

The use of music therapy as a form of humanization in nursing: Experience report

RESUMO | Objetivo: Relatar a percepção dos alunos do curso técnico de enfermagem sobre a influência da musicoterapia como método terapêutico não farmacológico na recuperação e bem-estar dos pacientes hospitalizados em uma Unidade de Terapia Intensiva. Método: Trata-se de um relato de experiência que descreve a vivência das alunas do curso Técnico de Enfermagem em duas instituições de saúde do Alto Vale do Itajaí SC. Avaliado a vivência e percepção das alunas durante a aplicação do estudo. Resultados: observou-se durante a aplicação do estudo que pacientes demonstram satisfação no momento de ouvir a musicoterapia, as alunas perceberam que sua presença proporcionava um ambiente mais acolhedor e de forma mais humanista para pacientes e equipe técnica. Conclusão: Conclui-se que a música como forma terapêutica é muito eficiente para proporcionar um cuidado humanizado na rotina de trabalho da enfermagem, essas medidas de práticas integrativas e complementares ainda estão em processo de adaptações nas instituições.

Descritores: Enfermagem; Musicoterapia; Humanização; Unidade de Terapia Intensiva.

ABSTRACT | Objective: Report the perception of students of a technical nursing course about the influence of music therapy as a non-pharmacological therapeutic method in the recovery and well-being of patients hospitalized in an Intensive Care Unit. Method: an experience report that describes the experience of students of the Technical Nursing course in two health institutions at Alto Vale do Itajaí region, in Santa Catarina, Brazil. The student's experience and perception were evaluated during the application of the study. Results: it was observed during the application of the study that patients show satisfaction when listening to music therapy, the students realized that their presence provided a more welcoming environment and in a more humanistic way for patients and technical staff. Conclusion: It is concluded that music as a therapeutic form is very efficient to provide humanized care in the nursing work routine, these measures of integrative and complementary practices are still in the process of adaptation in the institutions.

Keywords: Nursing; Music Therapy; Humanization; Intensivecareunit.

RESUMEN | Objetivo. Relatar lapreparación de losalumnosdel curso técnico de enfermería sobre la influencia de la musicoterapia como método terapéutico no farmacológico enlarecuperación y bienestar de los pacientes hospitalizados en una unidad de terapia intensiva. Metodo: Se trata de unrelato de experiencias que describela vivencia de Alumnasdel curso técnico de enfermeríaen dos instituciones de salud de Alto Valle de Itajaí Santa Catarina evaluandola vivencia y percepción de lasalumnas durante laaplicacióndelestudio. Resultados: observar durante laaplicacióndelestudioque Pacientesdemuestransatisfacciónenel momento de oírlamusicoterapia, lasAlumnaspercibieron que su presencia proporcionabaun ambiente más acogedor y de forma más humana para pacientes y equipo técnico. Conclusion: concluye que la música como forma terapéutica es muy eficiente para proporcionar un cuidado humanizado enla rutina deltrabajo de laEnfermería, esas medidas de prácticasinteractivas y complementarias todavíaestánenproceso de adaptaciónenlasinstituciones

Palabras claves: Enfermería; Terapia musical; humanización; Unidad de terapia intensiva.

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INTRODUCTION

The composition of the Brazilian nursing team consists of assistants, nursing technicians and nurses, with predominance in this scenario for the nursing technician position, according to the update of statistics from the Santa Catarina Regional Nursing Council (COREN-SC) of July 2022, which indicates that 66.57% of nursing is composed of technicians. ⁽¹⁾

In the last decades, with the increase in demand for public and private health services, as well as the increase in life expectancy, the greater awareness of the population regarding disease prevention and the growing concern about health, there is a national growth of health professions, especially in professions that involve nursing care. ⁽²⁾

According to the latest update from the Federal Council of Nursing (COFEN), there was an increase in professionals working in this area, currently having a number of 2,727,473 professionals, including nurses, technicians and nursing assistants duly registered. ⁽³⁾ It is noticed that nursing becomes the greatest professional dominance within the health system in Brazil, which, according to the health analysis, there is a polarization between doctors (12%) and professionals at the secondary and elementary level (57%), in a total of 69%. Among those with secondary and elementary level, there is a predominance of professionals in the area of Nursing (64.6%). ⁽⁴⁾ There is a growth in the data provided by COREN-SC, which in August 2022 reported a total of 72,288 thousand professionals with active enrollments, of which 47,944 were enrolled as nursing technicians. ⁽¹⁾

The care provided by the nursing professional permeates among several dimensions in their areas of health, nursing becomes present in the beginning of life until the final situation of death. With this situation, the labor market expands and technical training reinforces the need to offer adequate professional qualifications for this professional.

