The older patients and their spouses have the process to adapt the new life with peritoneal dialysis (PD) at home using a theory of mastersy by Younger.

**Background**

In Japan, the number of older patients (over 65 years old) undergoing peritoneal dialysis (PD) is increasing. They have to do PD at home which requires them to adapt the new life.PD requires developing new capabilities, changing the environment, and or reorganizing the self so that meaning and purpose of life transcend the difficult experience, mastery has four elements: Certainty, Change, Acceptance, Growth.

**Objective**

1) To identify the impact of PD in older patients and their spouses at home.
2) To examine the older patients and their spouses' mastery clarified using four elements of mastery by Younger.

**Methods**

**Participants**

Patients were over 65 years old and were undergoing PD at home for at least 3 years and their spouses.

**Data collection**

Data collect used as a Semi-structured interview of patients and spouses with elderly patients undergoing PD at home.

**Data analysis**

The Qualitative Synthesis Methods (KJ Methods) used for individual analysis. The method was three steps.

**Result**

<table>
<thead>
<tr>
<th>Certainty</th>
<th>Change</th>
<th>Acceptance</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>To be ready for discharge and to be studying about it - he had been ready sometimes even if discharge was necessary but when the came to leave, the was upset.</td>
<td>To be regular about her treatment - the changes the hospital, and for gets a PD therapy options for CKD.</td>
<td>To be satisfied with his PD life.</td>
<td>To have made up to way for them life changed by using PD.</td>
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<td>[2021] Health care: the overview of each code. After grouping process, the content of the code was assigned to each code. After this, the content of the code was assigned to each code.</td>
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<thead>
<tr>
<th>Mr. A and his wife’s explanation.</th>
<th>Mr. A and his wife’s explanation.</th>
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</table>

**Conclusion**

The process of mastery can improve QOL for older people undergoing PD and spouses.

**Correspondence to**

Yoshiyuki Takahashi, Harue Masaki
Graduate School of Nursing, Chiba University Japan
Awards National Symposium 2019.4.14-17
The older patients and their spouses have the process to adapt the new life with peritoneal dialysis (PD) at home using a theory of mastery by Younger.

Natsumi Shimizu1, Miyuki Ishibashi2, Yosihiko Takahashi1, Harue Masaki1
1Graduate School of Nursing, Chiba University, Japan 2) Department of Nursing, Faculty of Health Science, Toho-university

Background
In Japan, there are approximately 300,000 patients with dialysis therapy. Most of them account for over 45 years old. Therefore, the number of older patients (over 65 years old undergoing peritoneal dialysis) is increasing. In Japan, the number of dialysis patients is around 2% of all patients, and they take much time to do. But, if they are old, they need dialysis support. Patients on dialysis need a lot of support and care. The number of older patients undergoing dialysis is increasing in Japan. Therefore, we need to focus on the support for older patients. The Qualitative Synthesis Methods (KJ-HO) used for Individual analysis. The method was three steps; data collection and label grouping. The participants were over 65 years old and were undergoing PD at home for at least 3 years and their spouses.

Objective
To examine the older patients and their spouses' mastery clarified using four elements of mastery by Younger. The older patients and their spouses had a lot of anxiety about their daily life when they started PD at home. But, they adapted PD through various experiences in their daily life. And the patient and the spouses understood each role for the older patient's PD life and got it gradually over time to starting PD from the past. And more, it is not clear how they overcome such stressful circumstances.

Methods
Participants
Patients were over 65 years old and were undergoing PD at home for at least 3 years and their spouses.

Data collection
Data collection used as a semi-structured interview of patients and spouses with elderly patients undergoing PD at home.

Data analysis
The Qualitative Synthesis Methods (KJ-HO) used for individual analysis. The method was three steps; label making, label grouping, chart making. This method shows Figure 1.

Participants

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
<th>PD period</th>
<th>ABLS</th>
<th>Interview time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early 70s</td>
<td>man</td>
<td>6 years</td>
<td>Independent</td>
<td>90 minutes</td>
</tr>
<tr>
<td>Early 70s</td>
<td>woman</td>
<td>5 years</td>
<td>Independent</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Late 60s</td>
<td>man</td>
<td>4 years</td>
<td>Independent</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Late 60s</td>
<td>woman</td>
<td>3 years</td>
<td>Independent</td>
<td>50 minutes</td>
</tr>
</tbody>
</table>

Finding and Discussion
Each labels using the grouping process categorized into four elements of mastery; Certainty, Change, Acceptance, Growth.

