From Treatment to Togetherness

A Nurse-Led Initiative to Enhance Wellbeing in Dialysis Care

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Meet “The Team”



“Dialysis keeps people alive, but it doesn’t always make people feel alive.”

WHY THIS MATTERS

The Dialysis Reality

- Long hours in the unit, multiple times a week ; often for years
- Repetition can take a physical, emotional and social toll
- Patients may experience isolation, fatigue and loss of normality
- Staff also carry emotional load in a repetitive, high-acuity environment


Chairs 7 - 12


Unisex
Parent Toilet

WHAT WE NOTICED

Identifying the Gap

Psychosocial wellbeing was often secondary to clinical priorities

Celebrations were usually one-off events rather than part of the culture

Not everyone in the unit felt consistently included (disconnect)

Opportunity: create something simple, inclusive and consistent

The Simple Idea that Made a Big Change

Monthly themed dress up days in the dialysis unit

Simple
Consistent
Every month

Completely voluntary but open to everyone

A way to break routine and create connection

Participants: **EVERYONE!**

Patients
Nursing Staff
Medical Staff

Carers
Administration Staff
Environmental Services Staff

Family members


TO ALL STAFF & PATIENTS:
GET READY TO JINGLE ALL THE WAY
AND BRING SOME FESTIVE CHEER!
Join in the fun and dress up in anything Christmas-themed! Whether it's a reindeer onesie, a Santa hat, or your favourite festive t-shirt, we want to see it all!
4th December Wednesday
and
5th December Thursday

It began as simple Christmas decorations and dress up ...























NIKE



Christmas Carols with the Kidney “Khoir”



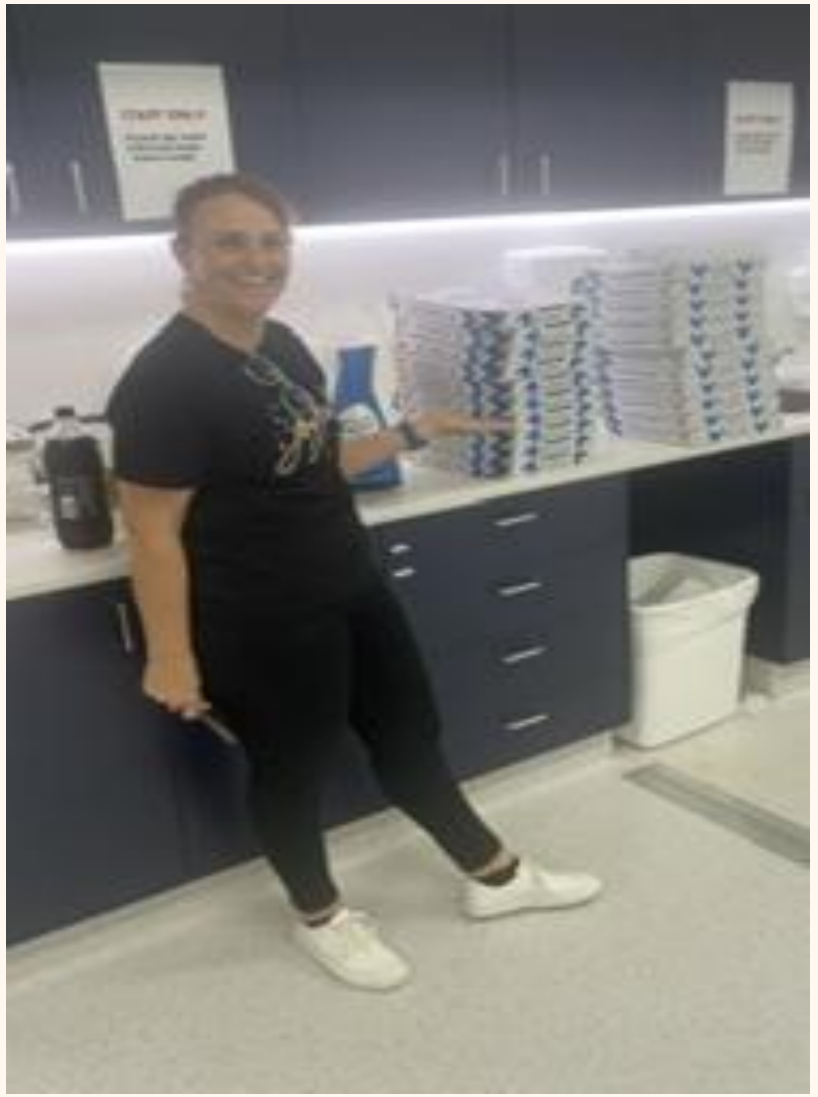

KIDNEY CENTRE
AT RPA








Domino's
Domino's
Domino's




Domino's
Domino's
Domino's

Moments That Changed the Room









Small gestures. Shared laughter. A different feeling in the room.

