



TOP 5

Ways “Take 5 to Tune In”- Talking Control Sessions are Different

1. **Distraction Free Time**- other patients are being monitored by teammates
2. **Patient Directed**- the patient chooses what they want to talk about
3. **Staff is not in “teacher” mode**- listening but not judging or reacting to “teachable moments”
4. **Sharing rather than advising**- staff have no agenda
5. **Time limited**- helps staff stay focused and patient can expect full attention

Example:

Mrs. J has been on dialysis for 4 years. She has trouble with fluid gains and diet. Her blood pressure is unstable. She came in 5 kg over her dry weight. How would you respond when she says:

“I went to a wedding this weekend.”

Replace: *“That’s why you were so heavy today, you must of overdid it.”*

with Take 5- Talking Control Response:
“This weekend was beautiful for a wedding, was someone in your family or a friend that got married?”

