Success = Vision + Motivation

Lean is Part of the Change Management Equation

Elizabeth Alley MD, Shelly Randazzo DNP(c), RN

Washington State Government

Lean Transformation Conference 2016



Patient

Vision
To be the Quality Leader and transform health care

Mission

To improve the health and well-being of the patients we serve

Values

Teamwork | Integrity | Excellence | Service

Strategies

People



We attract and develop the best team Quality

We relentlessly pursue the highest quality outcomes of care

Service



We create an extraordinary patient experience Innovation

We foster a culture of learning and innovation

Virginia Mason Team Medicine Foundational Elements

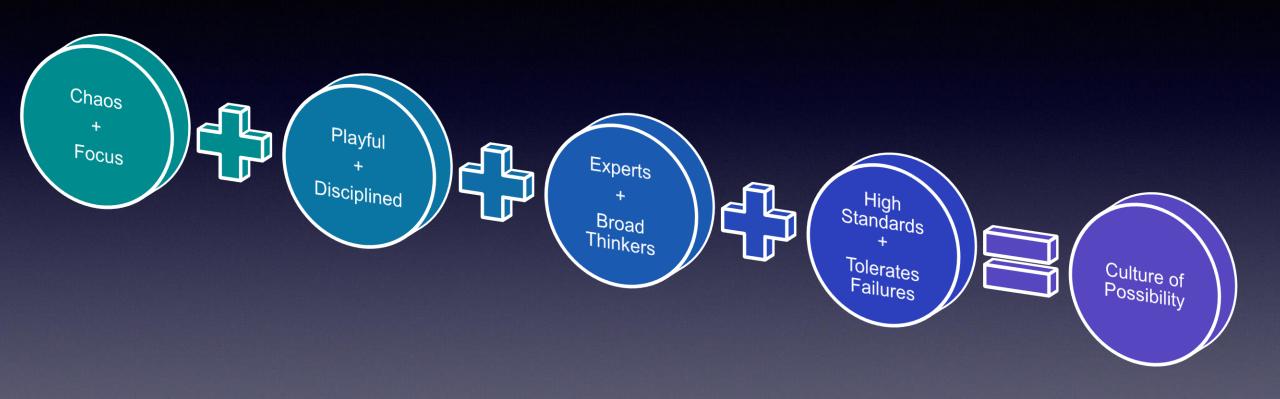
Strong Economics Responsible Governance

Integrated Information Systems Education

Research

Virginia Mason Foundation

Virginia Mason Production System



The History of TPS and VMPS

We heard, "Wait! People are not cars!"

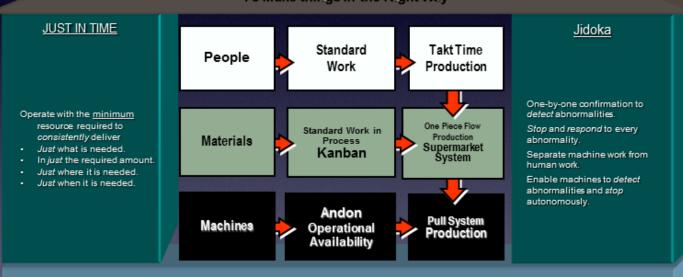
Let's look at some commonalities...

Toyota or Virginia Mason?	
high quality is absolutely essential	
there are highly intricate processes	
there are a wide variety of products/services	
worker safety is critical	
there are complex supplier relationships	
variability/unpredictability in demand	
there is a need to keep costs low	
there is waste	

VMPS House

Virginia Mason Production System

To Make things in the Right Way,



Leveled Production (Heijunka)

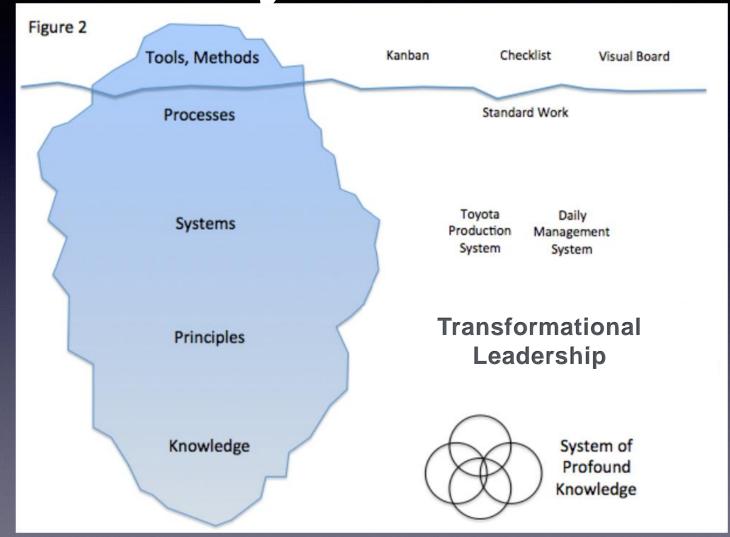
Cost Reduction Through The Elimination of Muda (Waste or Non-Value Added)

