

# Vanishing Variation

## Practical Tips for Doing More of the Same



A PODCAST ABOUT  
IMPROVING, EXPLORING,  
UNDERSTANDING, &  
GETTING ON WITH  
HEALTHCARE  
SAFETY & QUALITY

NO  
HARM  
DONE  
PODCAST



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EVERYWHERE



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# Quality Quandary

## REFERENCES

*Australian Atlas of Healthcare Variation series*  
[safetyandquality.gov.au](http://safetyandquality.gov.au)

Type 'atlas' into the search bar

*Reduction in elective delivery at <39 weeks:  
comparative effectiveness of 3 approaches*  
Clark et al. Am J ObsGyn. 2010.

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DrDr  
Did Read  
Do Read

REFERENCE

*NSQHS Standards User Guide for the Review  
of Clinical Variation in Health Care*

*August 2020*

*[safetyandquality.gov.au](http://safetyandquality.gov.au)*

*Type 'user guide variation' into the search bar*

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# The Point

## REFERENCES

*Modifying Unwarranted Variations in Health Care: Shared Decision Making Using Patient Decision Aids*  
O'Connor et al. *Health Affairs*. 2004.

*Decision Support Tools for Patients*  
[safetyandquality.gov.au](http://safetyandquality.gov.au)

Type 'decision aid' into the search bar

## Sore throat: should I take antibiotics?

- This decision aid can help you decide whether to use antibiotics when you or your child has a sore throat.
- It is designed to be used with your doctor to help you make a shared decision about what is best for you or your child.



### What causes sore throat?

It can be caused by a viral or bacterial infection. It is hard for your doctor to tell which it is.

### How long does sore throat last?

Symptoms will usually get better in 2 to 7 days, without taking antibiotics.

### What are the treatment options?

There are 2 options that you can discuss with your doctor:

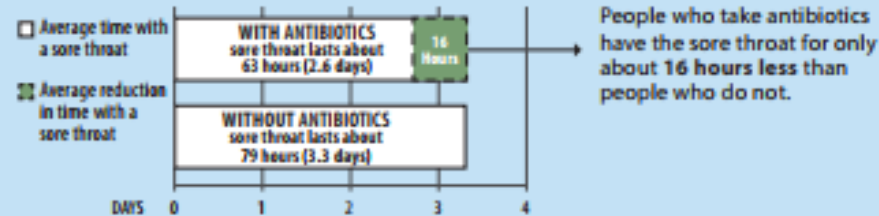
#### 1. Not taking antibiotics

This means letting the infection get better by itself.

Symptoms, such as pain and fever, can be treated with over-the-counter medicines. They can be used with either option.

#### 2. Taking antibiotics

### What are the likely benefits and risks of each option?



These figures show what is likely to happen to people with sore throats who **do not** take antibiotics and those who **do**. Each circle is one person. We can't predict who will get better sooner or who will have problems.

### Possible benefits

- gets better by 3 days
- gets better by 3 days due to antibiotics
- not better by 3 days

100 people who don't take antibiotics      100 people who do take antibiotics



### Possible risks

- has problems
- has problems due to antibiotics
- no problems

100 people who don't take antibiotics      100 people who do take antibiotics



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**TLDR**  
too long  
didn't read

**REFERENCES**

*Promoting professional behaviour change in healthcare: what interventions work & why?*  
Johnson & May. *BMJ Open*. 2015.

*Achieving greater clinician engagement and impact in health care improvement*  
Scott et al. *MJA*. 2020

**NO  
HARM  
DONE**

**PODCAST**



**Call to  
Action!**

**NO  
HARM  
DONE  
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# FAAAQQS

(frequently  
asked  
and  
answered  
quality  
questions)



# Thank you!



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