

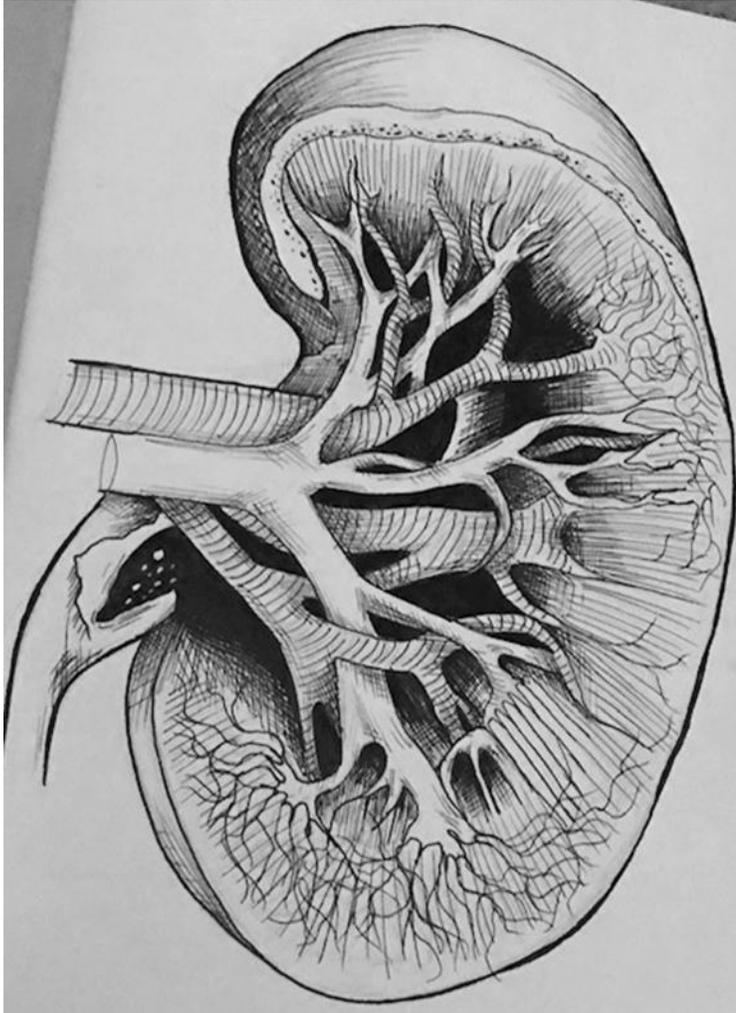


Feasibility of an arts-based intervention for patients receiving haemodialysis: A pilot cluster randomised controlled trial

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Haemodialysis and Arts-based interventions



- **End-stage Kidney Disease**
 - Experience of haemodialysis
 - Risk of mental health issues
 - Lack of recognition and treatment
- **Arts-based interventions**
 - Different to art therapy
 - Reduces anxiety and depression
 - No RCTs for patients with ESKD

Pilot cluster randomised controlled trial

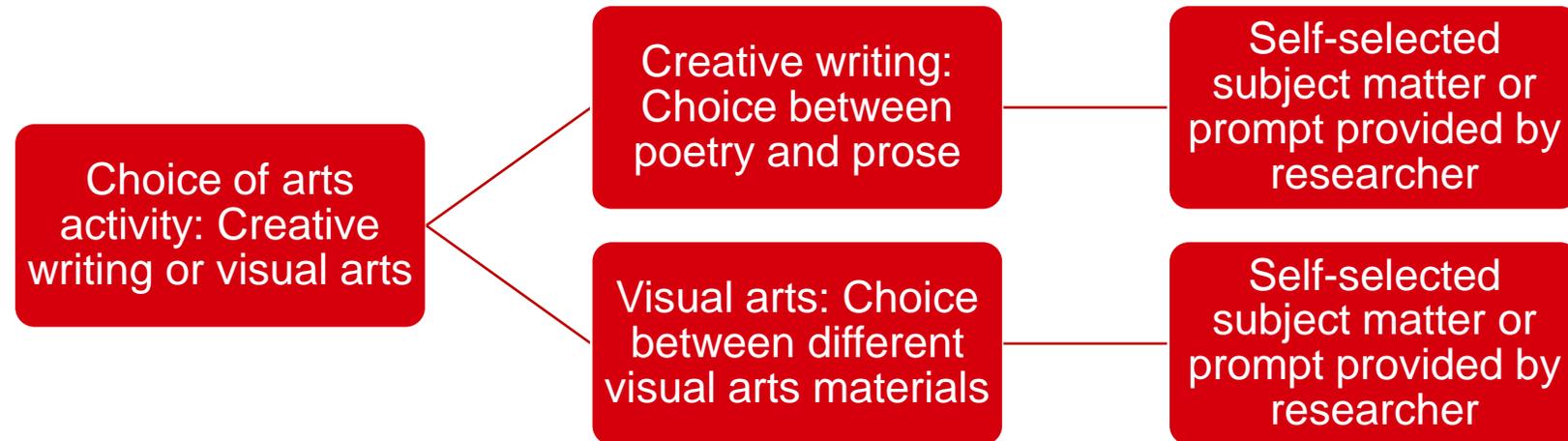
AIM: To evaluate the feasibility of a cluster randomised controlled trial to assess the impact of an arts-based intervention on patients receiving haemodialysis.