VMPS

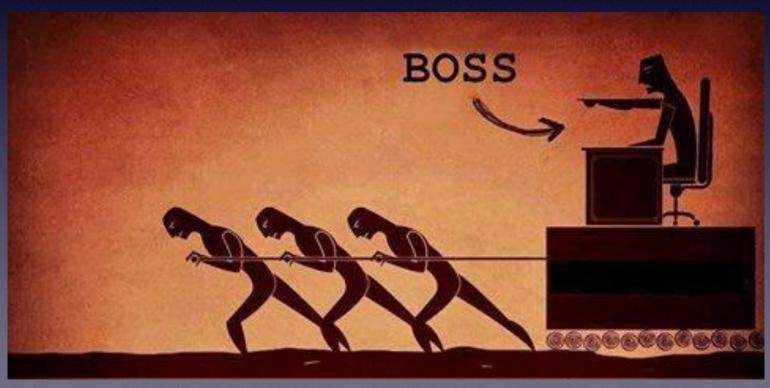
RPIW Kaizen Event Daily Kaizen

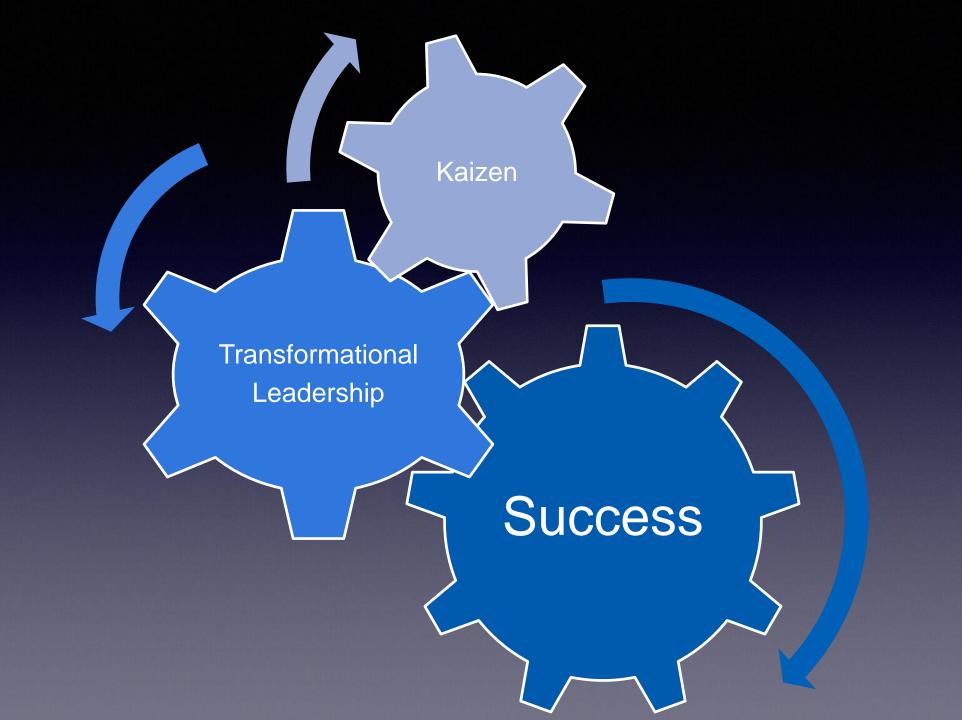


Tools — only the surface



Traditional Management





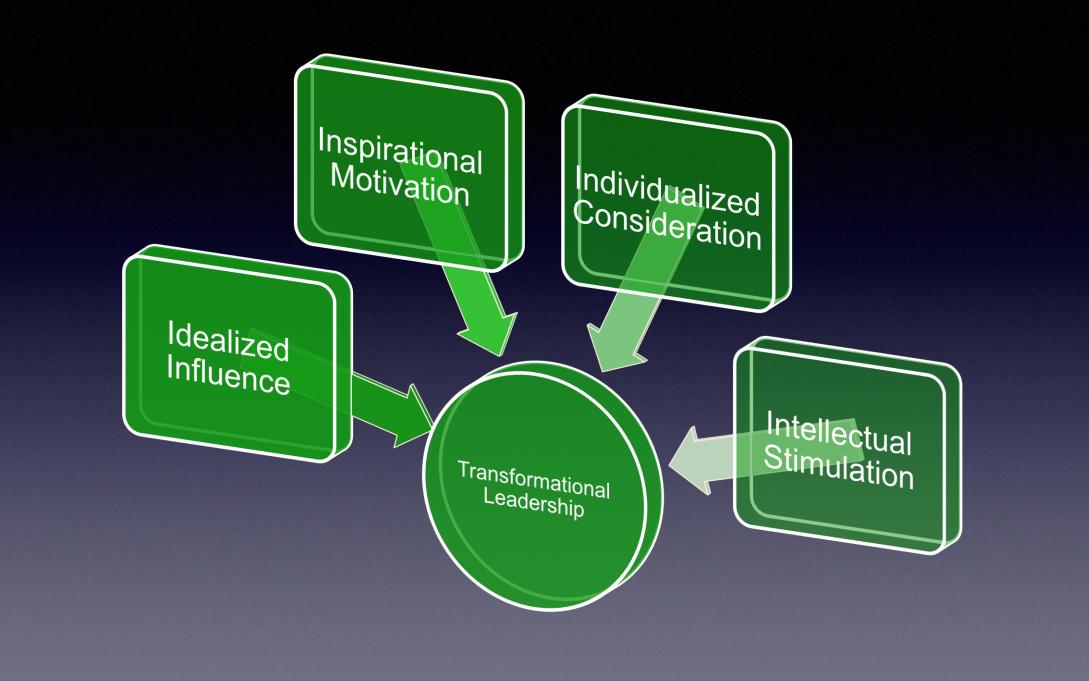
Managers – ask how and when Focus: systems/control

Leaders – ask what and why Focus: people/trust



Transactional Leadership – "transaction or exchange of actions by followers" – results in rewards or punishment

Transformational Leadership – "leader and followers engage with each other, raise each other, and inspire each other"



