The Effects of Mindfulness on Depression in Dialysis Patients

Date: 10/16/23  
Time: 1:00 p.m.  
Place: Nursing Administration Building (NAB) Room 117

Abstract

Problem: Depression is a prevailing global health issue and a typical complication of dialysis patients. This quality improvement project's purpose was to evaluate mindfulness on depression in dialysis patients, aged 18-93, who are on dialysis and participated in a mindfulness program over three months.

Methods: A descriptive, prospective, and retrospective design was used to assess depression pre-and post-implementation of a mindfulness telephone line over three months. A convenience sample of twenty adults aged 18-93 who use this hemodialysis center on Monday, Wednesday, and Friday was utilized. The Iowa Model is the framework selected to guide the implementation of this quality improvement project.

Results: A total of 20 hemodialysis patients (n=20) participated in mindfulness and had pre-and post-PHQ-2 and well-being scores analyzed. The results of pre-and post-PHQ-2 mean score was (M=.90, SD=.788) (M=.35, SD=.48. The mean of the well-being score decreased from (M=2.3) to (M=1.5). All tests were based on an alpha of 0.05. Results revealed statistical significance. Post PHQ-2 resulted in (p<.001) and well-being (p<.005).

Implications for Practice: Mindfulness meditation has a favorable influence on depression in dialysis patients. Telephone-based mindfulness can reduce depression and well-being scores in the dialysis population. Consistent use of mindfulness can further improve depression scores.

Defense of Dissertation Committee
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