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**Older Patients and Their Spouses Have the Process to Adapt to New Life  
with Peritoneal Dialysis (PD) at Home Using a Theory of Mastery by Younger**

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**Background:** In Japan, the number of older patients (over 65 years old) undergoing peritoneal dialysis (PD) is increasing. They have to acquire knowledge and skills to adapt PD to do their daily life. However, it is not clear how PD affected older patients and their spouses in their daily life at home. Therefore, this research examined the impact of PD on the daily life of three patients.

**Objective:** The purpose of this study was to categorize the impact of PD in older patients and their spouses at home using four elements of mastery established by Younger.

**Methods:** The study was a qualitative study using a semi-structured interview of three older patients and their spouses. Patients were over 65 years old and were undergoing PD at home for at least 3 years. We used the Qualitative Synthesis Method (KJ Method) in individuals experience.

Next, we categorized these results into four elements of mastery: Certainty, Change, Acceptance, Growth.

**Results:** Our finding showed that certain was associated with the fact patients accept the necessity of dialysis and choose the dialysis treatment adapted to their condition. Change was associated to learning knowledge and skills throughout PD life. Acceptance included instances where PD altered the patients' former lifestyle. Growth was associated to satisfaction with present situation.

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

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