Culture of Innovation

Playful

Disciplined

Leadership

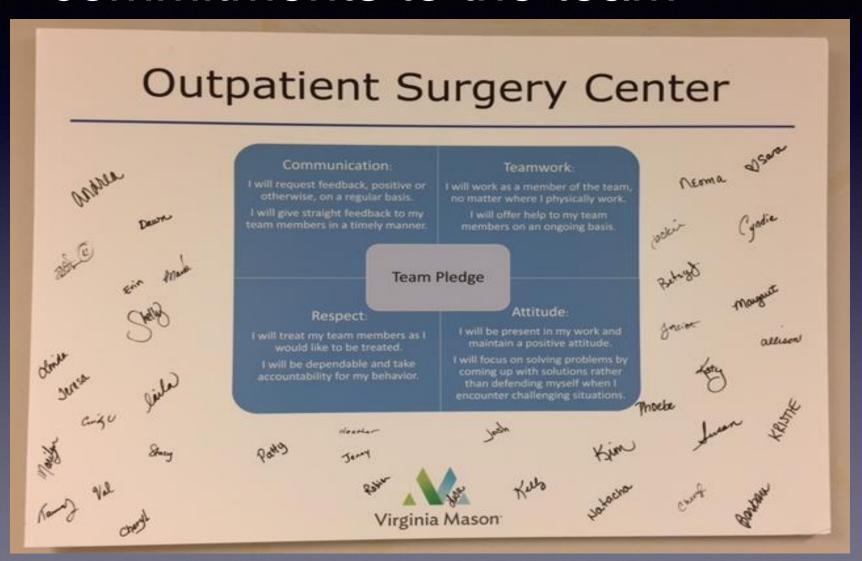


Leading with VMPS

Leader Standard Work

Behaviors	Purpose	Transformational Leadership skills
Transparency	Leaders sharing their work with the team	Inspiration and Vision
Sharing	Allows us to identify where standard work needs to be written for processes	Individual Consideration
Follow through	Allows tracking and trending of abnormalities, promotes follow up on issues	Intellectual Stimulation
Coaching/mentoring/ training	Allows for smooth leader transitions when the work is clearly defined	Idealized Influence
Respect for People behaviors	Infusing these core principles throughout all of our interactions	Idealized Influence
Quality Improvement	Intentional checks of key process for deviations from the identified Standard Work	Intellectual Stimulation

Transformational Leaders: instill the value of commitments to the team



Lean & Leadership in Practice

The Development of a Wound Care Practice at VMMC

5 million Americans

Ulcer > 12 weeks

Variable co-morbidities

Chronic Wound Crisis

Virginia Mason Wound Care Center

FW RMC 2 weeks 0 Staff FW RMC
Dedicated space
2 RNs, 2 MA
EMR

2012 2013

Culture of Innovation

Chaotic

Focused

Leadership Style

Authoritarian Leadership	Transformational Leadership
Frenzied Urgency	Measured urgency
Dictate policy and procedures	Team performing the work is improving the work
Dominating interaction	Team leads daily improvement
Rare opportunity for feedback	Coaching/mentoring/ training
Individually directed tasks	Daily Kaizen allowed team to respond to patient care needs
Necessity for silos in work to compensate for lack of resources	Data Driven, benchmarking and trending, cross training

Lessons Learned:

- Dedicated time for Lean Process
- Buy-in from Stakeholders
- Reflection
- Process Improvement



FWRMC
3 RN's 3 MA's
4 Bays
3 providers

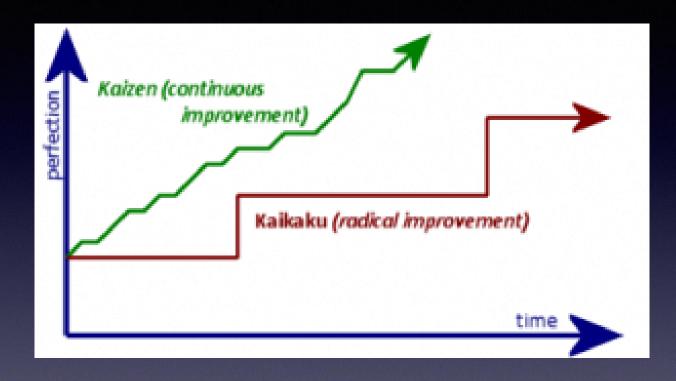
FWRMC/DT 6 RN's 5 MA's 6 providers

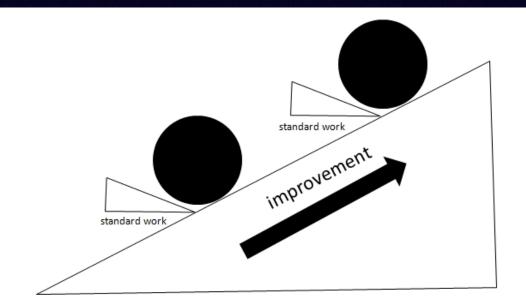
2014 2015 2016

VMPS

RPIW Kaizen Event Daily Kaizen

Kaizen is continuous





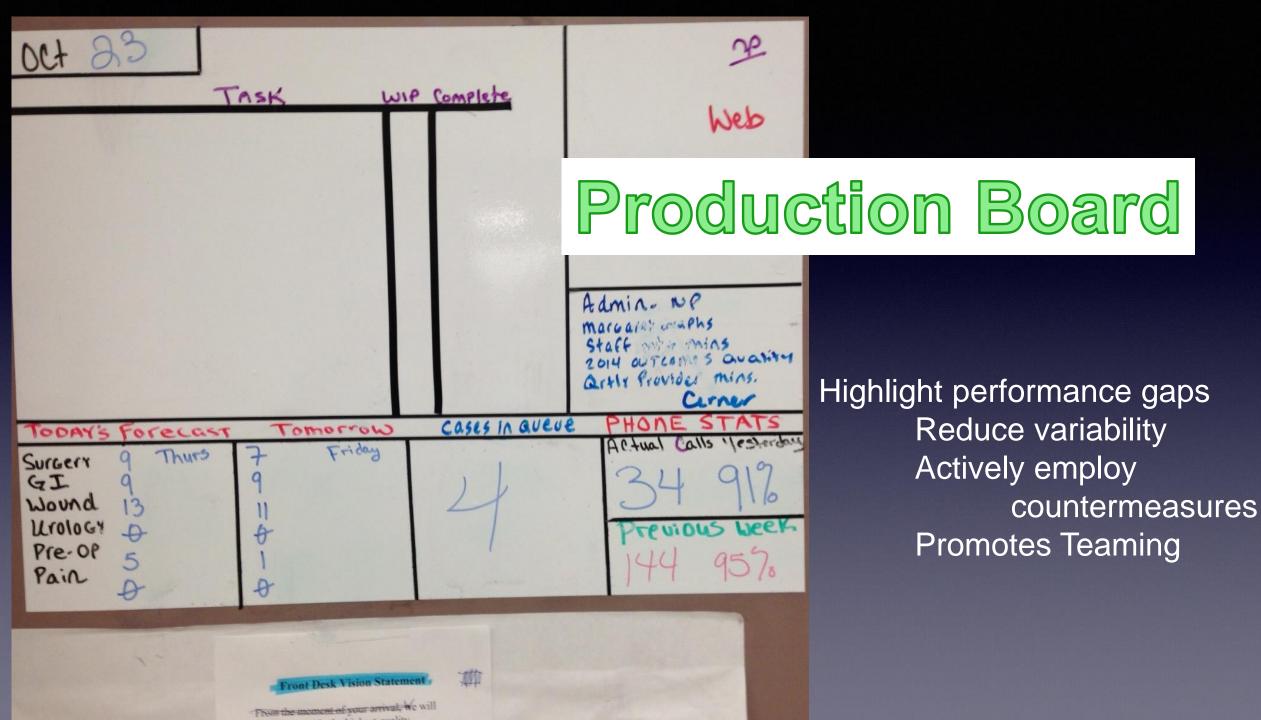
Without a standard, there can be no Kaizen (improvement):

