

## The Ball Pass Exercise

Items you will need;

1. Something that can be passed from person to person, e.g. a ball.
2. A watch with a second hand for each team. A stop watch is best.
3. A piece of paper with graph lines.
  - a. Time on the vertical y-axis and change cycle number across the bottom on the horizontal x-axis.
4. Flip charts for each team to present results.

Aim of the exercise: to pass the ball from person to person as quickly as possible.

Directions:

1. Break the group into teams of 5-7 people. Depending on the number of people in the group, counting off may be a good way to divide into groups.
2. Once you get into your group you will need to pick:
  - a. A Change Leader
  - b. A Data Recorder

Rules:

1. Only one person may touch the ball at a time; each person must touch the ball with both hands.
2. The cycle begins when the Change Leader passes the ball the first time and ends when the Change Leader has the ball at the end.

Guidelines for each PDSA cycle:

1. Make only 1 change at a time.
2. Be sure to write down the change that was implemented for each cycle.
3. Process
  1. Gather the baseline data.
  2. After each cycle the Change Leader facilitates a discussion to determine what can be done to reduce the time required.
    - a. **Plan** – What can we do to reduce the time required?
  3. Implement the change decided in the Plan phase.
    - a. **Do** – Implement the change everyone agrees to.
  4. Study the results – In this case, did the time required to pass the ball to everyone decrease? Was the change implemented as planned? If not was there a mitigating factor? Did someone drop the ball? How do you record it?
    - a. **Study** – Did we get the results we expected? Did it take less time?
  5. Act on the information provided by the data in the Study phase.
    - a. **Act** – The choices are to adopt the change, adapt the change, or abandon the change.
6. Once through the process the first time go back to step 2 and start over.
7. Do at least 3 PDSA cycles.

### Group Presentation (Story-telling)

1. Each group posts their graph with changes implemented on a flip chart and tells their story to the whole group.

### Discussion questions following the exercise.

1. How did you decide on a change?
2. Were you able to implement one change at a time? If not, why?
3. Did you decrease the amount of time required? What was your baseline time and what was your best time?
4. What worked well for your team?
5. What suggestions do you have to improve the process?
6. Why is it important to collect baseline data?