

The IHI Open School is an online learning community where you can take free courses, earn a certificate, network with peers and experts, and gain confidence and skills in quality and safety to change health care.

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Obstacles and Successes: Reflections on My First Improvement Project

Some of you may remember Colleen, a fifth-year medical student from Wright State University, from her [10-part blog series on the IHI Open School blog](#). In a new blog post, she reflects on an unexpected challenge that followed her successful improvement project: maintaining the same level of improvement.



"We were thrilled, but realized our journey was just starting in many ways," writes McCormick. "We had to make sure the improvement was going to stick." [Read the full blog post here](#).

Ask Berwick: How Can Students Drive Improvement?



It can be difficult for anyone -- students, doctors, nurses, etc. -- to speak up about improvement. On Twitter, @Ensor_K asked Dr. Don Berwick how students can drive improvement, no matter what role they're in. In this week's edition of "Ask Berwick," he answers her question and [suggests one way any caregiver can improve his or her work](#) right now.

Berwick, President Emeritus and Senior Fellow at IHI and Former Administrator of the Centers for Medicare and Medicaid Services, answers a question every week in our blog series, "Ask Berwick." Next week, he'll answer a question from Cathy Ellis, PT, about how outcomes could change if US health care was provided seven days a week, and not "shut down" to a large extent on weekends.

Do you have a question? Join the conversation and "Ask Berwick." Tweet [@IHIOpenSchool](#) using [#AskBerwick](#), email openschool@ihi.org, or comment on [Facebook](#).

This Week's WIHI: Measure Up, (Blood) Pressure Down

Health care providers are rethinking how they engage with patients who are most at risk for poorly controlled chronic conditions. Take hypertension -- the US Centers for Disease Control and Prevention estimates 30 million



Americans with high blood pressure aren't receiving the proper care. That's why the American Medical Group Foundation decided to harvest the best hypertension interventions and innovations from leading medical group practices and spread the learning via a three-year national campaign. [Join the next WIHI](#) on **Thursday at 2 PM EST** to look at how the initiative is progressing.

Community Updates

Welcome, New Chapters



International

Northern Ontario School of Medicine, **Canada**

Creative Video Contest from the Ko Awatea Chapter

As a way to engage local students, the IHI Open School Chapter at Ko Awatea in New Zealand has given them a mission: Create a video showing a quality improvement project idea. Combining creativity and health care, the Chapter is looking for ideas that will make a difference to patient outcomes and health. One group of students will win the opportunity to show their video at the 2013 Asia Pacific Forum on Quality Improvement in Health Care, taking place this September in New Zealand. To get a sense for the types of videos they're seeking, check out [Ko Awatea's captivating invitation video](#).



Last Chance to Submit Your Chapter's Progress Report

The deadline to complete the [2013 Progress Report](#) is **Friday, May 31**, and the IHI Open School team wants to hear from you! Regardless of whether your Chapter is just getting started or vibrant and growing, we want to hear how your Chapter is doing and what kind of support we can provide. Complete [your Chapter's Progress Report](#) today!

Keep the IHI Open School team in the loop! Tell us what your Chapter is planning at openschool@ihi.org and you may be featured in our next newsletter!