

## How Can QI Concepts Help in Your Daily Life?

### Learning Objectives

- Describe how the same quality improvement (QI) methodology we use in health care can help in daily life.
- Give several examples of conducting small tests of change in personal life.

**Description:** Usually when people at IHI talk about quality improvement, we're talking about clinical improvement. But QI tools and concepts can help improve anything. In this Open School video short, Dr. James Moses, Academic Advisor to the Open School, shares his belief that "there's nothing that shouldn't continue to be improved," and describes how his QI knowledge helps in his personal life.

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Watch the video at <https://youtu.be/Y1289UMRzwo> or [read the transcript](#).

### Discussion Questions

1. How often would you say you unconsciously use improvement methodology? Can you give some examples?
2. Do you ever consciously use improvement methodology in your personal life? What tools or techniques do you use? If you don't consciously use QI methodology, how could you start?
3. Describe a small test of change (formal or informal) that you've conducted in your personal life. What did you do next, based on the outcome of the test?
4. What philosophies guide you in personal improvement?