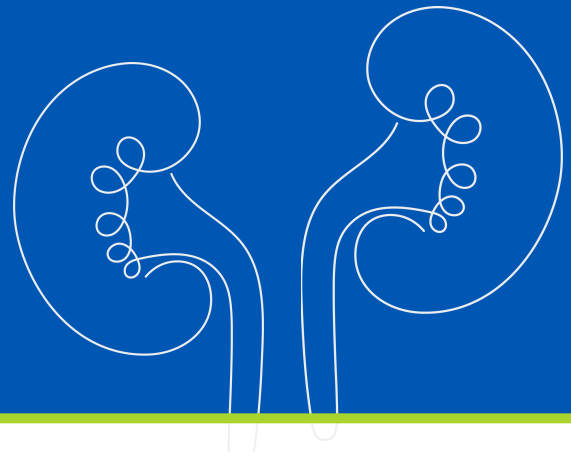


# Every Treatment Counts!



## Bulletin Board Theme

### Main Message

Missing Treatments Puts Your Health at Risk!  
Stay on Track for a Better Life

### Key Message Reinforcement

- Your Dialysis. Your Life. Stay on Schedule!
- Missing One Treatment Can Hurt More Than You Think!
- We're Here to Help—Let's Keep You Healthy!

### Interactive Elements

- **Commitment Pledge Board** – Patients sign their names under "I Commit to My Health: No Missed Treatments!"
- **Suggestion Box** – For patients to share barriers they face and ideas to help each other

### Incentives & Support

- **Attendance Rewards** – Small rewards for patients who maintain consistent attendance (e.g., recognition certificates, small gifts)
- **Transportation Resources** – Contact numbers for local ride services, patient assistance programs, and volunteer networks

### Patient Engagement Materials

#### Bold, Colorful Posters

- **"Stay Strong, Stay on Schedule!"** (*Image of a clock with dialysis times marked*)
- **"Missing Treatments = Higher Risk!"** (*Infographic showing risks of skipping treatments*)
- **"You're Not Alone—We Can Help!"** (*List of support options for transportation, scheduling, etc.*)

#### Engaging Graphics

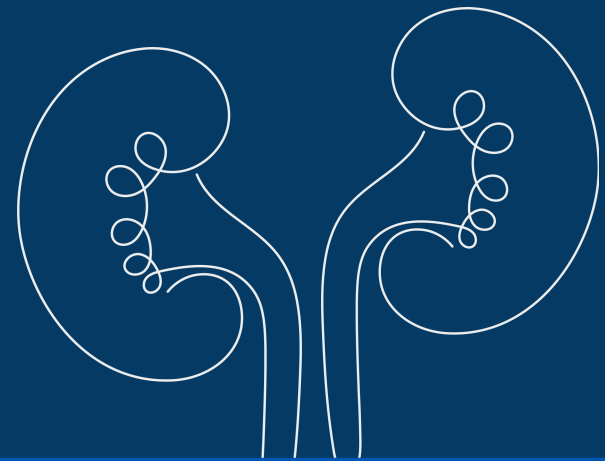
- **A Progress Tracker** (*Patients can mark their attendance and celebrate milestones*)
- **A Calendar of Dialysis Sessions** (*Encouraging planning ahead*)
- **A "Wall of Success"** (*Featuring patient testimonials on how regular dialysis improved their health*)

#### Educational Materials

- **"What Happens When You Miss a Treatment?"** (*Flyer*)
- **"Tips to Stay on Track"** (*Flyer*)
- **"Emergency Backup Plans"** (*Flyer*)
- **"Missing Dialysis Treatments Add Up"** (*Video*)



# What Happens When You Miss a Treatment?



## Simple Ways to Never Miss a Treatment!

**Missing even one dialysis session can cause serious health risks. Here's what happens when you miss:**



### Fluid Buildup

Excess fluid in your body can cause swelling, high blood pressure, and heart strain.



### Toxin Overload

Waste products like urea and potassium build up, leading to nausea, confusion, and muscle weakness.



