



MUSIC AS A PROMOTER OF HEALTH IN THE HOSPITAL: PERCEPTIONS OF PEOPLE ADMITTED TO A MEDICAL CLINIC

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ABSTRACT

Objective: to understand the perceptions of hospitalized people in the medical clinic regarding the use of music as a care technology to promote health in the hospital. **Method:** exploratory study, with a qualitative approach, with the participation of 15 hospitalized people in the medical clinic of a public hospital in Santa Catarina, Brazil. After the musical intervention in the patients' room, data were collected through a semi-structured interview between September and October 2021. Data were analyzed through thematic content analysis. **Results:** from the analysis of the data, three categories emerged: 1) Definition of health from different perspectives; 2) Strategies for health promotion during the hospitalization process; 3) Musical intervention as a source of health promotion. **Final considerations:** the hospitalization process causes sudden changes in the daily lives of individuals, which makes it necessary to formulate strategies that provide pleasant moments and promote the health of these people. A means of making this period more peaceful is the use of music, which allows positive feelings of love, joy, comfort and hope, enabling comprehensive and humanized care, especially in nursing care

Keywords: Health promotion. Music. Hospitalization. Comprehensive Health Care.

INTRODUCTION

Nursing, as a scientific and professional field, has a conglomerate of concepts and theories that integrate its area of knowledge and performance⁽¹⁾. Among them is health promotion, which addresses the importance and ability of the community to act in favor of the quality of life and health, individually and/or collectively⁽²⁾. In this sense, it is configured as a set of strategies and interventions that covers the social and environmental spheres, considering social determinants as fundamental elements in the planning of new actions⁽³⁾.

Health promotion is affirmed in the Ottawa Charter, which points out five main strategies: healthy public policies, environments favorable

to health, reorientation of health services, reinforcement of community action and development of personal skills, highlighting the impact of different cultural, economic, social and political aspects on the quality of life of individuals⁽²⁾. Therefore, the importance of care technologies that favor the health of individuals and communities is perceived, seeking to achieve complete physical, social and mental well-being⁽²⁾.

However, the concept and practices of health promotion were slow to be accepted by scientific society and, for this reason, faced numerous obstacles to prove their importance and effectiveness⁽⁴⁾. Only with research and innovations linked to health, it became possible to conquer a theoretical and practical space in

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nursing, enabling the creation of new approaches in the integrality of care⁽⁴⁾.

In a research related to health care, it was evidenced that individuals who do not have a frequent history of stress and who remain happy most of the time tend to remain healthy or sometimes manage to recover more quickly and effectively from some disease⁽⁵⁾. Thus, it is essential that practices that stimulate feelings of well-being are carried out in different sectors of society in order to promote the health of individuals, mitigating the impacts caused by exhaustive routines and abrupt changes⁽⁶⁾.

One of the spaces that deserves attention for health promotion practices is the hospital environment, since it is usually associated with feelings such as tension, anguish and fear, especially in the medical clinic sector, where patients and their families are often surprised by difficult diagnoses and treatments⁽⁷⁾. In addition, for the hospitalized individuals, the experience of hospitalization becomes something unpleasant, as it can face some challenges, such as living with strangers, distance from the family group, invasive procedures, loss of privacy, autonomy and sudden change in their routine⁽⁷⁾.

In addition, hospitalized people tend to be vulnerable and need to be supported by the professional team, which, in turn, needs to include in health care strategies that guarantee moments that arouse the interest of those who need care⁽⁸⁾. One of the possible strategies is the use of music, which provides numerous benefits, both physical and psycho-emotional^(6,8). It is worth remembering that in Brazil, in 2017, music therapy was included as an integrative and complementary practice (ICP) in the Unified Health System (SUS), considering it a care strategy that uses music and its elements (rhythm, sound, harmony and melody), individually or collectively, with a view to promoting integration and qualifying care⁽⁹⁾.

The ICP can be developed collectively, group or individually, and the planning of the health team is relevant for the implementation of these practices, as well as in the use of music as a care technology⁽¹⁰⁾. Music is able to provide leisure and awaken feelings of joy, love, hope and also activate memories of

moments lived before hospitalization, mitigating the impacts generated by hospitalization⁽⁸⁾.

It is noteworthy that, during the hospitalization process, there is a sudden break with the routine previously adopted, and joy, freedom and autonomy can be replaced by feelings of insecurity, uncertainty and dependence, causing significant stress in the individuals who face hospitalization. In this way, it becomes relevant to promote health, having music as a care technology, in order to make the hospital environment lighter and more pleasant, making the waiting time to discover the diagnosis and perform the treatment be experienced in a more pleasurable way⁽⁶⁾.

Consequently, it contributes to the effectiveness of the work of nurses and other professionals, since a happy and willing individual tends to collaborate and recover more effectively and satisfactorily⁽⁵⁾. Through music, the difficulties encountered in the hospital environment can be replaced by pleasant moments, bringing warmth, comfort and relief from the sensation of pain and uncertainties⁽⁶⁾. Therefore, the following research question emerged: what are the perceptions of hospitalized people in the medical clinic regarding the use of music as a care technology to promote health in the hospital?

