ASSOCIATED WITH DRINKING

(a) Decrease the binge drinking rate by 10% every year for the next three years

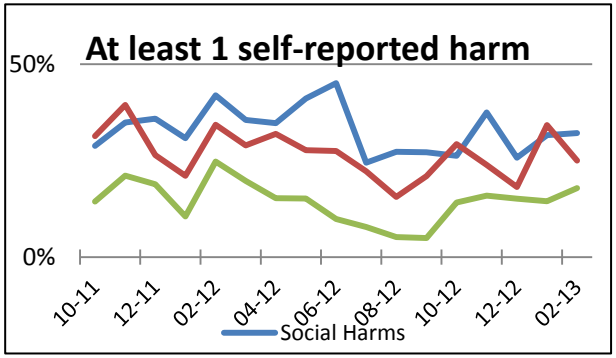


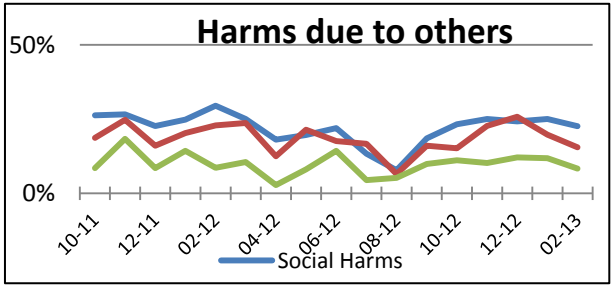
(b) Decrease the rate of self-reported harms, both frequency and severity and **(c)** Decrease the rate of harms to others, both frequency and severity.



AIM 1. REDUCE HIGH RISK DRINKING AND HARMS ASSOCIATED WITH DRINKING

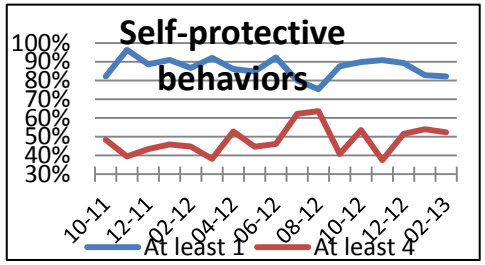
(b) Decrease the rate of self-reported harms, both frequency and severity and **(c)** Decrease the rate of harms to others, both frequency and severity.



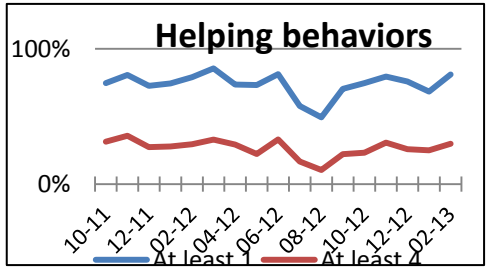


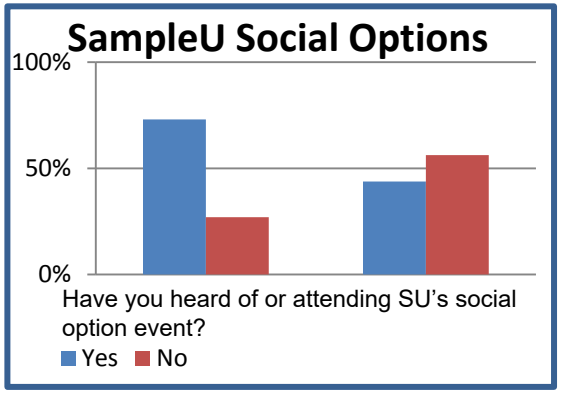
AIM 2. INCREASE POSITIVE BEHAVIORS ASSOCIATED WITH ALCOHOL

(a) Increase the number and frequency of self-protective behaviors



(b) Increase the number and frequency of self-protective behaviors





Implementation Lessons Learned

- Freedom to try things by starting small – “PDSA” a verb
- Importance of data to inform efforts
- Sharing affords local & collaborative wide learning & efficiency
- Understanding that collective efforts are part of a complex, inter-related system
- Not a one size fits all – multiple models needed

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THANK YOU!

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