The technical nursing course at the Senac Rio do Sul Unit presents bases for its actions from professional performance to assistance with care in the humanization of health and the individual care provided in different environments. The professional trained by Senac has as pillars of his work the humanization in health care, patient safety and professional posture and as formative marks: technical-scientific mastery, critical vision, entrepreneurial, sustainable and collaborative attitude. These marks reinforce the institution's commitment to the integral formation of human beings. ⁽²⁾

Throughout the course, learning situations are proposed that articulate and stimulate the development of students in decision-making, teamwork, problem solving, based on generating themes that allow the articulation of the work universe to the students' learning process. In the Curricular Unit (UC - Unidade Curricular) of the Integrator Project (PI - Projeto Integrador), with the support of professors, students choose a theme, which will be developed in practice with the implementation of active learning methodologies, which cover didactic procedures centered on the student and materialize through learning situations, planned and developed in the action-reflection-action cycle, seen as an active subject of their own learning process. ⁽⁵⁾

During the technical nursing course at the Senac Rio do Sul Unit in 2019, an integrative project was carried out that aimed to describe the experiences and perceptions of the nursing technician students, in the application of the project in the face of the impacts that humanization, as a therapeutic alternative in music therapy, provides to patients in the Intensive Care Unit (ICU).

METHOD

This is a descriptive qualitative study, which is based on the assessment of individuals' perceptions and aspirations and seeks to understand the meanings attribu-

ted by subjects, with regard to their own experiences, contributing significantly to the elaboration of the experience report. This type of report defines a writing of experiences, through learning arising from sociocultural experiences, which in this study materialized through planned learning situations and developed in the action-reflection-action cycle, seen as an active subject of their own learning process. ⁽⁶⁾

This report was carried out by six students of the technical nursing course at the Senac Rio do Sul Unit, from February 2018 to April 2021, in the Curricular Unit of the Integrator Project and described the students' experience in two health institutions in the Alto Vale do Itajaí in Santa Catarina. As it is an experience report, there was no need for submission to the Research Ethics Committee (CEP), in line with Resolution No. 466/2012 of the National Health Council. ⁽⁷⁾

The fields of experience chosen for the application of the PI were two health institutions in the region of Ato Vale do Itajaí, in the ICU sector. This sector is considered the most complex in the hospital area, as it involves careful care. Patients hospitalized in these environments have restricted access to daily visits and companions, who help in their rehabilitation process. This absence generates discomfort, due to complex and invasive procedures, and as side effects generate anxiety, agitation, stress and discouragement to the hospitalized.

The teachers supported and encouraged the students, especially since one of the members of the group could play the classical violin live. The activity was developed for 60 minutes, once a week, for three weeks, with a repertoire of classical songs. The choice for the theme of music therapy in the ICU seeks to humanize patient care.

RESULTS

To complete the final module of the nursing technician at Senac, the student

needs to enter the UC of the PI. Initially, the students in this report searched for various topics, but they expressed greater interest in the ICU area, and in common agreement they decided to develop a project in this environment. The musical talent of one of the students was also another determining factor for the choice of the theme that would be worked on by the group in this project, resulting in an IP that articulated the ICU environment and music.

After defining the topic, the search for scientific material for reading and discussion on the most relevant contents to be associated with the study began. As soon as the written work was finished, the teachers looked for those responsible for carrying out the project in the selected health institutions to strengthen the bonds. The first contact with the team on duty took place to clarify the purpose of the project and how it would take place. Then the activity began, and as soon as the student in charge started to play the violin, several feelings permeated the environment, emotions were visualized among everyone present in the space, among patients, staff and students.

The students reported that while playing songs about faith and spirituality, such as the popularly known "Hallelujah" by Leonard Cohen, the patients were moved, and those who were awake at the time of the song accompanied the music, some were even able to sing. The tradition of the Alto Vale region was present in the musical requests of the patients, because in the region old songs from Rio Grande do Sul were always the most requested, pointing out the importance of music in the midst of culture with the remembrance of nostalgic memories.

In the first musical performances, the students showed that the professionals felt a little insecurity and fear, as they did not know how the patients would react to that activity. But as soon as the musical activity developed, the teams started to show reception for the applied work, respect, interaction and for many moments they

stopped their routine to enjoy the music with the patient, strengthening the bond between team and patients.

One of the most important statements for the group was from a patient who was awake. The students reported that he said he felt the atmosphere downcast and sad without the presence of music, but when they arrived it was considered a ray of sunshine, due to the brightness and harmony they were able to convey at the time of the musical activity. Facial expressions and interactions were perceived during the songs and moments of happiness and relaxation were provided, in an environment known for a lot of coldness and detachment.

What made the application of the project even more captivating was the realization without the use of recording or audio of the songs, as it was carried out only with the presence of the students and the musical instrument, live, making the project even more real. The feelings were perceptible and expressed with great emotion, in addition to reducing the burden that the environment carries, especially the hospital routine, transforming it into a moment of joy in which patients remembered their lives before hospitalization, bringing strength to go through the treatment.