It is noteworthy that there are still few studies that bring scientific evidence on the use of music, through singing, as a care technology to promote health in the hospital environment, giving greater emphasis to the scope of health recovery^(11,12), which justifies this research. Thus, the objective of this study was to understand the perceptions of hospitalized people in the medical clinic regarding the use of music as a care technology to promote health in the hospital.

METHOD

The study is constituted as an exploratory research, with a qualitative approach, based on the theoretical assumptions of the National Health Promotion Policy⁽¹³⁾. Consolidated criteria for reporting qualitative research (COREQ) were used for methodological

conduction.

The research was developed in a public referral hospital in a municipality of Santa Catarina, Brazil. In this hospital, from the year 2018, an outreach program of the Nursing Course of a public University in Southern Brazil began to develop the musical intervention to promote the health of hospitalized individuals, their families and professionals working in the institution. The musical intervention takes place weekly in the hospital with performance in the corridors and rooms of the inpatient units. The members of the outreach action sing songs that address hope, love, resilience, faith, peace, among other themes, being accompanied by guitar, violin and percussion. The team consists of two professors and eight nursing academics, seven vocalists and three instrumentalists. Based on the successful experiences of this outreach program, a matrix research was organized in order to seek scientific evidence on the use of music to promote health in the hospital environment.

In this study, 15 people were hospitalized in the medical clinic unit of that hospital, and sampling was organized by convenience. As inclusion criteria, only people hospitalized in the medical clinic sector aged over 18 years were considered. The exclusion criteria were not having physical and communicative aptitude to answer the interview questions and not having received musical intervention during the hospitalization period. It is noteworthy that 21 people who met the inclusion and exclusion criteria were invited to participate in the study. Of these, six refused to participate in the research claiming that they felt embarrassed to make their comments, even after stating that receiving the musical intervention in the hospital had been very relevant.

Data collection occurred through a semi-structured interview with the support of a script containing questions about the experience of the hospitalization process, the possibilities of promoting health during this experience, the meanings of the use of music as a health promoter in the hospital environment and the sensations that the musical intervention aroused. The interviews were developed in the hospital itself, in the room of the study

participants, shortly after the musical intervention was carried out by the outreach program, between September and October 2021, until the data were saturated, at which time the information began to be repeated. The interviews lasted approximately forty minutes and were conducted by the authors, with experience in this type of approach, being recorded and transcribed with the proper authorization of the study participants.

For data analysis and interpretation, content analysis was used in the thematic modality of Minayo⁽¹⁴⁾, which aims to discover the central meaning that constitutes communication whose existence or frequency means something to the expected analysis target, preserving more the interpretative form than the statistical inference⁽¹⁴⁾. In the first stage, pre-analysis, a floating reading of the set of communications was carried out, seeking to organize the material and define the recording units. In the next stage, the coding of the raw data occurred in order to reach the core of text comprehension⁽¹⁴⁾. Then, from the data analysis, three categories emerged, which will be presented and discussed below.

This research was approved by the Ethics and Research Committee under opinion 4,960,473, on September 9, 2021, complying with the requirements established by Resolution 466/2012. Data collection began only after the participants signed the Informed Consent Form (ICF). To preserve the anonymity of the interviewees, it was decided to call them musical styles, according to the characteristics of each participant, with the following codenames: Samba, Sertanejo, Rock, Pagode, Funk, Country, Bossa Nova, Axé, Forró, Gospel, Indie, MPB, Reggae, Jazz and Hip Hop.

RESULTS

The study participants ranged in age from 39 to 82 years, 11 females and 4 males. They were hospitalized for different reasons and the length of stay at the time of data collection ranged from 1 to 30 days, according to their prognosis and needs.

After analyzing the data, three categories emerged: 1) Definition of health from different

perspectives; 2) Strategies for health promotion during the hospitalization process; 3) Musical intervention as a source of health promotion.

Definition of health from different perspectives

Regarding this first category, the interviewees mentioned that health is a very important factor and that it is linked to feeling good, not having physical discomfort and staying active with the community, friends and family. In addition, some have pointed out that you need to take care of your health every day to stay healthy:

Health is being okay with life, not being in a bad mood and not feeling pain, which is very important, not suffering [...]. **(Samba)**

It is when the person is not sick [...]. **(Funk)**

Health is to be well every day, to be together with family, with friends [...]. **(Indie)**

They also stated that health is interconnected with the habits experienced in youth up to the present day, showing that if they had not made decisions such as smoking, they would not be in need of health care. They commented that people who do not have addictions, take care of their food and practice physical activities are healthy:

[...] if I hadn't smoked, I wasn't here today, so for me health is everything. You have to take care of health a lot, because when we don't take care of her, we stay here in the hospital suffering. **(Axe)**

If you don't take care of yourself, you'll regret it later. **(Rap)**

A healthy person is one who has always had healthy habits, such as exercising, eating well[...]. **(Reggae)**