- 1. Standards are the basis for comparison (before/after)
- With no standard, can't objectively tell what has changed or what has improved

Daily Kaizen

- Production Boards
- Daily Huddles
- "Dry Run"/simulation
- Flow Mapping Sessions

Encourages speaking up Enables Removes Clarity of obstacles to Thought success Psychological Safety Supports Positive Promotes Innovation Conflict Mitigates Increases Failure Accountablity



n Board-Version 4 Sara Front Desk (# Pts: 37+) CS: Charge C. Esther is: Jackie Kelly Mark Charge M. Anesthesia: Betsy Alley, Lisa Grayson Today's Techs/MA's Staffing RN's Gauge Kim Teresa-Help & * Patty - OSC Dawn Betsy PM: Phoebe AM(Andrea Barb Erin Tammy Allison PM: Josh AM: Kelly Linda Patty Cyrdie sick Cindy PM: Robin Teresa-Caus & Hep AM: PM: AM: Jackie Val PM: Juny Laila AM: PM: Susan Teresa: Sick: Vacation: Neoma

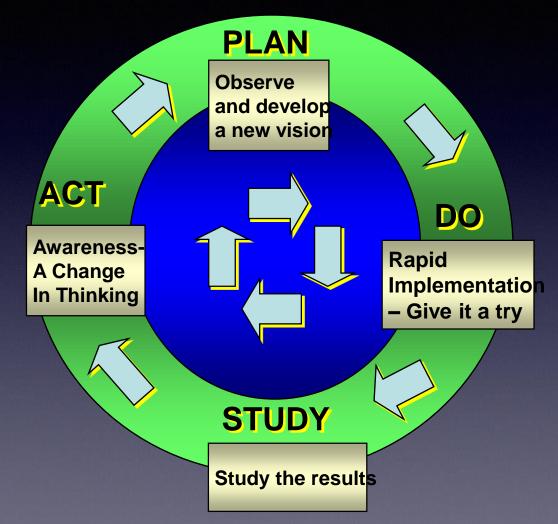
Production board

Highlight performance gaps
Reduce variability
Actively employ countermeasures
Promotes Teaming

VMPS Daily Kaizen

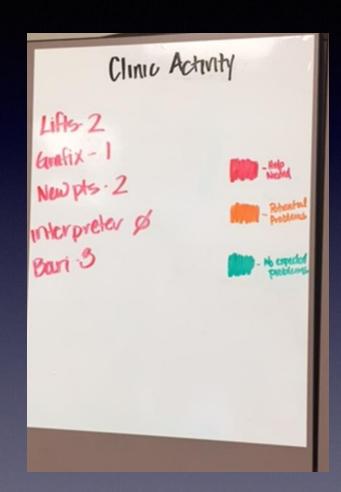
How do we do our work?

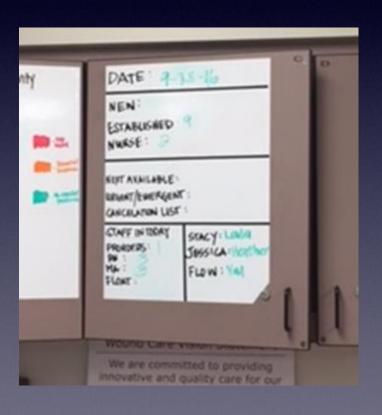
- •Use the PDSA method Plan-Do-Study-Act
- Continuously test/refine ideas
- Focus on results Example:



Visual Controls

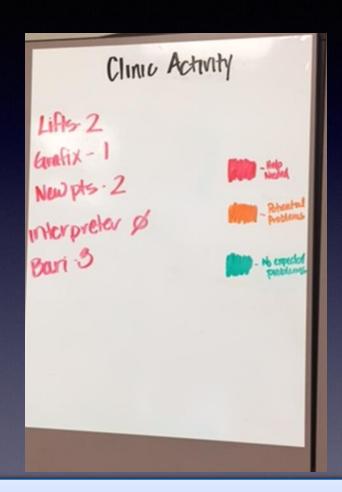
GRAFIX INVENTORY		
size	PRIME	CORE
DSC /	14mm	0
1.5×2		4
2×3	1)	13
3×4	1	2
5×5		3
Dermas	exp	2/2



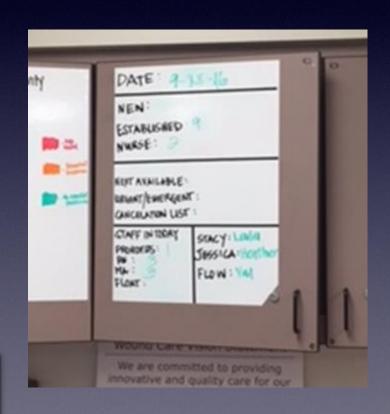


Visual Controls

GRAFIX INVENTORY		
size	PRIME	CORE
MMM MSC /	14mm	0
1.5×2	1	4
2×3	D	12
3×4	1	2
5×5		3
Dermas	exp	2+2

