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## **EXPLANATION OF THE BENEFITS OF MUSIC THERAPY IN CHRONIC RENAL FAILURE PATIENTS THAT ARE TAKING HEMODIALIZATION**

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### **Abstract**

*Chronic kidney disease or end-stage renal disease (ERSD) is a progressive and irreversible renal function disorder in which the kidneys are unable to maintain metabolism. Problems that often occur in hemodialysis patients with sleep quality problems. To improve the quality of sleep can be done by using music therapy. This action is very practical, cheap and easy and can be done by everyone. This action is still rarely performed by patients with chronic renal failure on hemodialysis when experiencing a decrease in sleep quality. The service was carried out on 27 patients with chronic renal failure who had hypertension. The service implementation team provides training on how to do music therapy at the Sembiring General Hospital. The team conducted counseling and evaluation when the patient underwent further hemodialysis. The outreach activities went smoothly. There were 7 patients who asked about the counseling material. The importance of conducting routine outreach activities to patients undergoing hemodialysis about their other complaints to improve their health status.*

**Keywords:** Music Therapy, Chronic Kidney Disease, Hemodialysis

### **Abstract**

*Chronic kidney disease or end-stage renal disease (ERSD) is a progressive and irreversible renal function disorder in which the kidneys are unable to maintain metabolism. Problems that often occur in hemodialysis patients with sleep quality problems. To improve the quality of sleep can be done by using music therapy. This action is very practical, cheap and easy and can be done by everyone. This action is still rarely performed by patients with chronic renal failure on hemodialysis when experiencing a decrease in sleep quality. The service was carried out on 27 patients with chronic renal failure who underwent hypertension. The service implementation team provides training on how to do music therapy at the Sembiring General Hospital. The team conducted counseling and evaluation when the patient underwent further hemodialysis. The outreach activities went smoothly. There were 7 patients who asked about the counseling material. The importance of conducting routine outreach activities to patients undergoing hemodialysis about their other complaints to improve their health status.*

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### **1. PRELIMINARY**

Chronic Kidney Disease (CKD) is a worldwide health problem. Chronic kidney disease or end-stage renal disease (ERSD) is a *progressive and irreversible* renal function disorder in which the kidneys' ability to maintain metabolism and fluid and electrolyte balance causes uremia (retention of urea and other nitrogenous wastes in the blood).

Clients with chronic kidney failure who undergo long-term hemodialysis often feel worried about their unpredictable illness and disturbances in their lives. The state of dependence on dialysis

machines for life as well as adjustment to illness causes changes in the patient's life. Changes in life are one of the triggers for stress. These changes can be a variable that is identified as a stressor, is a threat that can cause worry.

Changes experienced by hemodialysis patients are also felt by the family, such as lifestyle changes. Family and friends view patients as people who have limitations in their lives, because hemodialysis will take time which can reduce patients in social activities, and can cause conflict, frustration, and guilt in the family.

Therefore, chronic kidney failure patients undergoing hemodialysis can reduce sleep difficulties, anxiety, and stressors in their lives by using music therapy. Music that is applied as a therapy can improve, restore, and maintain the physical, mental, emotional, social and spiritual health of each individual. This is because, music is universal, comfortable, fun and structured.