HOW WE SPREAD THE WORD

Monthly Themed Dress Up Day Flyers


















PMBC KIDNEY CENTRE
OCTOBER 2025

HAPPY HALLOWEEN

NO TRICKS, JUST TREATS! LET'S MAKE THE UNIT A SPOOKTACULAR PLACE TO BE!

THEME: DRESS UP IN YOUR BEST HALLOWEEN COSTUME

WHEN: 29TH OCTOBER WEDNESDAY
& 30TH OCTOBER THURSDAY



















PMBC KIDNEY CENTRE
NOVEMBER 2025

HAPPY HAT PARTY DAY!











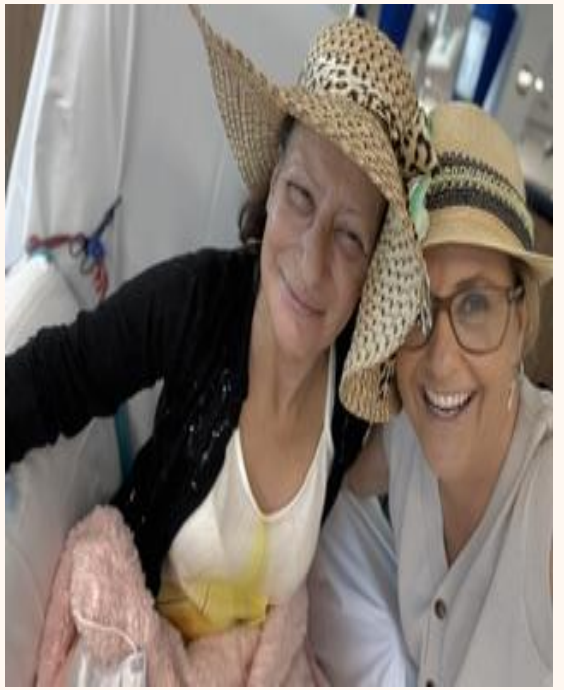
When: 26th Wed &
27th Thurs November

A little fun comes a long way! Wear your favourite and brightest hat this November and let's bring some smiles in the unit, one fabulous hat at a time!







In their 90’s and still rocking with their costumes! ☺





BUILDING COMMUNITY

Connection Beyond Treatment







Patients, staff, and families coming together .
Turning routine treatments into shared moments of belonging.

WHAT WE OBSERVED

Outcomes & Impact

- Patients began to look forward to themed days
- More conversation, interaction and laughter
- Stronger relationships between patients, staff and different staff roles
- Improved staff morale and a warmer unit atmosphere
- Patients reported feeling more connected and more valued

Not a formal research study. But the impact was visible, felt and shared.

THE HEART OF OUR WORK

Why This Matters for Renal Nursing

Holistic care
Supporting the person, not just treating the disease

Person-centred practice
Recognising dignity, identity and belonging

Cultural safety
Making space for people to feel included and valued

Staff wellbeing
Creating joy supports morale and workforce sustainability

Creating moments of joy isn’t separate from care.
It is part of it.

WHAT WE CAN CARRY FORWARD

Take-Home Messages

Small ideas can have a big impact

Consistency matters more than cost

Nurses are uniquely placed to lead this kind of change

Dialysis units can be places of treatment — and connection

Sometimes, dressing up… is actually about showing up.

With Heartfelt Thanks

To the people who helped bring joy, connection and belonging into our dialysis unit

Our patients and their families/carers:
Trust, participation and enthusiasm

Medical, admin and support staff:
Continuing to be part of the Dialysis Team
Dr Saunders – Pizzas and Admin Staff – Lollie's at Halloween

Nursing team: Energy, creativity and kindness

Cleaning staff and ward assistant:
Joining in and helping change the atmosphere

Leadership and colleagues:
Supporting nurse-led ideas that matter

Our Moments Together



















