

PICOT Statement: hemodialysis

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## **Introduction**

Hemodialysis is a health process of blood purification for patients that have kidney problems. It is a treatment where wastes are filtered from water in the blood of a patient, a function that is normally performed by kidney.

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### **Problem**

Patients with kidney problem that undergo hemodialysis for treatment of their condition experience a lot of pain in their daily routine. Pain has a lot of negative effect for the experience of inpatient hospitalization for any particular condition. The role of a nurse to improve the condition of patients including their quality of life and experience during treatment (Hagemann, Martin & Neme, 2019). Patients whose metabolic pathways have been compromised become more vulnerable because of the side effects of the medication.

### **Intervention**

Management of hemodialysis patients should focus on pain and anxiety management and reduction so as to reduce the side effects of the treatment through purification. One of the ways for intervening in anxiety management of hemodialysis is music therapy. The effect of music therapy tend to reduce anxiety by patients that are undergoing treatment (Hagemann et al. 2019). Using specific music techniques such as guitar and voice, the patient is expected to feel better thus having an improved quality of life.

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### **Comparison**

Alternatively patients undergoing hemodialysis could not be subjected to any kind of music therapy so as to monitor whether the normal hemodialysis alone is sufficient. The results of patients that were subjected to music therapy and those that did not have any music therapy should be compared to determine the effectiveness of each method.

### **Outcome**

Reduced anxiety and better quality of life is guaranteed for hemodialysis patients that are subjected to music therapy (Hagemann et al. 2019). The level of depression and anxiety is significantly reduced when patients listen to music administered by a music therapist.

### **Time**

To obtain better results from music therapy, hemodialysis patients should be subjected to music for eight sessions of treatment. The period is long enough to suppress the symptoms of anxiety and depression.

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### Reference

Hagemann, P. D. M. S., Martin, L. C., & Neme, C. M. B. (2019). The effect of music therapy on hemodialysis patients' quality of life and depression symptoms. *Brazilian Journal of Nephrology*, 41(1), 74-82.