DISCUSSION

Humanization in Nursing

Nursing pioneer Florence Nightingale was one of the pioneers in humanization work. Between the years 1853 to 1856, in the Crimean War, the nurse took the first steps towards humanized care, whose differential was individual attention to her patients. Some practical concepts of humanization are still used, such as the focus on patient care and humanistic actions, in addition to the fact that the provision of an adequate environment prepares a favorable recovery in the healing process and healthy living.⁽⁸⁾ Actions for the daily practice of humanization in health

systems have been established for some time. The Universal Declaration of Human Rights states in Article 1: "All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and must act towards one another in a spirit of brotherhood."^(9:20)

In Brazil (2013) we have the National Humanization Policy (PNH) that regulates and guides, based on three guidelines, the work of health professionals, namely: 1) welcoming, which respects and recognizes the needs of users who seek services and seeks to build bonds beyond professionals and patients, but also between family members and friends; 2) the ambience, which organizes comfortable, healthy and private spaces for users and servers and 3) users' rights and respect for the work of professionals. These guidelines enable humanized service, which includes affection and respect among all people involved in health services, including ICUs.⁽¹⁰⁾

The Intensive Care Unit

One of the health service sectors that most hospitalize patients, and also one of the most critical, as it requires more care and attention, are the ICUs. Due to the high technology available for health care, patients often end up surrounded by devices, connected to technology and materials, which can reduce contact between people involved in the care process, often making the professional/patient relationship cold. In addition to invasive procedures, which often become routine, and with technological advances, skills and technical training are required from the team itself for handling equipment.⁽¹¹⁾

These, in turn, leave professionals in a state of constant alert, due to the high incidence of emergencies and handling with high-risk medication, making the nursing role even more judicious in exercising care. With all the apprehension of the critical environment, many professionals end up being intertwined with protocols and routine practices, which cannot



see the patient as a unique and individual being, and care and assistance provided begins to become automatic, affecting the humanization of their care. In this way, it is important to rethink possibilities based on public policies aimed at the humanization of care. ⁽¹¹⁾

National Policy on Integrative and Complementary Practices (PNPIC - Política Nacional de Práticas Integrativas e Complementares)

According to the Ministry of Health (MH) the Integrative and Complementary Practices (ICP) are treatments that use therapeutic resources based on traditional knowledge, aimed at preventing various diseases and promoting quality of life. They are also used as resources in palliative treatments in some chronic diseases, and act in the interaction between traditional and complementary medicine. ⁽¹²⁾

ICPs are being highlighted in the service offered by the Unified Health System (SUS), demonstrating benefits to users and in the interaction of the health team, especially in their commitment to the health promotion and prevention service. The PNPIC brought the rescue of traditional ancestral customs, which before technological or pharmacological treatments, were the resources used by our ancestors, expanding the compression of benefits in assertive ways. ⁽¹³⁾

Music therapy was included in the PNPIC in Ordinance No. 849, in March 2017. It uses elements that facilitate and promote communication, develop potential and reestablish functions that allow for an increase in quality of life. In addition to stimulating affection, socialization, relaxation and can become a facilitator in the dialogue between patients and professionals. ⁽¹⁴⁾

Music in the Intensive Care Unit

At the beginning of our childhood we are influenced by various songs that permeate the initial and school stages and that over time extend and become traditions that carry rhythms and cultural cha-

acteristics. Music can affect us in such a way that it provides moments of learning and especially relaxation and relaxation.

In the human brain, the interpretation of music is an extremely complex process



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and involves several areas, especially the limbic system that relates to the emotions that music conveys. Physiologically, sensory, hormonal and physical-motor reactions are involved with various metabolic changes that promote an increase in

sensory stimuli, improve attention and concentration. These factors reinforce the importance of this accessible and therapeutic tool. ⁽¹⁵⁾

Still on the benefits of music, it has been used as a complementary therapeutic dynamic in nursing care, as it encompasses manifestations of signs and symptoms in patient-nurse communication and relationship, making knowing how to care in a more humanized way. ⁽¹⁵⁾ For nursing, music therapy imposes itself as a complementary therapy, helping to face the adversities that may arise during the patient's hospitalization, care with music makes the resource accessible, being a technology of simple handling. ⁽¹⁶⁾

Music is capable of changing feelings and providing well-being, which together with humanization brings a different perception of care, comprehensive care. This relationship between music and the healthcare environment makes it possible to humanize care, and refers to the importance of patients' emotions, subjectivity and culture as a fundamental aspect of health in critical environments. ⁽¹⁶⁾

CONCLUSION

We conclude that the experience of the Integrator Project enabled the students to develop the National Policy and Humanization in a practical way, since this policy is worked on during the technical nursing course in all modules, in order to develop the practice aligned with the daily routine of nursing that instigate the student, even during training, to associate resources that can be used in the health service to contribute to the quality of care. The students considered it important that Integrative and Complementary Practices, such as music therapy, be included in the routine in critical services, and that they can influence the environment in a positive way and made it possible to experience in practice one of the main guidelines of the PNH, which is to maintain reception, providing a pleasant environment for the patient, facilitating recovery

in a less traumatic way.

It is worth mentioning the relevance to qualify professional learning, especially with Integrating Projects, as it develops the ability of emotional control, observation and non-verbal communication

as an important link for nursing, allowing to interpret signals that patients show, in addition to their speech. The students, future professionals, developed ways to use resources that are not always present in the routines and care of traditional health models and found in music, new possi-

bilities as a method of relieving difficult situations experienced by patients in ICU environments, with complementary practices supported by policies present in the Health Systems that emphasize the importance of patient-centered care.

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