NHS
Improvement

ACT Academy

Online library of Quality, Service Improvement and Redesign tools

30/60/90-day cycles

collaboration trust respect innovation courage compassion

30/60/90-day cycles

What is it?

The 30/60/90-day cycle tool is a way of helping you to identify, prioritise and implement actions to take your improvement programme forward.

When to use it

Using 30/60/90-day cycles of change will enable you to break actions down into manageable chunks. It will allow you to maintain flexibility, work on key themes and multiple processes in parallel and help to maintain project momentum and the energy of those involved.

How to use it

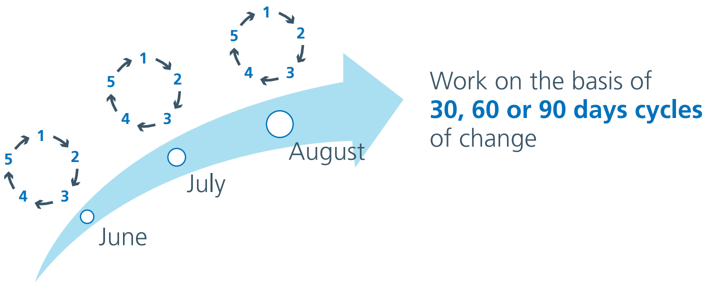
Instead of working on linear project plans, the main unit of your planning horizon becomes the next 30 (or 60 or 90) days and you focus your decision-making around these.

Each cycle you define should include a clear and specific objective and a clear timescale (choose between 30/60/90 days).

You should also think ahead on decisions about what will happen next... so if you are successful you will do X and if you are not successful you will do Y.

Figure 1: 30/60/90-day cycles

Establishing pace: 30/60/90 day cycles of change



Example: over the next 30 days we will... engage three thought leading directors in creating the business case for change...

If we are successful we will...

If we are not successful we will...

It is important to spend time purposefully thinking about and anticipating what you will do next so that you don't lose any of the momentum you have created by adopting a 30/60/90-day cycle approach.

What next?

If you have experience of improvement science tools and approaches, you may want to consider using **Plan, Do, Study, Act (PDSA)** cycles within a 30/60/90 day cycle. By combining the two approaches, your aim should be to set the pace for cycles so the PDSA cycles do not drag on.

Background

Using such cycles of change is not new: Proctor and Gamble have used 90 day cycles of change in their innovation processes and the Institute for Healthcare Improvement (IHI) has been instrumental in popularising this approach in healthcare.

Written by the ACT Academy for their Quality, Service Improvement and Redesign suite of programmes.
Contact: **nhsi.act@nhs.net**