- Haemodialysis unit in a rural hospital in Northern Ireland
- Target sample size of 30
- Cluster randomisation
- Feasibility measures:
 - Recruitment
 - Attrition
- Clinical outcome measures:
 - Hospital Anxiety Depression Scale
 - KDQOL-SF 36

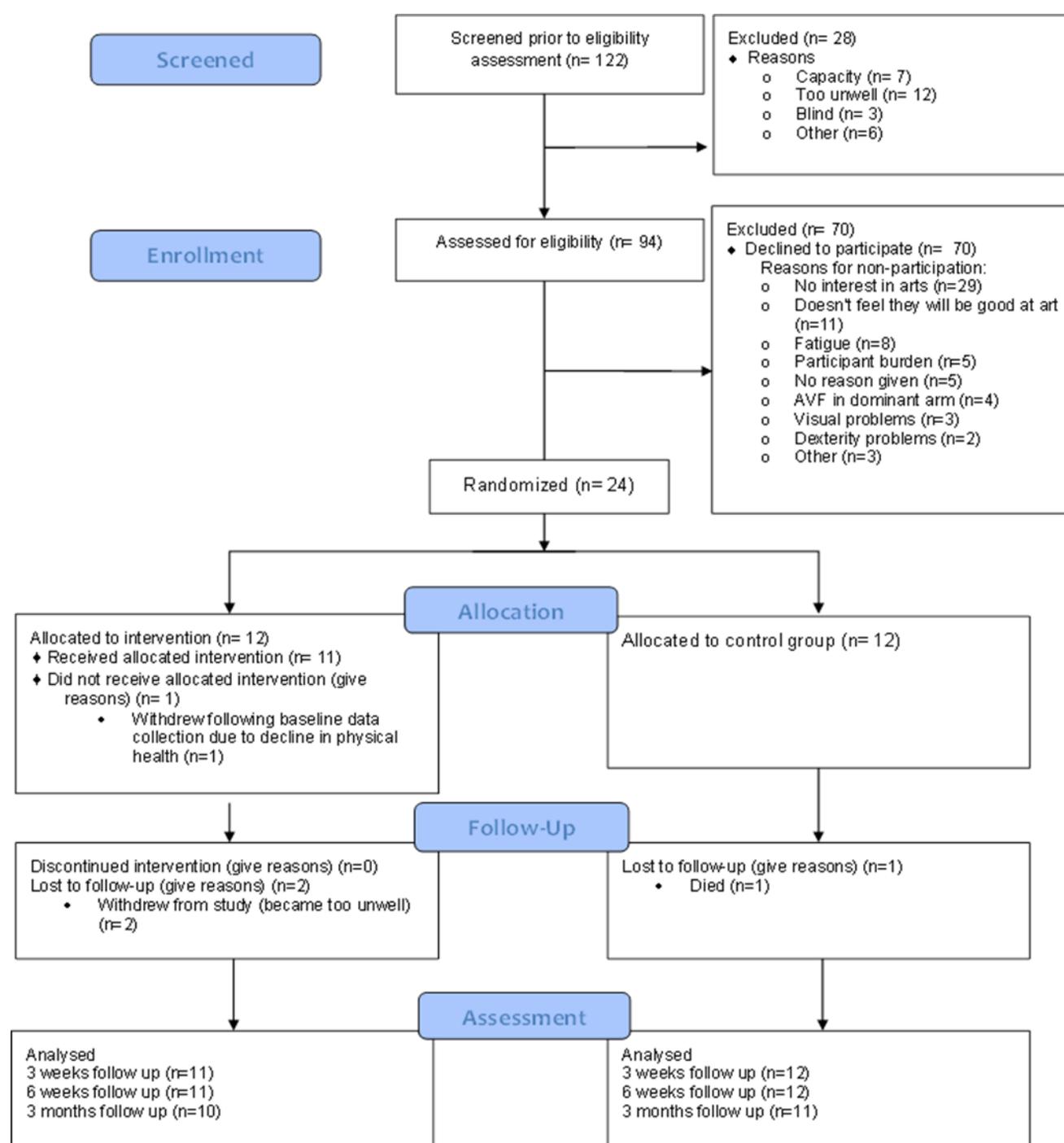


Intervention

- 6 x facilitated art sessions
- Individual arts pack
- Choice of arts activities
- Flexible person-centred approach
- Skill development focus



Funding for arts resources provided by Northern Ireland Kidney Patient Association and Kidney Care UK



Results

- **Trial Feasibility**
 - Recruitment
 - 80% of target sample size
 - Attrition
 - 12.5% attrition rate
- **Intervention adherence and fidelity**
 - 100% completion rate
 - Increased session time
 - Adverse events
- **Acceptability**



Conclusion

- **Difficulties addressing mental health needs in patients receiving haemodialysis**
- **Arts-based interventions may improve mental health outcomes, but there is a lack of evidence and clarity on implementation and methodology in this population.**
- **Recruitment and retention to a cluster RCT of an arts-based intervention is feasible.**
- **Intervention is highly acceptable for patients and healthcare professionals**
- **Next steps.**

Thank you for listening

