

Music & Kidney Program at UCLA Health

*“We all know that music is a science and a language.
It is both mathematical and historical.
It brings much good and indeed it brings LIFE”*



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Community Services - Music Concert Events

Music and Medicine Event 2018 at UCLA

This event is hosted by the Music & Kidney program at UCLA Schoenberg Music Hall. In this program, we aimed to increase awareness of kidney disease, a combination of solo piano recital and nephrologists' presentations along with speeches from patients with history of kidney disease and transplants.



<https://vimeo.com/483424624>

Virtual Music and Medicine Event 2020 at UCLA

The virtual Music and Medicine event is hosted by the Music & Kidney program at UCLA Health aiming to inspire and bridge the gap between spirituality, mental and physical health of the patients, healthcare providers as well as the community during Covid-19 pandemic, with the hope of happier and healthier 2021.



<https://www.youtube.com/watch?v=-wntG6FEIus>

Ongoing Research at UCLA

The Impact of Music and Visual Art on Adults with Chronic Kidney Disease (CKD) on Dialysis - 2023

This study is being conducted to evaluate the impact of music and visual arts on cognitive function, psychological well-being and physical measures on adults with chronic kidney disease (CKD) on dialysis.

Patients with CKD are likely to experience a range of physical symptoms, including pain, poor appetite, nausea, shortness of breath, lack of energy, swelling of their extremities, and a decrease or complete cessation of urination. Music with or without visual art may impact the activities of brain neurotransmitters, such as dopamine or serotonin, which help with positive outcomes.

THE IMPACT OF MUSIC AND VISUAL ART ON ADULTS WITH CHRONIC KIDNEY DISEASE (CKD) ON DIALYSIS

Why is this study being conducted?
This study is being conducted to evaluate the impact of music and visual arts on cognitive functioning and psychological well-being and physical vital signs on adults with CKD during dialysis.

When: During dialysis treatment dates. Study will go up to 20 weeks.
Time: From the beginning to end of Dialysis treatment.
Where: At the participating DaVita clinics (Century City, South Valley, Santa Monica, and Valley).

You May Qualify If You...

- Are between 18 to 90 years old
- Have Chronic Kidney Disease and are on Hemodialysis
- Have been on Dialysis for over 90 days and have continued the same mode of dialysis for at least 30 days
- Attend Hemodialysis (in-center) at least twice a week
- Are willing to provide written informed consent

Summary of Study Protocol:

1. Subjects will be screened and enrolled if all inclusion-exclusion criteria are met.
2. Subjects will be randomized into six different combinations of the following three arms:
 - Music Intervention Arm (6 weeks total)
 - Visual Arts Intervention Arm (6 weeks total)
 - No Intervention Arm (6 weeks total)
3. Subject will be seen regularly per standard of care dialysis prescription. Dialysis duration will be 3 to 4 hours as per standard of care dialysis prescription.

UCLA Health
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<https://www.uclahealth.org/news/article/ucla-health-explores-benefits-music-patients-with-chronic>

Abstract to be presented at International Association of Music and Medicine 2024 Berlin and to be published IAMM's-ISFAM Journal Music and Medicine Berlin 2024

Scholar Activities and Publications

Music for Health: From Ear to Kidney *Clinical Journal of the American Society of Nephrology 2022*

Article’s highlight: In addition to conventional pharmacologic treatment, music can play a complementary role as an affordable, nonpharmacologic therapeutic tool to improve QOL and, potentially, reduce morbidity and mortality in patients with CKD, which will reach several millions of our population within the next few decades.

Music may have potential benefits on depression, pain management, anxiety, and quality of life in patients with kidney disease.

Music intervention

- Safe
- Inexpensive
- Easily accessible

Potential benefits for

- Depression
- Pain management
- Anxiety
- Quality of life

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CJASN

https://journals.lww.com/cjasn/fulltext/2022/09000/music_for_health__from_ear_to_kidney.22.aspx

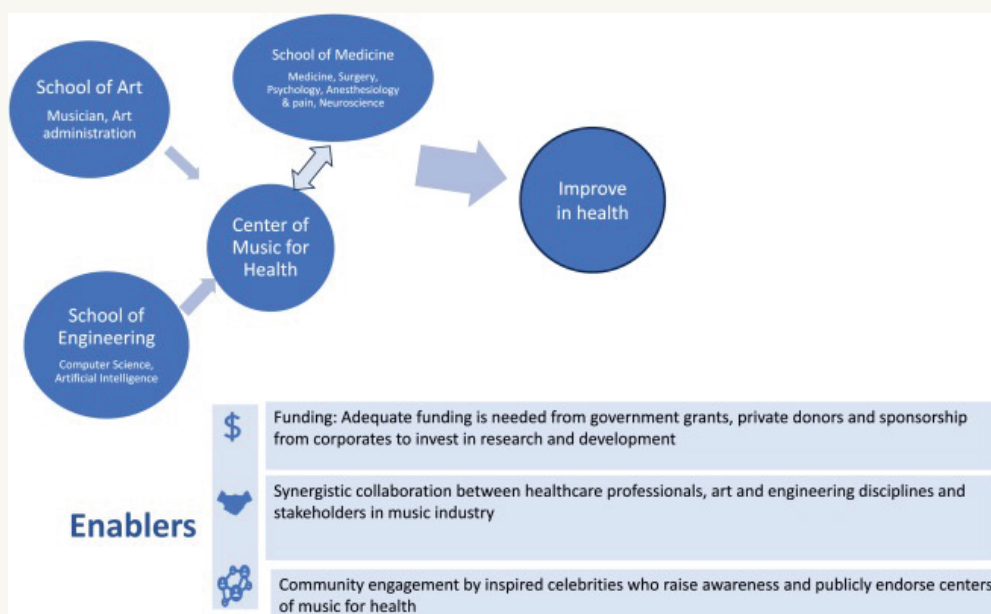
Scholar Activities and Publications

Music and Medicine: Promoting Harmony for Health

The American Journal of Medicine 2023

In this article, we address the effect of music on vital parameters and emotional well-being of patients. We provide an overview of methods and findings of some studies that have evaluated the physiological or psychological impacts of music. This review puts forward a proposed model for fostering an individualized approach that can examine the therapeutic effects of music

[https://www.amjmed.com/article/S0002-9343\(23\)00662-9/fulltext](https://www.amjmed.com/article/S0002-9343(23)00662-9/fulltext)



Innovative collaboration between different departments within schools of medicine and health sciences and other disciplines such as art, computer science, and information technology can aid in the development of music centers for health by incorporating music technology to assess the effect of choice and dose of music and develop effective delivery methods of music for health benefits. By producing solid evidence, specific guidelines can be established to apply music in health settings.

Music, Kidney and Medicine: Raising Awareness and Clinical Applications

Proceedings at UCLA 2020

In this article, we discuss the integral role of music through history and the beginning of civilization music evolving to therapy tool and famous musicians with kidney disease in table 1.

<https://proceedings.med.ucla.edu/wp-content/uploads/2020/02/Nobakht-A191216NN-BLM-edited.pdf>