Table 1: Participants

Table 2: Each themes categorized by mastery elements

<table>
<thead>
<tr>
<th>Mastery</th>
<th>Elements</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certainty</td>
<td>To be ready for dialysis and to be shaking about it</td>
<td>[Determination of treatment option]</td>
<td>His attitude to accept the new life</td>
</tr>
<tr>
<td>Change</td>
<td>To participate in his treatment and to have confidence</td>
<td>[Learning ability]</td>
<td>His value for his life</td>
</tr>
<tr>
<td>Acceptance</td>
<td>To participate in his treatment and to have confidence</td>
<td>[Learning ability]</td>
<td>His positive efforts</td>
</tr>
<tr>
<td>Growth</td>
<td>[Explaining PD as his life]</td>
<td>[Learning ability]</td>
<td>His positive efforts</td>
</tr>
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</table>

Conclusion
The older patients and their spouses had a lot of anxiety about their daily life when they started PD at home. But, they adapted PD through various experiences in their daily life. The patients and their spouses understood each role for the older patient's PD life and got it gradually over time to starting PD from the past. And more, it is not clear how they overcome such stressful circumstances. Therefore, with the present life, it is necessary to nursing support that promotes mastery of older people who undergoing dialysis treatment and their families.

Ethical considerations
IRB approval was obtained from Chiba university.

Correspondence to
Chiba University / Department of Nursing / Natsumi Shimizu

Figure 1 KJ-HO - a Japanese problem solving approach, Creative human development, 2013.12.03

Result of the first analysis
Each patient and spouses interview data analyzed KJ-HO. It show one example Mr. A and his wife chart (Figure 2) and their explanation.

Figure 2 Mr. A and his wife chart

Mr. A and his wife's explanation

Mr. B and his wife's explanation

Mr. C and his wife's explanation

Mr. A’s attitude to accept the new life

Mr. A’s value for his life

Mr. A’s positive efforts

Mr. A’s positive efforts

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Mr. A’s positive effects
The older patients and their spouses have the process to adapt the new life with peritoneal dialysis (PD) at home using a theory of mastery by Younger.

Natsumi Shimizu1*, Miyuki Ishibashi1, Yoshiyuki Takahashi2, Haruo Masaki2*
1Graduate School of Nursing, Chiba University Japan 2Department of Nursing, Faculty of Health Science, Toho university

**Background**

In Japan, there are approximately 300,000 patients with dialysis therapy. Most of them are over 65 years old. Therefore, the number of older patients (over 85 years old) undergoing peritoneal dialysis (PD) is increasing. They have to acquire new knowledge and skills to adapt PD to their daily life, and they take much time to do so. But, if they get well informed about PD in advance, it will be easier for them to adapt PD. The purpose of this study is to present a method, a qualitative synthesis method, to adapt PD through various experiences in daily life. In Japan, there are approximately 300,000 patients with dialysis therapy. Most of them account for over 65 years old.

**Objective**

1) To identify the impact of PD to older patients and their spouses at home.
2) To examine how the older patients and their spouses have the process to adapt the new life with peritoneal dialysis (PD) at home using a theory of mastery by Younger.

**Methods**

1) Participants

Participants were over 65 years old and were undergoing PD at home for at least 3 years and their spouses.

2) Data collection

Data collection was a semistructured interview of patients and spouses with elderly patients undergoing PD at home.

3) Data analysis

The Qualitative Synthesis Method (KJ-HO) used for individual analysis. The method was three steps; Label making, Label Grouping, Chart making. This method is shown Figure 1.

4) Table 1

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
<th>PD period</th>
<th>Dialysis treatment</th>
<th>Acceptance</th>
<th>Change</th>
<th>Certainty</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early</td>
<td>man</td>
<td>1 year</td>
<td>PD</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
</tr>
<tr>
<td>Early</td>
<td>man</td>
<td>2 years</td>
<td>PD</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
</tr>
<tr>
<td>Late</td>
<td>woman</td>
<td>2 years</td>
<td>PD</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
<td>[Mr. A and his wife's explanation]</td>
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</table>

**Finding and Discussion**

1) Participants

<table>
<thead>
<tr>
<th>Target</th>
<th>Participants character</th>
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<tbody>
<tr>
<td>Age</td>
<td>Sex</td>
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<tr>
<td>Early</td>
<td>man</td>
</tr>
<tr>
<td>Early</td>
<td>man</td>
</tr>
<tr>
<td>Late</td>
<td>woman</td>
</tr>
</tbody>
</table>

2) Result of the first analysis

Each patient and spouses interview data analyzed KJ-HO. It show Mr. A and his wife's Chart making and their explanations. And he and she share their explanations.

3) Result of the second analysis

Each tables using chart making categorized into four elements of mastery. Table 2 shows the each themes categorized by mastery elements.

**Conclusion**

The older patients and their spouses have a lot of anxiety about their daily life when they started PD at home. But, they adopted PD through various experiences in their daily life, and the patient and the spouses understood each role for adapting PD through various experiences in daily life. And the patient and the spouses had a lot of anxiety about their daily life when they started PD at home. But, they adopted PD through various experiences in their daily life, and the patient and the spouses understood each role for adapting PD through various experiences in daily life. And the patient and the spouses understood each role for adapting PD through various experiences in daily life. And the patient and the spouses understood each role for adapting PD through various experiences in daily life.

**Ethical considerations**

IRB approval was obtained from Chiba university.

**Correspondence to**

Natsumi Shimizu E-mail: S-natsumi.0830@chiba-u.jp