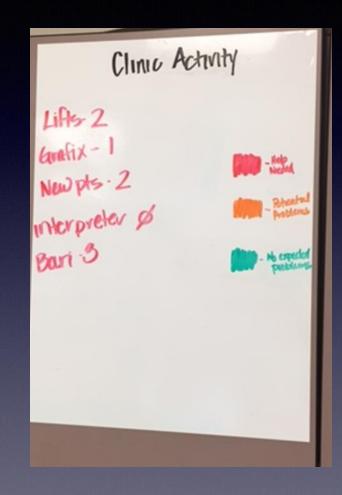


Transparency

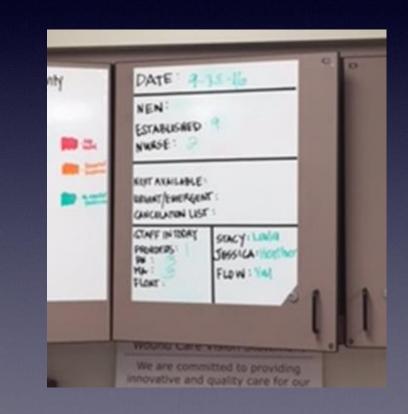


Visual Controls

GRAFIX INVENTORY		
size	PRIME	CORE
DSC /	14mm	0
1.5×2		4
2×3	1	132
3×4	1	2
5×5		3
Decmare	exp	2/2



Quality Improvement



Leading with VMPS

Visual Controls- Production Boards

Behaviors	Purpose	Leadership Skills
Presence	Leaders 'on the genba' where the work happens	Individualized Consideration
Responsiveness	Allows the leaders to recognize and respond to abnormalities in real time	Idealized Influence
Transparency	Sharing information with the entire care team that traditionally was known only by leadership	Inspiration and Vision
Quality Improvement	When information is visible, it allows the team to recognize issues easier, therefore responding sooner	Intellectual Stimulation
Respect for People behaviors	Infusing these core principles throughout all of our interactions	Individual Consideration

Culture of Innovation

Experts

Broad Thinkers

AM Huddle

- o MA Assignments
- o Lift Patients
- o Grafts
- Wound VACs
- o Expected issues
- Staffing
- o Open Appts.

What does this mean to the team:

AM Huddle

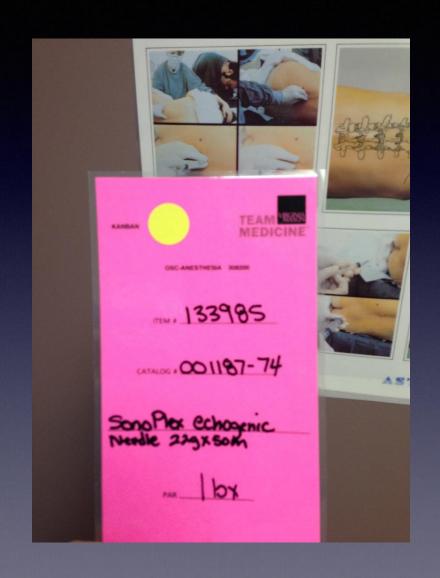
MA assignments- What MA is assigned to the providers and who is the flow coordinator Lift Patients- these patients require extra staff
Grafts- applying special dressing requires a nurse to spend more time with this patient
Wound VACs- this complex dressing requires more staff time
Expected issues- making staff aware of times in the schedule that are expecting to be busy, this may require the staff altering their lunches and breaks
Staffing- who is here today and what provider
Open Appts- when can new patients and established patients get in next

