

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Boonville
Silver Award User: Marianne Meyer

Project Status:

1. Description of Project:

Our project is titled "Spin and Win" and based on the Wheel of Fortune game show. Boonville DCI historically has a problem with phosphorus control. With that in mind, a wheel was designed with six phosphorus education points. Recognitions were purchased at the local dollar stores. Lab work is drawn monthly and then a redraw is done two weeks later for the outliers. When phosphorus levels are within the normal range, patients have a chance to "Spin and Win". With each spin, the patient will answer a question regarding phosphorus and, hopefully, learn the importance of phosphorus in maintaining healthy outcomes. With this project, we are hoping to engage the patients in a fun way to learn and improve their phosphorus levels. All of the answers to the questions on the wedges are on a bulletin board behind the wheel to help them with the answer. After spinning and then learning about phosphorus, the patients receive a recognition for a job well done. Those patients who did not achieve a normal phosphorus on the first lab draw of the month are then encouraged to work on taking binders and watching what they eat for two weeks. Lab is then redrawn and those who have improved their phosphorus within the normal range are allowed to "Spin and Win". The process is repeated each month.

2. Outcomes Measured:

Lab results will be documented each month to see how many patients achieve good phosphorus control. A pre-test will be administered to the patient to assess their current knowledge. The questions will be based on the points on the wheel. After three months, lab results will be reviewed for improvement. A post-test will also be administered to assess any improvement in their knowledge of phosphorus. The project will continue until the recognitions are depleted. At the end of the project, all results will again be reviewed for improvement. We are hoping to see an improvement in overall phosphorus control.

3. Summary of Outcomes/Results:

Our project began in May. After the first lab draw of the month, there were nine patients out of twenty who achieved good phosphorus control. Unfortunately, there was a glitch with the redraws and the lab of seven patient not drawn. However, of the five that were redrawn after two weeks, three showed an improvement in their phosphorus control. We will draw the seven patients who were missed next week.

4. Impact on Patients:

When first told of the project, patients were excited at the concept of spinning the wheel. The nurse manager then placed a selection of recognitions on a rolling cart and took it around the clinic for all to see. Her exact words were "I brought out the temptation table and they about lost their cookies." One patient who has not had a normal phosphorus for several months, stated that he wasn't sure he could get his phosphorus down in time. Guess what??? He did! And he got a chance to spin the wheel and chose a recognition. He has even asked when he gets to spin again. The initial nine patients who did spin the wheel at the beginning of the month were very excited about the project! Hopefully, their enthusiasm will transfer to the other patients.

5. Lessons Learned:

Some of the things that we learned about this project is that designing and constructing a wheel is not as easy as it seems. We learned that our computer skills are not as sharp as we thing they are! Using simple programs for clip art, photos, etc... is a challenge in itself. We learned things about our patients. We have a twenty-something year-old young man in the clinic and had to get age appropriate recognitions, something that came to us late in the planning process. We had to make sure we had things that would appeal to the male patient as well as the female patient. We also learned that all of our patients are individuals and have different needs. For example, a patient who lives in a nursing home wanted to know if we had a flashlight! We were so happy to tell her we had one and that it even came with batteries. So far, this has been a fun project. I love seeing the patients interested in trying to improve their lab. I think, initially anyway, that it has made an impact on the patients. I will send a three-month update to let you know if we are making an improvement in our patient's lives. Thank you so much for providing the resources to make this project happen.

SPIN AND WIN! FOR A HEALTHIER YOU!



WHEEL OF FORTUNE

Rules of the Game:
1. Spin the wheel to determine your question.
2. Answer the question correctly to win a prize.
3. If you answer incorrectly, you will lose a turn.
4. The game ends when all questions are answered.

What is Phosphorus?
Phosphorus is a mineral that works with calcium to help build strong and healthy bones.

Normal Phosphorus
2.5-4.5

Levels of High Phosphorus
High
Very High
Severe

Phosphorus Levels
Phosphorus is a mineral that works with calcium to help build strong and healthy bones.

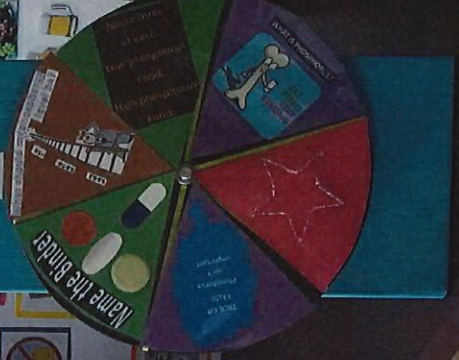
Symptoms of High Phosphorus



Quiz Answers



Name the Binder







SPIN AND WIN! BE A HEALTHIER YOU



What is Phosphorus?
It is a mineral that
helps build strong
bones and teeth.

Symptoms of High Phosphorus

Quiz Answers



What is the most common cause of dehydration?
A. Not drinking enough water
B. Drinking too much alcohol
C. Drinking too much caffeine
D. Drinking too much sugar

Name the binder.
A. Phosphorus
B. Calcium
C. Magnesium
D. Potassium

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SPIN AND WIN! FOR A HEALTHIER YOU



What is Phosphorus?
Phosphorus is a mineral that works with calcium to help bones strong and healthy.

Symptoms of High Phosphorus

Quit Answers

Normal Phosphorus:
2.5-5.0

Limit High Phosphorus Foods:
with low protein, low fiber, and low fat.

Rules of the Game:
1. Spin the wheel and see what you get.
2. If you get a question, answer it correctly to win a prize.
3. If you get a question, answer it incorrectly to lose a prize.

Check Labels for Phosphorus Additives:
Phosphorus and potassium phosphates, phosphoric acid, phosphoric acid, potassium phosphates, potassium phosphates.