



***stay•safe* MyTraining VR**

A new reality in CAPD training



How VR can support your patient and clinical team training program

stay•safe MyTraining VR is a continuous ambulatory peritoneal dialysis (CAPD) training service using virtual reality (VR), designed to support both patients and healthcare professionals (HCPs) throughout their peritoneal dialysis (PD) learning journey. By combining structured education with an immersive digital experience, it helps build confidence and consistency throughout the training process¹.

With VR, patients and clinical teams may have access to additional training opportunities in a safe, controlled, and immersive environment¹. Patients can repeat the steps of the bag exchange at their own pace, as often as needed, which may help **build confidence, procedural accuracy, and muscle memory**^{1,2}. Healthcare teams may use VR to support **continuous education, refresh practical skills, and assist new team members** in becoming familiar with the CAPD process¹.

Repeat every treatment step at an individual pace, as often as needed.



Potential benefits of VR training

For people requiring dialysis:

- **Reduces anxiety around procedures** and fosters empowerment in self-care¹.
- **Improves patient self-management** and may help reduce complications such as peritonitis¹.
- **Can allow training from home**, reducing logistical barriers while complementing hands-on training³.



“It is well suited for repetitive practice of the procedures. The patient can repeat it as often as they wish until it works. This results in a learning effect.”^{1*}

“With VR, however, we have a different level of learning. As a patient, you have to work it out for yourself. The training serves to deepen understanding and sets a different focus.”^{1*}



“New, young, non-specialized nursing staff can gain orientation through VR. VR can also serve as a motivational tool for employees who have not yet had any exposure to dialysis or home dialysis [...]. They may then realize, ‘Oh, this is a very interesting field of work for me’.”^{1*}

For HCPs and dialysis centers:

- **Can simplify complex information** and support standardized, high-quality instruction across centers¹.
- **Can support nurses** in explaining PD procedures more clearly and efficiently¹.
- **Can be used to educate caregivers** and aid patient decision-making about home therapies¹.
- **Allows patients to train independently**, potentially improving staff time management¹.
- **Can reduce costs** by minimizing the use of physical training materials¹.

“The VR technique is not as subjective in its application. The program enables objectification, harmonization, and a standardized approach. Nothing is overlooked.”^{1*}

¹Original quotes in German, translated by the authors.

Accessing *stay•safe* MyTraining VR is simple and convenient

Getting started with *stay•safe* MyTraining VR is quick and easy — you can have the system ready to use in just a few steps:

Step 1

Choose your VR headset

- The app is compatible with Meta headsets such as Meta Quest 2/3S/3. For the best experience, Meta Quest 3 is recommended.
- Headsets can be purchased through the Meta Store or other authorized retailers.

Step 2

Set up a Meta account

- Create a Meta account to access the Meta Horizon app store.
- Step-by-step instructions are available at:
<https://www.meta.com/en-gb/help/quest/1336626146870772/>



Step 3

Install the *stay•safe* MyTraining VR app

- Locate *stay safe* MyTraining VR in the Meta Horizon app store and subscribe to the app (annual subscription).



Scan to learn
more about
stay•safe
MyTraining VR

Make virtual
reality part of your
training reality

- *stay•safe* system availability, indications, and usage guidelines may vary by country.
- Not all products or services are cleared or available in all EU markets. This product is intended for healthcare professionals in countries where it is authorized for use.
- The *stay•safe* MyTraining VR application is not a medical device. It is intended only to supplement CAPD training for patients and HCPs by demonstrating use of the *stay•safe* system.
- VR training is intended solely as a supplemental tool and does not replace hands-on instruction.

References

1. Lonati C, Wellhausen M, Pennig S, et al. The Use of a Novel Virtual Reality Training Tool for Peritoneal Dialysis: Qualitative Assessment Among Health Care Professionals. *JMIR Med Educ.* 2024; 10:e46220.
2. Maddox T, Chmielewski C, Fitzpatrick T. Virtual Reality in Chronic Kidney Disease Education and Training. *Nephrol Nurs J.* 2022; 49(4):329-381.
3. El Shamy O. The Future of Peritoneal Dialysis. *Kidney and Dialysis.* 2025; 5(3):40.

- Users must review and agree to the app's Terms of Use before purchase and use.
- Users are responsible for ensuring a safe setup and environment when using the VR system, including adequate space and supervision if needed. We recommend performing the VR experience while seated and ensuring patients are comfortable with the system.