### Heart Problems

High potassium levels (hyperkalemia) can cause dangerous heart rhythms and even cardiac arrest.



### Feeling Sick & Tired

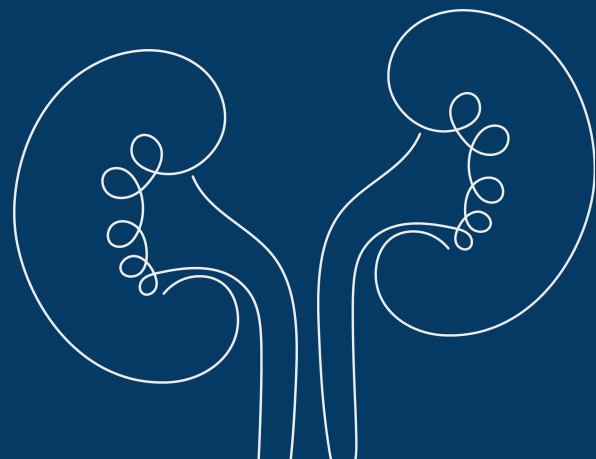
Skipping treatments leads to extreme fatigue, shortness of breath, and poor appetite.

## Stay on Schedule to Stay Healthy!

- If you miss one session, your next treatment may not be enough to remove all toxins.
- If you miss two or more, you risk hospitalization or worse.

**Need help? Talk to your dialysis team about schedule conflicts or transportation assistance!**

# Tips to Stay on Track with Your Dialysis



## Simple Ways to Never Miss a Treatment!



### Set Reminders

Use your phone alarm, calendar, or a family member to remind you.



### Plan Your Rides in Advance

Arrange transportation ahead of time. Ask about dialysis center ride programs.



### Stick to a Routine

Treat dialysis like a must-attend event, just like work or a doctor's appointment.



### Talk to Your Team

If you're struggling, let your care team know—they can help with schedule adjustments or support.

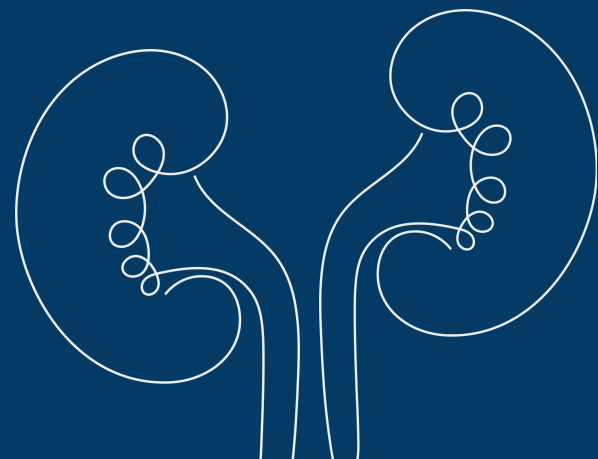


### Know the Risks

If you're struggling, let your care team know—they can help with schedule adjustments or support.

**Dialysis is Lifesaving: Protect Your Health by Staying on Track!**  
**Need Help? Contact Your Dialysis Facility.**

# Emergency Backup Plan – What to Do If You Can't Make It



## Missed Treatment? Act Fast!

**If you absolutely cannot attend your scheduled dialysis, follow these steps:**

1

### **Call Your Dialysis Center ASAP**

Let them know you can't make it. They might reschedule you.

2

### **Watch Your Diet**

Limit fluids and avoid foods high in potassium, phosphorus, and sodium. (No bananas, potatoes, dairy, or salty foods!)

3

### **Monitor Your Symptoms**

If you feel short of breath, dizzy, or have swelling, seek medical help immediately.

4

### **Find a Backup Plan**

Have a ride service, friend, or family member as your emergency transportation.

5

### **Avoid a Pattern**

Missing treatments regularly puts your health at risk. Always reschedule instead of skipping.

**Prevention is best! Plan ahead so you never have to miss a treatment.**  
**Need assistance? Contact your dialysis facility.**