

THE TRAVEL DIALYSIS CONFIDENCE REPORT 2026



WHAT DIALYSIS PATIENTS SAY ABOUT TRAVEL

A short industry-facing read on confidence, trust,
planning, and the wish to keep life moving.



“Travel is still very important to me, but dialysis planning needs to be smoother and more predictable.”

AT A GLANCE

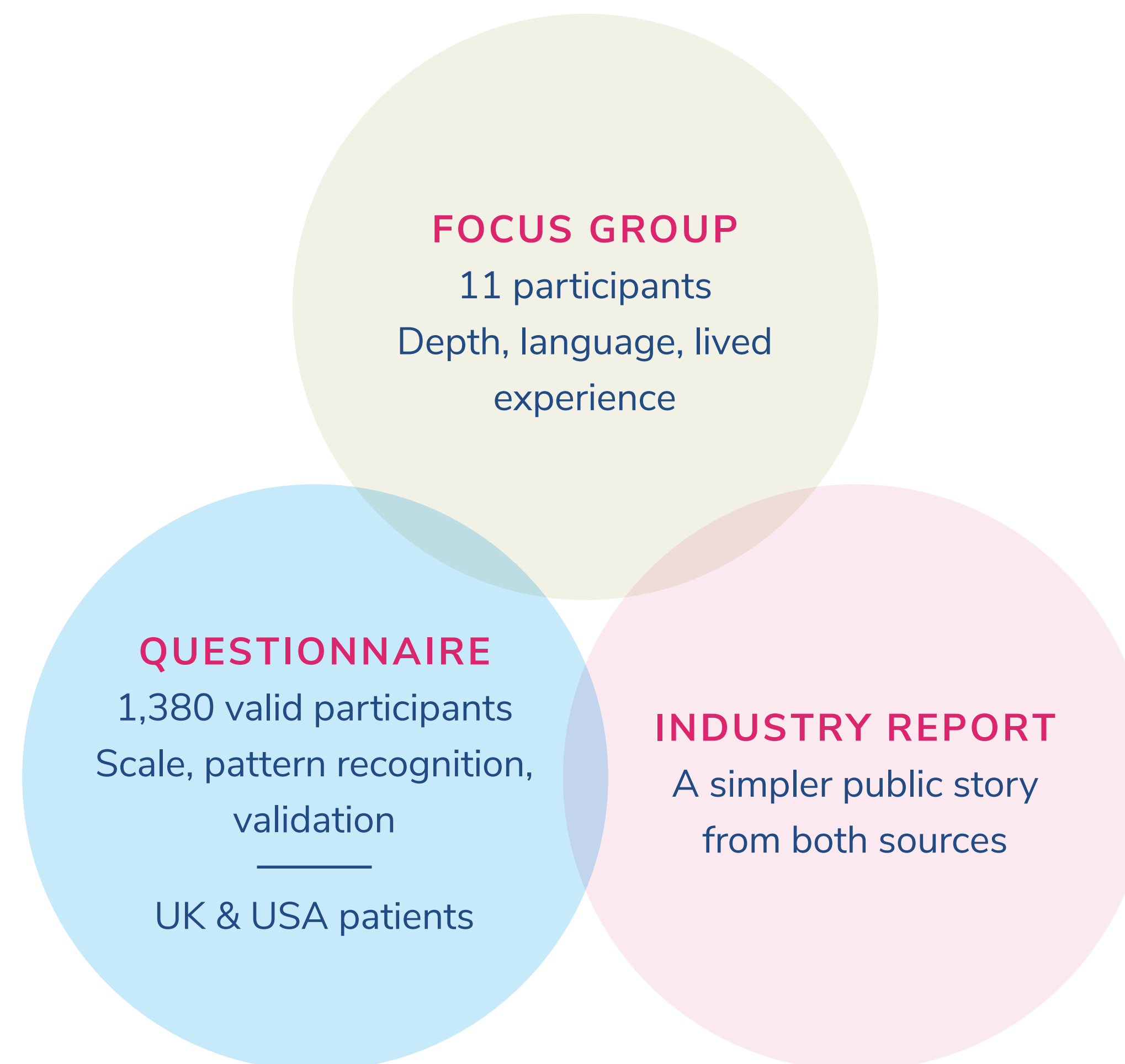
The research combines a focus group with dialysis patients and a wider questionnaire. Across both, travel appears less like a simple booking task and more like a question of confidence, trust, safety, and emotional readiness.

This report is written for public-facing industry communication. It shares facts and patient language, not recommendations, medical advice, or operational detail.

HOW THE RESEARCH WAS BUILT

The work began with a focus group among dialysis patients. The aim was to listen closely: what patients associate with travel, what makes it feel difficult, what creates confidence, and which words they naturally use when talking about dialysis travel.

Those qualitative findings shaped a questionnaire for a broader group of dialysis patients. The questionnaire was used to test whether the same patterns appeared at scale and to understand which feelings, worries, and confidence-builders were most visible.



The results are used here to show broad patterns, not to create a statistical deep dive.

KEY HEADLINE FIGURES

→ **75%**
say travel is important to them personally

→ **85%**
have travelled away from home since starting dialysis

→ **62%**
feel confident about travelling while on dialysis

→ **74%**
would feel comfortable using an online service to help
arrange dialysis while travelling





“ I would like travelling to feel more normal and less complicated.”

