



It Can Be

*FUN & GAMES*

at Dialysis



Using Games & Other  
Motivational Activities to  
Engage Patients



- **Competition** can be a great motivator for people
- Some experts believe patients who make friends at the facility are more successful
- May give patients something more to look forward to when coming to treatments



# Benefits

- May lead to increased treatment adherence
  - The less they miss treatments, the less likely they are to visit the hospital for fluid overload problems
- Increased acceptance
  - If it feels fun, it doesn't feel like such a burden
- Improved mental health
  - Being more engaged with staff and other patients, making a friend, or feeling accomplished may lead to happier patients



# Ideas

Something as simple as giving prizes to patients with the least amount of missed treatments

Host fun days: pajama day, sports team day, hat day, wear your favorite color day, etc.

Bingo – every participating patient gets a board and staff call out numbers during treatment

“Get to Know Your Neighbor” – provide a list of fun questions for patients to ask one another (Can you wiggle your ears? What is your favorite dessert?) This sparks conversation.

Raffles – patient gets ticket for each treatment they attend or each goal they meet

A “board game” where patients move their pawn each time they answer a question correctly

Disease related questions, fun/pop culture questions, the possibilities are endless



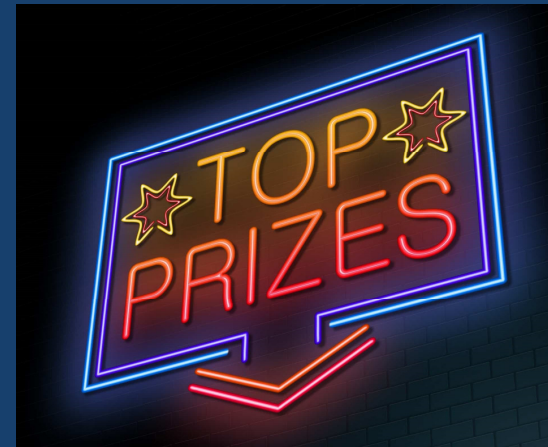
# Themes

- **Sports Related** – Super Bowl, World Series, Olympics, etc.
- **National \_\_\_\_\_ Day** – did you know every day is a “national” something? Check out <https://nationaldaycalendar.com/what-day-is-it/>
- **Seasons** – Welcome Spring, Fall into Autumn, Winter Wonderland, Summer Lovin’
- **Holidays** – Valentines Day, St. Patrick's Day, etc.
- **Food Related** – kidney friendly meals/snacks and recipes



# Prize Ideas

- Stationary/pens
- Kidney Friendly Recipe Books
- Gift baskets
- Chap stick, hand lotion, hand sanitizers
- Water bottles that measure intake
- Gum, mints, candies (sugar free if diabetic)
- Face masks
- Stress balls, back scratchers, scalp massagers
- Adult coloring books
- First aid kits, pill boxes



Games or challenges that run for longer periods may have better buy in if there is a larger prize involved, such as a gift basket or higher value item

