**Developing an Arts-Based Intervention for Patients who have End-Stage Kidney Disease whilst receiving Haemodialysis: A study protocol**

I**ntroduction**

End stage kidney disease (ESKD) is a life changing illness. Many patients require haemodialysis, a treatment that involves patients attending hospital three times a week for four hours each time. This treatment impacts profoundly on quality of life (Ho and Li, 2016) and many patients report depression and anxiety (Bujang *et al.*, 2015). Arts-based interventions have been used in healthcare settings to improve psychological symptoms, as well as perceived quality of life (Boyce *et al.*, 2017). Arts-based interventions for patients receiving haemodialysis could help address the impact of this challenging treatment and positively impact quality of life and mental health, however there is a lack of evidence assessing their effectiveness in this population.

**Methods**

The aim of this study is to develop an arts-based intervention for patients with ESKD receiving haemodialysis and evaluate the feasibility of conducting a future randomised controlled trial (RCT). The study will have four phases; the first phase will involve developing the intervention by conducting a systematic literature review and establishing an interdisciplinary advisory group, this group will consist of key stakeholders including patient and staff representatives. The second phase consists of a feasibility RCT to establish recruitment, participation and retention rates. This will involve the recruitment of 30 participants; 15 will be randomly allocated to the experimental group, and 15 to the control group. The third phase will be a qualitative process evaluation to establish the acceptability of the intervention within a clinical setting. This will involve semi-structured interviews with patients and focus-groups with healthcare staff. The fourth phase will be a feasibility economic evaluation to establish the best methods for a cost-effectiveness analysis within a future RCT.

**Conclusion**

ESKD and haemodialysis are known to have a negative impact on quality of life and mental health. Arts-based interventions have been shown to improve quality of life in healthcare settings (Boyce *et al.*, 2017), but there is a lack of evidence evaluating arts-based interventions for patients with ESKD receiving haemodialysis. Therefore the aim of this study is to assess the feasibility of a future RCT assessing the impact of an arts intervention on the well-being and mental health of patients with ESKD and identify the key factors leading to successful implementation.

**References**

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