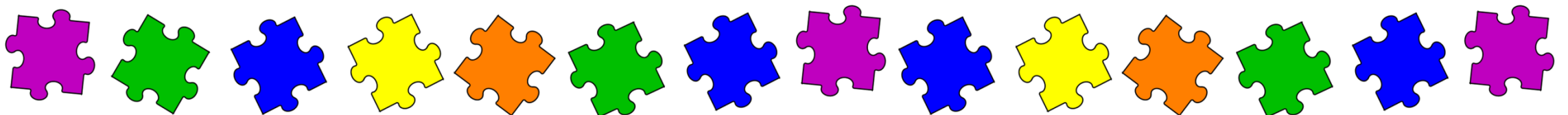


# Using creative and therapeutic activities to improve dialysis patients' depressed-mood and physical inactivity

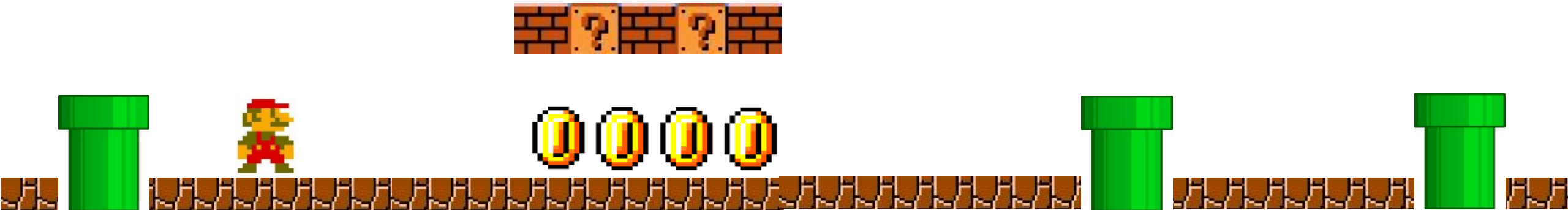
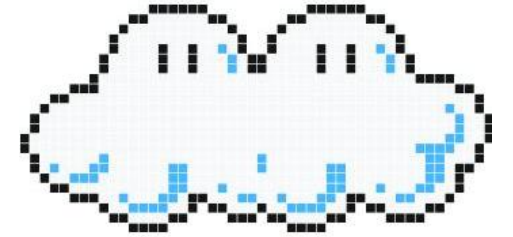
Pedreira G., Vasco A., Herrera C., Martínez Y., Ho TM., Junyent E.

Nephrology Department, Hospital del Mar, Barcelona - Spain.



# What we have done

- Initial assessment of HD patients' status (January-May 2016).
- Variables studied:
  - Anxiety and depression (Hamilton and Goldberg scales).
  - Mental status (Mini-mental State examination).
  - Dependence (Barthel and Lawton-Brody scales).
  - HRQoL (SF-12 scale).
  - Treatment perception (ad hoc questionnaire).
- Implementation of a pilot programme of intradialysis activities.
- Reassessment of HD patients' status (April - May 2017).



