

# Weight Loss

Project lead: Mina Bobdey

Project team: Me, 'what's up' cousin's group and Shree(Husband)

Project sponsor: 'Me'

# QI Experience

- NZ – Waitemata DHB and Otago DHB
- India – Corporate experience (Forging industry Toyota method in action), Studied finance, Tele-psychiatry and Tele-education
- Tees, Esk, Ware and Valley NHS Foundation Trust – GP letter, Memory clinic waiting time, Ward report out → reduction of bed occupancy, BAME and Awareness

# QI wave 2

- Brainstorming session with Memory clinic - waiting time
- Ward - length of stay
- DCT CPD activities
- GP letters
- RAID Documentation and KPIs
- Personal projects - weight loss and fitness and buying an apartment.

# Challenges!

- New person, enthusiastic, with ideas, may be seen as 'Big Headed', needed to make friends, and share experience.
- Team perception - ?QI additional money saving scheme, and more work which is not going to help patient care! Needed confidence to be built
- I was not directly working in the teams where I joined for brain storming session

# Weight Loss

- Aim – To lose 10 kg weight by 31 March 2015 and Maintain it.
- Team – Me, 'what's up' cousin's group and Shree(Husband)

# Primary Drivers

- Fitness and exercise
- Eating pattern
- Support system

# Secondary Drivers

- Fitness – Walking and Swimming every morning – 45 minutes in total, Consistency and having fun
- Eating – Stopped binges in the evenings, built in rewards for each kilo loss, smaller 6 meals, consistency

# PDSAs

- Multiple, each day in my head...and in diary...
- Each week and for every 1 kilo loss
- Result – 10 kg down, did put on 1 kilo twice, and 2kilos during the move(Have bought an apartment and moved in), and have again lost it – so currently 10 kg lighter, but in the maintenance phase



# Learning

- *Persistence and support system is must*
- *Lots to learn about team, team dynamics, East London*
- ***‘One needs to be clever to get Dementia here’***
- *‘Motivating team and getting people to share your vision is the most challenging but rewarding part of the GAME’*
- *Not yet there from team’s and services point of view, but will get there*

# What next?

- Maintenance of weight...
- Encouraging few other team members to do wave 3
- Trying to attend Directorate QI meeting
- Meeting Primary care, Social services, CCGs, NGOs leaders, Making a network/Friends