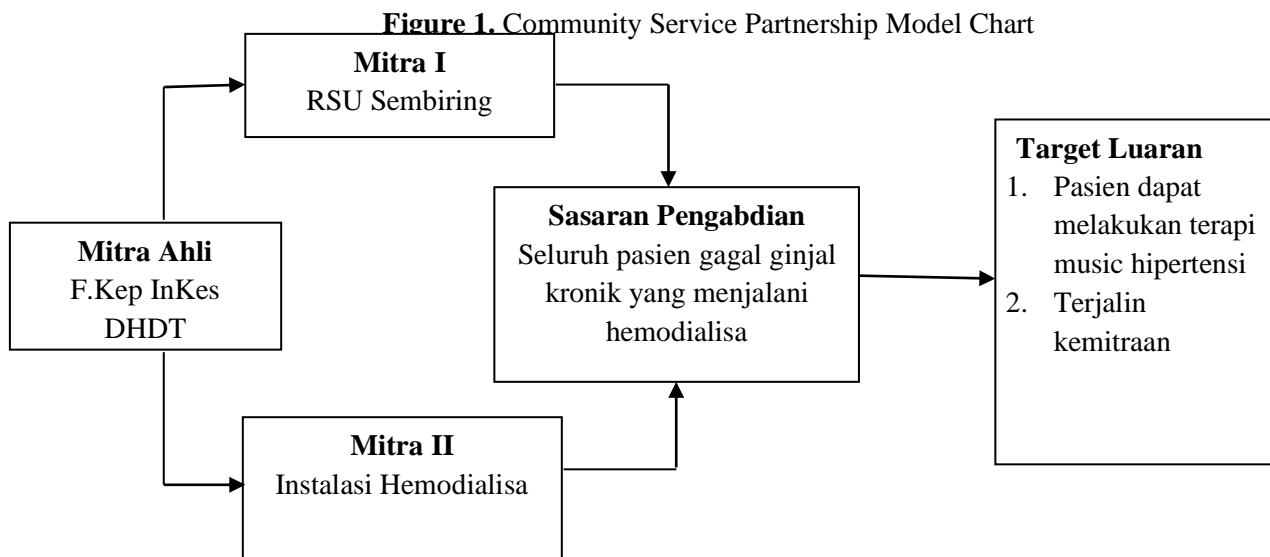
Problems that were complained of in the community before and after hemodialysis were problems with sleep disorders. Interviews were conducted to obtain problems in the field. The problem can be solved by:

1. The patient does not know how to manage chronic renal failure patients who have sleep disorders
2. Patients don't know how to do music therapy to overcome and improve sleep quality

Based on the problems above, then conducted counseling about the benefits of music therapy in patients with chronic kidney failure undergoing hemodialysis.

## 2. METHOD

The approach to solving the problem is to build a partnership with a group of patients with chronic kidney failure in the implementation of regular hemodialysis at the Sembiring General Hospital, Deli Tua District, Deli Serdang Regency. To carry out this partnership, counseling was carried out on the management of chronic kidney failure patients undergoing hemodialysis and how to do music therapy to overcome and improve sleep quality. The team consisted of lecturers and assisted by students of the Nursing Science Study Program, Faculty of Nursing, Deli Husada Deli Tua Health Institute.



## 3. RESULTS

### a. Partner

Community service partners are patients with chronic kidney failure who undergo hemodialysis at the Sembiring General Hospital, Deli Tua District, Deli Serdang Regency as many as 21 people. Patients participate in counseling activities at the hospital. This activity is carried out in the community of patients with chronic kidney failure who carry out regular hemodialysis.

b. Location

The location of the counseling is at Sembiring General Hospital, Deli Tua District, Deli Serdang Regency. The choice of location took into account the large number of chronic kidney failure patients undergoing hemodialysis at the Sembiring General Hospital. The location is quite spacious and adequate for dedication. The location is also strategically easy to reach by all patients.

c. Implementing TEAM

The service was carried out by the team leader and 3 research members and involved 2 students. The chairperson, members and students each have duties and responsibilities.

d. Activity

The service is carried out by introducing the community of chronic kidney failure patients who carry out regular hemodialysis at the Sembiring General Hospital. Prior to the counseling, the team asked questions about chronic kidney failure according to the patient's understanding. The material was given by the team about the management of chronic kidney failure who underwent hemodialysis for 45 minutes, namely 5 minutes of introduction in the form of introductions from the team, 15 minutes of material delivery, 20 minutes of Q&A, and 5 minutes of closing. Management of sleep quality of hemodialysis patients who were presented about the use of music therapy. An explanation of the benefits of music therapy in overcoming sleep disorders so that it can improve sleep quality.

e. Evaluation

The training went smoothly. Patients can apply the management of chronic kidney failure undergoing hemodialysis by using music therapy to improve sleep quality. This is evidenced by the fact that there are 7 people who ask about chronic kidney failure in patients undergoing hemodialysis and how to use music therapy and patients can practice it.

#### 4. CONCLUSION

The importance of conducting outreach activities on the management of chronic kidney failure patients undergoing hemodialysis using music therapy. So that patients know how to manage it and can improve sleep quality to improve quality of life.

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