# Mandalas drawings





Clown care



# Festive celebrations



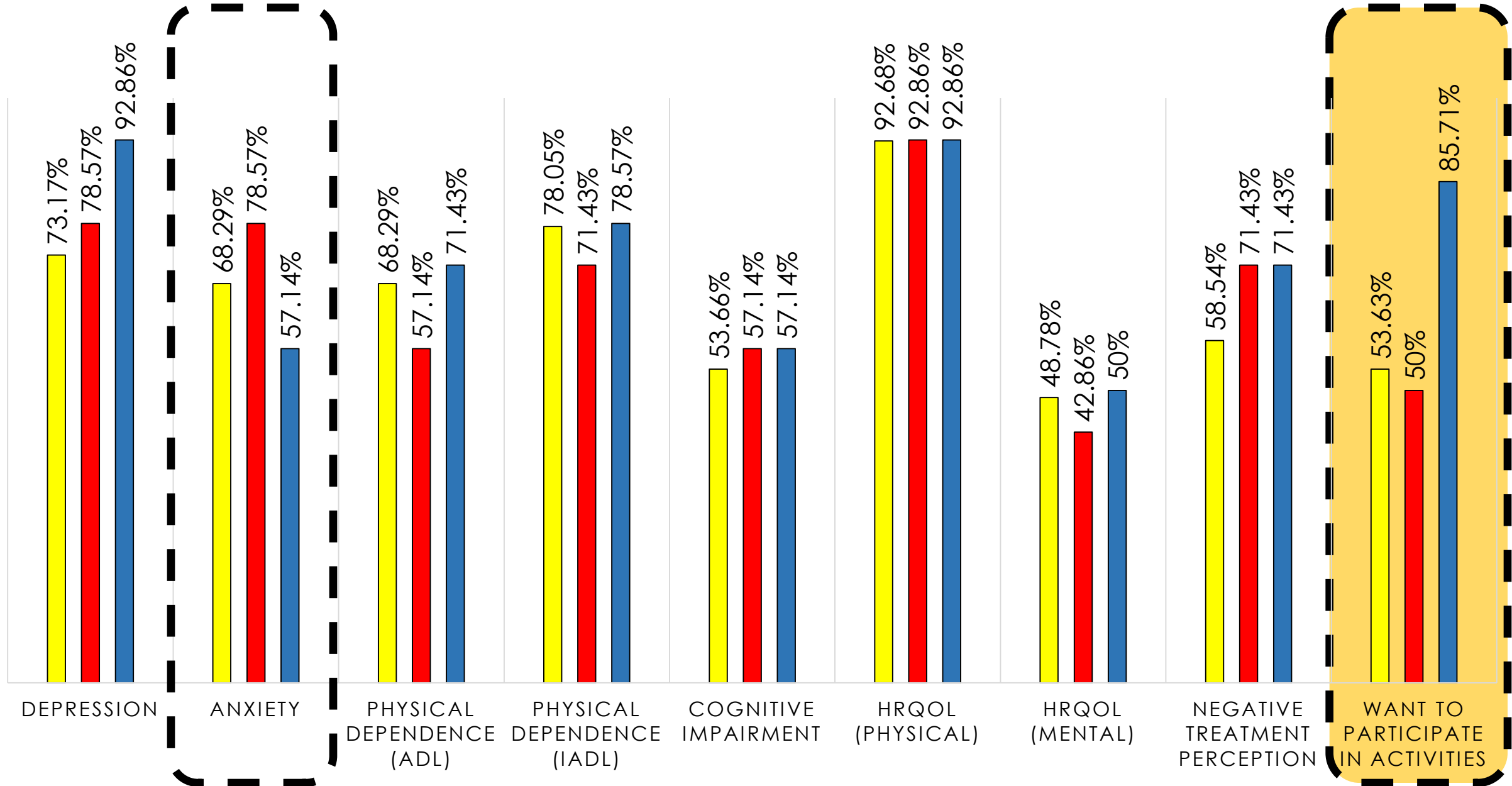


**Festive celebrations**

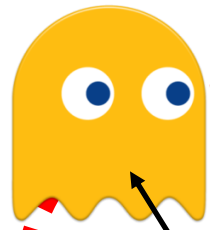
■ INITIAL RESULTS (n=41)

■ INITIAL RESULTS (n=14)

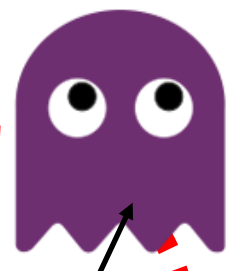
■ SECOND RESULTS (n=14)



# CONCLUSIONS IMPLICATIONS FOR PRACTICE



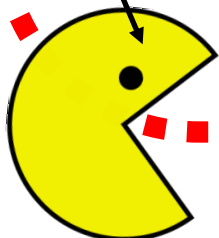
Anxiety and  
depression



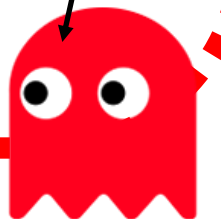
Physical  
dependence

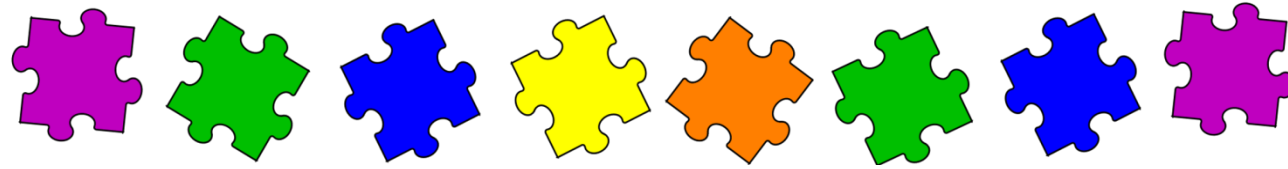
- Initial assessment: poor HRQoL in the patients.
- This pilot programme is promising in terms of patients' satisfaction and improvement of anxiety.
- Creating interventions to address patients' HRQoL is important, although challenging.
- We plan to continue with the activities and include others (psychological counselling and physiotherapy) to help improve patients' mental and physical status.

We Care!!



Poor HRQoL





# Thank you for listening!

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