Kanban

- Support Just-in-time system
- Improve/strengthen the system
- Purchase kanban

Original Kanban

- Identify item
- Number needed
- When to reorder
- How to order



Original Kanban

PDSA

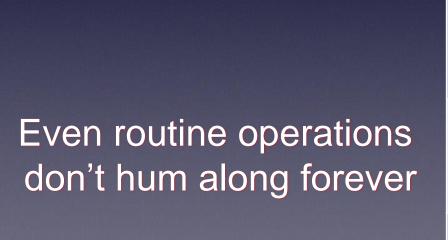
Original Kanban "generic" to system

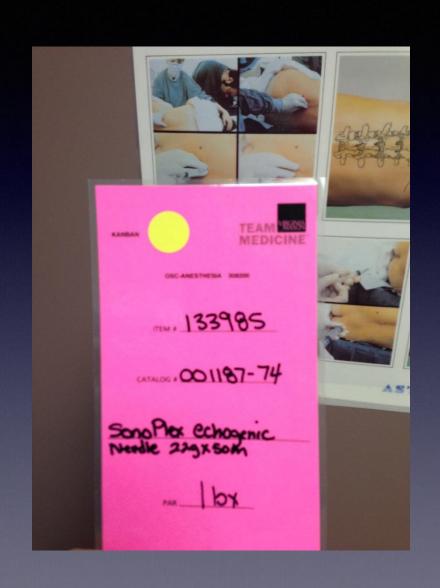
Kanban not pulled

Kanban lost

Unclear when order will be filled

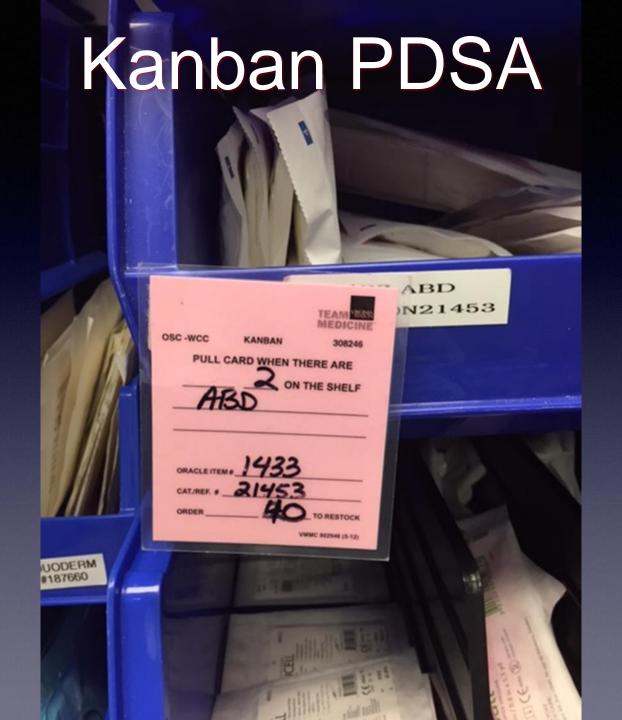
No point person





PDSA	PDSA 2	
Original Kanban "generic" to system	Add 2 nd part to Kanban to identify Kanban has been pulled	
Kanbans not pulled	Identify what is on order	
Kanban lost	Assure team Kanban is not lost	
Unclear when order will be filled	Identify when order will be filled	
No point person	Identify point person	







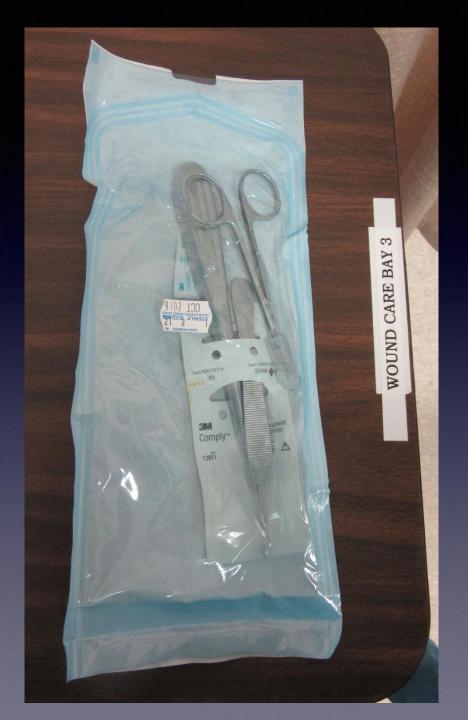
PDSA	PDSA 2	PDSA 3
Original Kanban "generic" to system	Add 2 nd part to Kanban to identify Kanban has been pulled	Identify "special order items"
Kanbans not pulled	Identify what is on order	Visual que on Kanban, how long
Kanban lost	Clarify Kanban location	Tracking sheet for special orders
Unclear when order will be filled	Identify when order will be filled	Communicate when order will be filled
No point person	Identify point person	Point person by area





Standard process



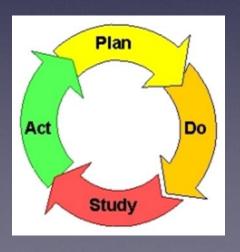


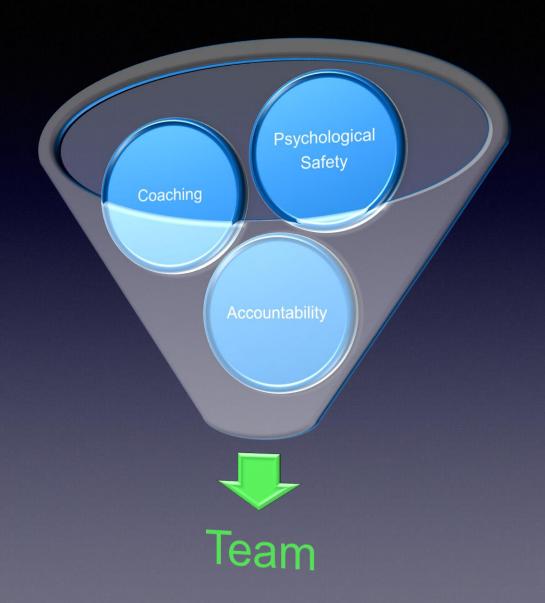
Standard process





Standard process





One site 2 weeks 1 provider Limitations Wound care 2012

staff

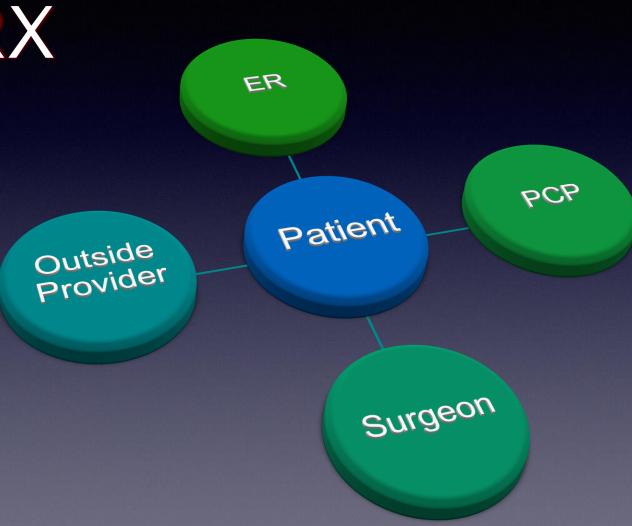
TWO sites 6 months 6 providers Limitations Wound care 2016 **EMR** space

All RMC's Integrated Outcomes Care plan
 Televideo Wound care Future.

Culture of Innovation

High Standards

Tolerates Failure Sources of opiate RX



Opioid Addiction

- Drug overdose is the leading cause of accidental death in us >47,000 in 2014
- 21.5 million Americans substance use disorder 2014
- FWOSC increased number of patients with chronic opiate therapy



Long term relationship
Chronic therapy
Long term relationship
National Guidelines
No standard communication with
Surgeons

Surgeon

Short term relationship
Acute pain coverage
Unclear guidelines
Transition back to PCP?

Day of Surgery

Acute care

Plan in place for backup?

Pain control O Adequate medication

Plan of care O Handoff to PCP Key Stakeholders GIM Outside Surgeon provider Patient RN Anesthesia

Culture of Innovation

Experts

Broad Thinkers

Experience Based Design



Thank you for TRANSFORMING HEALTHCARE with us. By completing this questionnaire-- YOU are helping us improve everyone's experience at Virginia Mason.

