

DIALYSIS. EPIDEMIOLOGY AND OUTCOME

MO809 DOES LISTENING TO LIVE MUSIC DURING HEMODIALYSIS SESSIONS AFFECT THE QUALITY OF LIFE?*

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BACKGROUND AND AIMS: Patients with chronic kidney disease on hemodialysis (HD) treatment have a health-related quality of life (HRQoL) lower than the reference values of the Spanish population.

Previous studies have shown through music therapy reduce levels of pain, anxiety and depression in chronic kidney disease patients on hemodialysis.

This study presents an intervention with classical music performed live during HD sessions. It is the first time to study the effect of classical music heard live on HRQL.

METHOD: Randomized clinical trial by groups. 90 patients agreed to participate. They were randomized into an intervention group (IG) and a control group (CG). The IG listened to 30/45 minutes of live classical music in two of the three weekly HD sessions for 1 month. The CG followed his usual treatment.

Different individual scales of the quality of life test in kidney diseases (KDQOL-SF) were analyzed, in two times, baseline (Start) and after (End) the musical intervention in both groups.

The analysis was performed using a mixed linear regression model for repeated measures with independent variables (age, sex, months in HD, Kt/v, Hemoglobin (Hb)) and dependent variables (individual KDQOL-SF scale scores).

RESULTS: The CG sample included 43 patients with a mean age of 75.8 years; 22 women (51%); mean Kt/v 1.53; mean Hb 11.5 and mean time on HD 60.46 months. The GI sample included 47 patients with a mean age of 73.53 years; 18 women (38%); mean Kt/v 1.47; mean Hb 11.3 and mean time on HD 63.34 months.

The results show that after the intervention, IG vs CG increased the mean score (pm) in all the scales significantly.

The End time and GI interaction showed a mean score increase of 15.78 (p <0.001) for the Symptoms/problems scale; 14.96 (p <0.001) scale Effects of kidney disease; 16.36 (p <0.001) on the Kidney disease burden scale; 14.78 (p <0.001) on the Sleep scale; 25.46 (p <0.001) on the Vitality scale; 29.57 (p <0.001) on the Emotional well-being scale; 41.92 (p <0.001) on the Pain scale and 23.39 (p <0.001) on the General Health scale.

CONCLUSION: Live classical music intervention during hemodialysis sessions improves self-perceived HRQL in patients with chronic kidney disease on HD

MO809 Table 1. Temporal evolution of the analyzed scales of the KDQOL-SF questionnaire for the control group (CG) and the intervention group (IG).

Variable	Group	Mean (SD)		Estimate* (CI 95%): Group time × interaction	p-value
		Pre-intervention	Post-intervention		
Symptoms/problems	GC	64,63 (18,27)	63,07 (16,88)	15,78 (10,00 - 21,56)	<0.001
	GI	66,31 (17,97)	80,54 (13,09)		
Kidney disease effects	GC	42,51 (21,05)	39,31 (18,60)	14,96 (9,16 - 20,76)	<0.001
	GI	45,88 (24,11)	57,64 (19,10)		
kidney disease burden	GC	29,79 (14,99)	26,59 (15,79)	16,36 (7,76 - 24,96)	<0.001
	GI	30,31 (25,60)	43,48 (23,99)		
Sleep quality	GC	51,80 (22,14)	49,94 (23,32)	21,59 (15,13 - 28,05)	<0.001
	GI	50,47 (26,03)	70,21 (22,56)		
Physical function	GC	29,76 (26,79)	28,25 (27,03)	26,08 (19,32 - 32,84)	<0.001
	GI	30,31 (26,23)	54,89 (27,17)		
Physical role	GC	25,00 (40,08)	29,65 (40,18)	46,41 (28,09 - 64,72)	<0.001
	GI	26,06 (38,64)	77,12 (39,29)		
pain	GC	43,60 (34,78)	36,04 (31,49)	41,92 (29,04 - 54,79)	<0.001
	GI	42,44 (31,84)	76,809 (30,87)		
General health	GC	33,72 (13,23)	31,86 (13,00)	11,96 (7,14 - 16,78)	<0.001
	GI	30,42 (20,79)	40,53 (19,62)		
Emotional well-being	GC	54,60 (23,83)	51,07 (24,36)	29,57 (21,13 - 38,01)	<0.001
	GI	53,61 (30,73)	79,66 (20,88)		
Emotional role	GC	70,54 (45,54)	55,81 (47,54)	43,09 (22,92 - 63,26)	<0.001
	GI	58,15 (46,86)	86,52 (31,59)		
Social function	GC	61,62 (28,53)	50,87 (28,66)	43,20 (32,40 - 54,00)	<0.001
	GI	52,39 (31,67)	84,84 (23,15)		
Vitality	GC	28,95 (24,21)	23,48 (21,14)	25,46 (18,62 - 32,30)	<0.001
	GI	35,00 (27,28)	55,00 (24,71)		
Overall Health (Total)	GC	44,41 (18,68)	39,53 (15,88)	23,39 (15,26 - 31,52)	<0.001
	GI	45,31 (24,92)	63,83 (19,95)		