2017 Performance Improvement Report

STRATEGIC PRIORITY

1. Develop world-leading healthcare and research

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| **Project Name** | | | |
| Improving the Success Rate of Frozen Embryo Transfer (FET) Cycles in IVF Patients Who Failed to Achieve Pregnancy With Fresh Embryos Transfer. | | | |
| **Site** | | **Department** | |
| Jeddah | | Department of Pathology & Laboratory Medicine, ART Lab | |
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| **Project Status** | **Project Start Date** | | **Project End Date** |
| Completed | 03-23-2016 | | 05-31-2017 |

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| **Problem:** Why the project was needed?  The average pregnancy rate in (FET) cycles for the last five years (2011 -2015) recorded at our ART/IVF Unit was 27.4%, which is considered low. | **Aims:** What will the project achieve?  Increase the pregnancy rate in (FET) cycles from 27% to at least 40% by the end of 31st May 2017. |
| **Benefits/Impact:** What is the improvement outcome?  *(check all that apply)*  Contained or reduced costs  Improved productivity  Improved work process  Improved cycle time  Increased customer satisfaction  Other (please explain)  Click or tap here to enter text. | **Quality Domain:** Which of the domains of healthcare quality does this project support?  *(Select only one)*  **Effective** |

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| |  |  | | --- | --- | | **Measures:** Performance metrics to be evaluated | **Targets:** Expected outcomes | | EFT Pregnancy rate | improve the success rate of FET cycles in our IVF patients who failed to achieve pregnancy after having fresh embryo transfer to at least 40% | |
| **Interventions:** Overview of key steps/work completed   * In (FET) cycle, frozen embryos are thawed, their quality is examined under the microscope, and morphologically normal looking embryos are selected for intra-uterine transfer. * Previously, the frozen-thawed embryos were transferred on the same day of thawing procedure. However, this protocol did not help to achieve the optimum pregnancy rate (≥40%). * We thought that morphologically normal looking post-thawed embryos may not be viable and therefore unable to grow to establish a pregnancy. * To confirm this hypothesis, we decided to culture post-thawed embryos overnight and see if they are growing further or not. * Next day when overnight cultured embryos were examined under the microscope, we found some embryos were growing normal but others not. * Interestingly, the arrested growth embryos were looking morphologically normal after thawing procedure but stopped growing further during overnight culture. This finding proved our hypothesis. * Therefore, we decided to culture post-thawed embryos overnight and select only the best growing embryos for intra-uterine transfer. * After adopting this change in the protocol, we achieved 100% increase in the FET pregnancy rate. |
| **Results:** Insert relevant graphs and charts to illustrate improvement pre and post project  *(insert relevant graphs, data, charts, etc.)* |

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| **Project Lead** | **Team Members** |
| **Name**  *(person accountable for project)* | **Names**  *(persons involved in project)* |
| Dr. Naeem Iqbal | Dr. Hanin Abdul Jabaar  Amal Feda  Dina Shams  Yasmina Saggaf  Amilie Elumir  Nour Al-Attas |