

# Silver Award Project Utility

**Facility:** Dialysis Clinic, Inc--Osage Beach  
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**Project Status:** Active

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## 1. Description of Project:

During the months of January, 2020 to April, 2020, with funds from MoKP, we completed a "Speed Boat Race" at our hemodialysis clinic. We created a bulletin board that looks like a boat race. The clinic patients were divided into racing teams and each staff member was assigned a team to coach. Each team came up with a name for their boat. Boats moved forward (nautical miles) based on the overall average phosphorus level of the team (the lower the level, the farther they went) and backwards based on team members having high fluid gains. We also put up a bulletin board encouraging personal responsibility for behaviors that affect health outcomes. Staff members really engaged in coaching patients in areas that they needed to improve on. Each month, the team with the best result received a prize ticket so each team member could pick out a small prize from our nautical themed prize case. The team that finished the race first also won a prize.

## 2. Outcomes Measured:

Outcome:

Comparison was made of the percentage of patients having phosphorus and fluid gains in goal:

	January	February	March	April
Phosphorus	62.8	71.1	65.9	67.4%
Percentage of patients leaving heavy	15.6	18.3	11.9	11.4%

## 3. Summary of Outcomes/Results:

The percentage of patients meeting phosphorus goal improved from 62.8% in the beginning to 67.4% at the end. The percentage of patients with low phosphorus even increased from 2.3 percent in January to 14 percent in April as patients really worked to lower their levels. The percentage of patients with high fluid gains decreased from 15.6% to 11.4% over the 4 month period.

## 4. Impact on Patients:

We found this was a very successful program, as patient were very interested in improving their outcomes and staff members did a great job of coaching them. The patients worked as teams to encourage each other to meet their goals so the whole team would do well. Patients were excited not just to win prizes, but to have done well as a team. There was a lot of kidding and joking amongst the teams and staff.

## 5. Lessons Learned:

My recommendation for future education would include continuing frequent education interventions and when possible, including all staff members an incentive program to help increase interest in participation.

The staff at DCI would like to express their thanks to MoKP for this opportunity to provide an extra educational opportunity for patients.

[Return to Main Menu](#) [Return to Uploads](#)



# Osage Beach

## *Speed Boat Race*

*Our own "Shoot Out"*

We are going to have a virtual speed boat race across the Lake of the Ozarks. There will be a total of 8 speed boats and each will carry about 5 passengers (your fellow dialysis teammates). *You will be given the names of your teammates.*

### **Each team must choose a Ship Name**

Average monthly Phosphorus levels for the team will be used to award nautical miles beginning in the month of February and ending with the April lab values. The first team to cross the lake will be the *Grand Prize Winner* and each team member will receive a special prize. Other prizes will be awarded as well.

The course is 6 miles and miles will be awarded as follows:

3 miles=Average Phosphorus level is 5.0 or below

2 miles=Average Phosphorus level is 5.1-5.5

1 miles=Average Phosphorus level is 5.6-6.0

.5 mile=Average Phosphorus level is 6.1-6.9

0 miles=Average Phosphorus level is 7 or higher

**WARNING! Excess fluid weight onboard my cause  
your ship to slow down (or Sink!)**

So, **FLUID CONTROL** is extremely important! Individuals who gain excess **FLUIDS** between their Dialysis Treatments (Monthly Average exceeds recommended amounts) will cause miles to be subtracted from the Team's Monthly Mileage Award

“Start your engines!”