THE BIG PICTURE

Travel is still emotionally important for many people on dialysis. It is connected with freedom, family, routine, identity, and the feeling that life can continue beyond treatment.

At the same time, travel is often filtered through uncertainty. Patients describe a need to know that treatment will be safe, that arrangements will hold, and that they will not be left to solve everything alone.

SIX THEMES KEPT APPEARING

The focus group surfaced six recurring themes. The questionnaire then showed that these ideas were also visible across a wider patient group.

VULNERABILITY

Travel is viewed through the lens of medical risk and the need for control.

TRUST

Confidence depends on reliable care, credible information, and reassurance.

FREEDOM

Travel represents normal life, autonomy, family time, and quality of life.

PLANNING LOAD

Arranging dialysis away from home can feel fragmented and tiring.

PEER PROOF

Other patients' experiences can carry emotional weight.

RESILIENCE

Alongside worry, patients also show hope, adaptation, and determination.

WHAT WOULD HELP PATIENTS FEEL MORE CONFIDENT

- **46%**
reassurance about safety and quality
- **43%**
help finding available clinics
- **39%**
reviews or ratings from other patients

MAIN WORRIES

- **37%**
knowing if treatment will be safe
- **32%**
organising appointments in advance
- **31%**
cost

“ Having reliable dialysis care while traveling gives patients more confidence and freedom.”



THE EMOTIONAL MIX IS NOT SIMPLE

The questionnaire did not show one single emotional response. Worry, anxiety, and overwhelm were common. So were hope and determination. This matters because dialysis travel is not experienced only as fear or only as aspiration; it is often both at once.

MOST VISIBLE EMOTIONS

Worried, hopeful, overwhelmed, anxious, determined

WHAT THIS SUGGESTS

Patients are balancing caution with the desire to keep meaningful experiences possible.

TRAVEL ON DIALYSIS CARRIES MIXED EMOTIONS

→ **40%**
worried

→ **32%**
anxious

→ **26%**
dependent on others

→ **35%**
hopeful

→ **31%**
determined

→ **22%**
confident

→ **33%**
overwhelmed

→ **27%**
frustrated

→ **22%**
excited

THE CONFIDENCE DIVIDE

One of the clearest patterns is the difference between people who have travelled since starting dialysis and those who have not. People with travel experience were much more likely to describe themselves as confident, hopeful, and determined. People who had not travelled were more likely to describe anxiety, worry, and uncertainty.

This does not prove that travel itself creates confidence. It does show that confidence is not evenly distributed, and that the first trip may feel very different from later trips.



“ I would like to travel one day, but I need more reassurance and support before I feel ready.”

“Travel is important to me, but arranging dialysis away from home can be time-consuming and stressful.”

WHAT GETS IN THE WAY

The practical barriers are familiar: finding a clinic, coordinating treatment dates, understanding costs, dealing with paperwork, and knowing who to contact. But patients often describe these practical barriers as emotional barriers too.

In the questionnaire, safety and trust stood out strongly. So did the burden of planning: treatment schedules, costs, clinic options, paperwork, and travel dates all have to line up at the same time.

TRUST SITS UNDERNEATH THE WHOLE JOURNEY

Trust appeared in almost every layer of the research. In the focus group, trust shaped willingness to travel. In the questionnaire, patients repeatedly pointed to safety, reliable care, available clinics, care-team support, and other patients' experiences as confidence-building signals.

For many patients, trust is not abstract. It is built from practical reassurance: knowing the clinic exists, knowing treatment is safe, knowing records and appointments are handled, knowing someone has done it before.



“ Comfort that everything that is in place is reliable.”

A man with short grey hair, wearing a light pink short-sleeved button-down shirt with a small dark pattern, is looking upwards and to the left. He is standing in a vibrant outdoor market or festival area. In the background, there are colorful stalls, palm trees, and other people, all slightly out of focus. The lighting suggests it's daytime with bright sunlight.

“ As someone on dialysis, I would appreciate more flexibility when arranging treatments away from home.”

DIGITAL SUPPORT IS PART OF THE CONVERSATION

The questionnaire also showed openness to online support. Many respondents said they would feel comfortable using an online service to help arrange dialysis while travelling.

This finding sits naturally with the wider story: patients are not only looking for inspiration; they are looking for confidence and clarity.

FIVE FACTS FROM THE RESEARCH

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TRAVEL STILL MATTERS

Many patients connect travel with normality, freedom, family, and emotional wellbeing.

CONFIDENCE IS UNEVEN

Patients who have already travelled describe a different emotional state from those who have not.

TRUST IS CENTRAL

Safety, reliable care, clinic credibility, and peer reassurance repeatedly appear in the findings.

PLANNING IS EMOTIONAL

The burden is not just paperwork or scheduling; it changes how possible travel feels.

PATIENTS ARE RESILIENT

The research shows worry and caution, but also hope, determination, and a strong desire to keep life open.

“ It provides a sense of normalcy and freedom, showing that a diagnosis doesn't mean life has to stop.”

ABOUT THE EVIDENCE

This report integrates qualitative exploration and questionnaire findings from dialysis patients. The focus group was used to understand lived experience and language. The questionnaire was used to check which themes appeared across a broader group.

Patient comments are anonymous and used only to illustrate themes already visible in the research. The findings are not medical advice, clinical guidance, or a representative prevalence estimate.



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