How do you feel about the information you received about pain management for your surgery?

How do you feel about your care team's understanding of your pain management plan?

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JA B

Circle the BEST word that describes your feeling	Afraid	Safe	Okay	Depressed	Satisfied	Insecure	Confident	<u>comments:</u>
Circle the BEST word that describes your feeling	Okay	Hopeless	Depressed	Hopeful	Resentful	Safe	Confident	Comments:

Electronic visual control





Pain Management FAQ: What You Need to Know Before and After Surgery

What level of pain should I expect for my surgery?

Your pain level depends on the type of procedure, and how your body responds to pain medication. Most patients with major surgeries should be able to be tapered to baseline or preoperative doses (or lower) within 6 weeks.

Who will take care of my pain medications after my surgery?

Your surgery team will manage all your pain medications during your hospital stay and up to 6 weeks after your procedure, after which your pain management will be transitioned back to your primary care provider. If you are taking chronic pain medication, your baseline pain medication should be refilled by your primary care provider. Prior to your procedure, your surgery team will conduct a thorough preoperative evaluation and review with you your individualized care plan, including a timeline for tapering perioperative opioids.

What do I do when I need more pain medication after my surgery?

If you experience more pain than expected, you must contact your surgery team immediately. Do NOT change your doses without consulting with your care team. Your team may include a consultation to a pain specialist or a clinical pharmacist to further assist optimizing your pain management. Please follow up after your surgery as scheduled to avoid delays in getting your refill prescriptions.

What else can I use for pain other than opioids?

Other non-opioid medications such as acetaminophen, NSAIDs, gabapentin and local/topical pain control can provide additional pain relief when used in conjunction with your prescribed opioids. Please discuss with your care team about the benefits of these medications.

What to do with my extra/left-over pain medications after my surgery?

It is important to safeguard your medications. Do not share your prescription opioids with others, as it is illegal. If you need to dispose of any left-over pain medications, please check with your care team or pharmacy for information about an approved take-back program/facility near you.

What can I do to minimize potential side effects?

It is important that you take your medications as prescribed and adhere to the established care plan. The increased doses of your pain medication during the perioperative period can contribute to opioid-induced bowel dysfunction (constipation). Don't forget to talk with your care team about starting a bowel regimen as soon as possible, after your procedure.

If You Are Currently Taking Chronic Pain Medication:

What do I do if I already have a chronic pain a greement with another provider?

You should review your current chronic pain care plan and inform the prescribing provider of your anticipated procedure, especially if you will be receiving postoperative pain medication from a different provider. It is important for your care team to have information about your current pain regimen and how it is being managed. This helps your team to assess for your needs and facilitate the appropriate transition of care. If you are taking chronic pain medication, your baseline pain medication should be refilled by your primary care prescriber, unless instructed otherwise.

What do I do with my usual pain medication on the day of surgery?

Flease take your usual dose of chronic pain medication as prescribed on the day of your surgery. Your chronic opioids are resumed and expected to continue postoperatively. At the time of your hospital discharge, your surgery team will provide the additional pain medication as established in your care plan.

How much of a dose change should I expect after surgery?

The total dose and adjustments of your medications vary based on your medical history and baseline dose of your chronic opioids. For most procedures, we expect to increase to your total dose between 10-20% in the 2-week postoperative period.

How long before I am able to get back to my baseline pain medication?

For most procedures, we expect your pain to improve after 2 weeks. Your surgery team will follow up with you after your procedure to ensure appropriate recovery and provide instructions on how to begin the tapering process. Most patients are expected to taper to preoperative doses within 6 weeks.

<u>Care-Plan Overview:</u>		
PCP:	Surgeon:	
Procedure:	Scheduled on:	
Your care team:		
Post-op follow up & contact:		
Current chronic medication for p	ain (if any, me dication/dose):	
Post-op pain me dication (include	any expected dose change):	
Pain medication taper & recovery	timeline:	



Pain Management FAQ: What You Need to Know Before and After Surgery

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Standard Work

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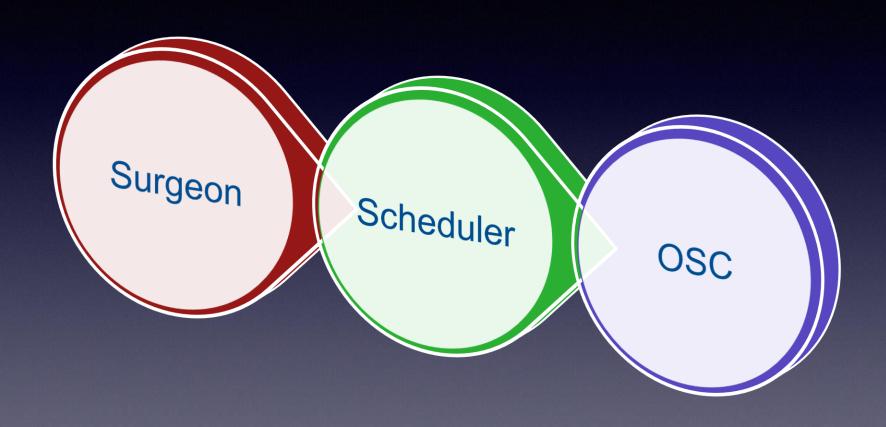
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Procedure:	_ Scheduled on:	
Your care team:		
Post-op follow up & contact:		
Current chronic medication for pain (if any, medication/dose):		
Post-op pain medication (include any expected dose change):		
Pain medication taper & recovery timeline:		

