



# Won't You Stay Just a Little Bit Longer?

By [Lisa Hall](#), M.S.S.W., L.I.C.S.W. and the ESRD Network 16's Patient Advisory Council

Do you ever get tired of hearing from your dialysis staff that every minute you cut from your dialysis time adds up to minutes off your life span? The Northwest Renal Network (ESRD Network 16) Patient Advisory Committee (PAC) was also weary of this approach to patient education about 'adherence' and decided to do something about it. People are more motivated by rewards they will reap by taking care of themselves than by the consequences of not taking care of themselves. Instead of what will happen to you if you do not stay, the PAC did some research on incentives to stay for the full prescribed dialysis treatment. They then developed a poster 12 Good Reasons to stay through a Full Treatment.

**Why stay?** Here is Network 16's PAC list. Can you think of some other reasons?

Stronger bones	Healthier teeth
Better sleep	Less swelling
Quality of life	Healthier skin
More energy	Better appetite
Cleaner blood	Less itching
Fewer hospital visits	Transplant eligibility





The PAC also agreed that sitting in a dialysis chair for 4 hours, 3 days per week is hard! They came up with the list below of things to do to pass the time on dialysis. Can you think of other creative ways to pass time on dialysis? ●

**Passing the Time While on Dialysis**

<b>Share renal diet recipes and tips with peers</b>	<b>Watch television</b>
<b>Read books or magazines</b>	<b>Write in a personal journal</b>
<b>Do crossword puzzles or other word games</b>	<b>Work on a laptop</b>
<b>Use an iPad, smartphone, or laptop for responding to emails, playing games, reading, viewing movies or YouTube, Skyping with friends, and socializing on Facebook</b>	<b>Listen to music, audio meditation CDs, books, or podcasts</b>
<b>Use a Tablet with ear phones</b>	<b>Learn a new language</b>
<b>Watch movies on a portable DVD player</b>	<b>Sketch</b>
<b>Chat with other patients</b>	<b>Say daily prayers</b>
<b>Crochet or knit</b>	<b>Nap</b>
<b>Take a college class online</b>	<b>Pay bills</b>
<b>Plan vacations</b>	<b>Daydream</b>



**Won't you stay? Just a little bit longer?**

More from Network 16's PAC members:

"I care about myself and want the best for me. There are only good things for me if I stay for my full treatment."

"I am motivated to stay for my full treatments as I choose to live a quality life. There are times when staying is very difficult. However, the alternative is so much worse. I know to challenge myself for the best outcome."

"I want to thrive, not just survive, on treatment."

"My children were teenagers when I started dialysis. It was very important to me to be healthy so they would have a mom who could support them. It was my job. Now they are in their 30s."

"Knowingly shortening my life is not an option. I choose to stay for treatments as I choose to live."

"The people who love you want you to be well too. You're an important part of their lives."

"I want to live as well as I can for as long as I can. Every minute on dialysis is another minute longer of life: another minute to love, another minute to laugh, and another minute to make a difference. It's worth it to me."

"Your life is what you make of it – do what you can to make it last."

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