PEBBLE IN THE SHOE:

Calgary Zone DOM Wellness Project

Purpose

The Pebble in the Shoe project builds on the Department's culture of wellness using QI methodology to address "small but irritating" problems; workflow issues that slow down the day, add frustration, or create unnecessary burdens.
Goals:

- Solve a small, measurable, local workflow or wellness challenge
- Promote joy-in-work and improve system function
- Demonstrate impact using simple baseline and post-intervention data and learn practical QI skills

Target Participants

- Open to all 11 Sections of the Calgary Zone Department of Medicine
- Teams of 2–6 (physicians/staff and/or admin), minimum 2 members, a project lead, and a local sponsor
- Small problem (no dashboards or advanced analytics required)

Expectations

Select a problem, collect baseline data (10–20 points), use QI tools (SMART AIM mandatory), run PDSAs, measure impact (time, steps, errors), and present the project in a 5-minute showcase presentation.

Timeline

- Sign-up: 15-May-2026 to 15-Aug-2026
- Pre-work: 15-Aug 2026 to 10-Sep-2026
- Sep 10: Session 1 – PDSA planning
- Oct 8: Session 2 – Reflection
- Nov 12: Session 3 – Scaling
- Dec 10: Showcase presentations

Supports provided

Templates (AIM, Fishbone, PDSA, report) and support (reminders, scoping, baseline design, PDSA planning).

Questions?

Dr. Brandie Walker at blthorla@ucalgary.ca
Dr. Ward Flemons at flemons@ucalgary.ca
Arooj Nazir at Arooj.nazir@albertahealthservices.ca

PEBBLE IN THE SHOE INTAKE FORM

Department of Medicine
Cumming School of Medicine
9th Floor North Tower, 1403 29 Street NW
Calgary, AB T2N 2T9