FWOSC Surgery Scheduling



Culture of Innovation

Chaotic

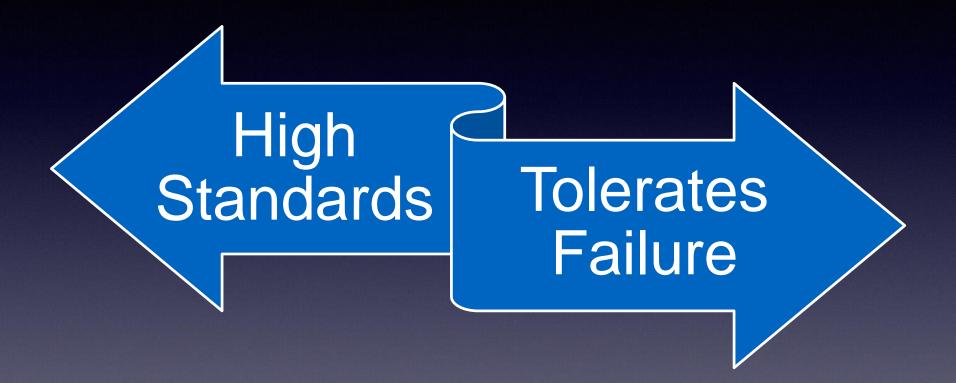
Focused

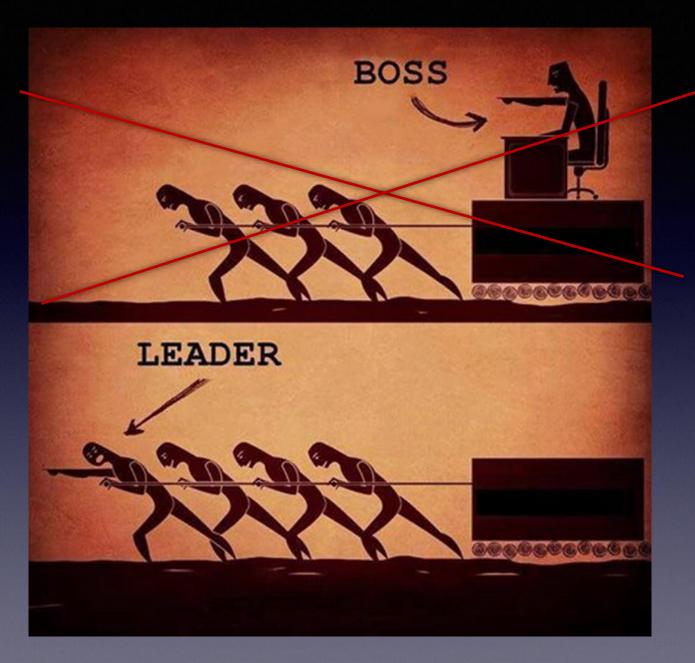
Flow Mapping



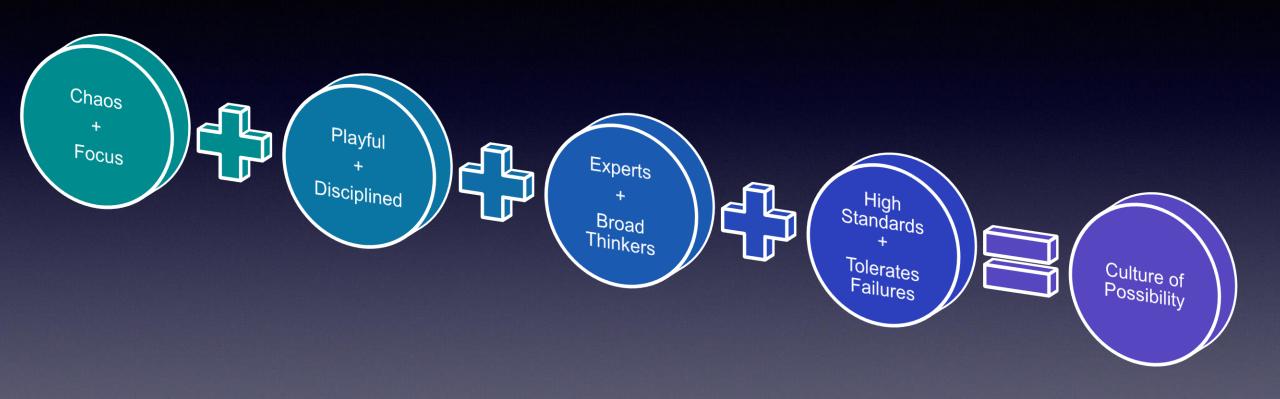
Flow Mapping

Behaviors	Purpose	Leadership skills
Transparency	Move from working in silos to collaboration	Inspiration and Vision
Sharing	Transition from narrow focus to system-focus	Inspiration and Vision
Listening to understand	Assumption busting and increased knowledge for the team	Intellectual Stimulation
Coaching/mentoring/ training	Allows for all team members to share stories	Individualized Consideration
Respect for People behaviors	Infusing these core principles throughout all of our interactions	Idealized Influence
Quality Improvement	Intentional checks of key process for deviations from the identified Standard Work	Individualized Consideration





Key Learnings	
Quality is systematic	Empowered staff will drive daily Kaizen
Workers need to improve their work	It starts with the vision – Explaining the why is essential
Data Driven changes	Trust is key to successful change
Reduce variation	Innovation requires commitment
Failure can be a success story	Listen before you act





Great Barrier Reef





Continuous Daily Improvements

Recommended Reading

- http://www.healthcatalyst.com/5-Deming-Principles-For-Healthcare-Process-Improvement
- http://www.leanblog.org/2014/07/report-to-president-obama-endorses-lean-systems-engineering-in-healthcare/
- Senge, P. The Fifth Discipline The Art and Practice of the Learning Organization. Doubleday 2006.
- Scholtes, P. The Leaders Handbook. McGraw-Hill 1998.
- Nemeth, C PhD. Et al Minding the Gaps: Creating Resilience in Health Care.
- Edmonson, Amy. *Teaming, How organizations learn.* Wiley, John & Sons, Incorporated 2012
- Hu, Q et al. The connection between organizational learning and lean production. POLS 23rd Annual conference. Paper No. 025-0234
- http://www2.warwick.ac.uk/fac/soc/economics/staff/eproto/workingpapers/happinessproductivity.p

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