Some participants even mentioned that health is everything, it is to be able to enjoy the simplest pleasures of life, such as running, smiling and not feeling pain. They mention that with preserved health it is possible to know new places and enjoy feelings such as joy and love:

Health for me is you being able to leave, you running, you singing and not feeling pain [...]. **(Pagode)**

Health is life, health is everything[...]. **(Bossa Nova)**

Health is a great joy because when you are healthy, you have love for everything [...] I have been to the beaches many times when I was healthy. **(Rock)**

In addition, the perspective emerged that health depends significantly on adequate care for those who need it. However, they reported that it is difficult to maintain their well-being with the current public administration, as they are often unassisted:

Improving health, hospital equipment [...]. **(Bossa Nova)**

[...] I could say that health is the main thing, but we don't have very good care. Here it is working very slowly [...], it needs to change a lot in terms of health [...] not in relation to employees [...] but the powerful ones, those who decide, they have to change. **(Hip hop)**

As it is today, for me it is very bad[...] they {the government} don't see that we need more care [...] we need more care [...]. **(Jazz)**

Strategies for health promotion during the hospitalization process

In this second category, the respondents revealed some strategies for health promotion in the hospital environment. They mentioned that treatments are means used to promote their health in the hospital environment. They reported that mainly drug therapies make them feel good and bring the importance of the correct use of drugs:

In the case of antibiotics [...] with medications and space here for us to feel good. **(Samba)**

Ah, you have to do everything right: take the medications, listen to what the physician is telling you [...]. **(Country)**

In addition, the participants presented in their reports the importance of the care they receive as a way to provide a more effective recovery, either by the professionals working in the sector, or by the family and friends who accompany them and visit them:

Care, take good care of the patients, treat the human being with humility [...] the girls {nursing team} who come to see us, think about their excellent care, and improve even with their way because they are very nice **(Gospel)**.

Oh, there are some things like the visits we receive here, it's quick, but it helps us, we even get emotional, to be able to talk a little. **(Sertanejo)**

In many ways, when nurses come here and take care of us, they talk, they make us laugh from time to time. **(Funk)**

Participants suggested the creation of a space in contact with the environment, which could provide moments of leisure and walking during the hospitalization process. But, they pointed out that their home is the best space, regardless of the treatment they receive in the hospitalization clinic:

Look, an open area, a plant [...] you can walk there, sit [...] a space where you can be in contact with nature. **(Reggae)**

I think if the person is healthy, he will already be happy, so let him find out what he has, get better and go home! The best place for us is at home. Here you can earn food, bed and laundry, but it is not the same as our house. **(Rock)**

Another health promotion strategy mentioned was musical intervention, which allowed feelings of happiness to be aroused:

You coming here to sing for us, it certainly made everyone very happy and helps in our health. **(Pagode)**

When you come to sing we are very happy; **(Funk)**

Today the music was wonderful, it was very good [...]. **(Axe)**

Musical intervention as a source of health promotion

The third and last category revealed precisely the ability of music to promote health in the hospital environment, arousing sensations such as forgetfulness of problems and sorrows, comfort, animation, brightening the hospital environment:

I loved it, it was a unique feeling. I had never received a song then it was a joy because here everyone is kind of sad, kind of worried, then with the music, I forgot a little about the problems. **(Pagode)**

Joy, it's so beautiful to see them singing and playing, even the person who is sick, for him it's

a relief, it's good. **(Gospel)**

I think it's interesting, I think it's cool, because sometimes we're in a sad moment like this, down, and the music gives you an up, cheers you up, like even these songs that you played, are all cool. **(Forró)**

Oh, very comforting. **(Indie)**

Respondents also mentioned that the song aroused feelings of love, energy, hope and faith:

Ah love, it woke us up more, it gave us more energy, we were happier. **(Samba)**

Hope, faith [...] we like music. **(Reggae)**

Another feeling aroused by the song was memories of the past and longing for the family members who, due to hospitalization, are away:

I remember when I was young, I was excited to remember. **(Sertanejo)**

It made me want to cry. I remembered my brother who is there with stroke, I remembered my grandchildren who have to be alone while Grandma is here, I miss them. **(Axé)**

Feelings of emotion were also generated, making them feel like crying at the moment of musical intervention, feeling special:

Just good emotion, it makes me wanna cry. I cry a lot, it's very good the person is singing to you, something that never happened, You coming here, it's very rewarding. **(Pagode)**

Wow, I thought it was very beautiful, I was thrilled. **(Bossa Nova)**

I wasn't here when you first came, then I met you in the hallway and you came back, I felt special, it was very good. **(Rock)**

The music is emotional [...] And people feel satisfied, they feel a little more cherished [...] very satisfying! **(Hip Hop)**

The use of music also acts as a form of distraction in times of anguish and suffering, promoting health and making a difference during the hospitalization process:

[...] it gives joy, it gives emotion, we let go sadness and that heartbreak. I was happy, the music was very lively, we were a little distracted. **(Rock)**

A person who is here a little depressed, at that moment there, already forgets everything. You

listen, pay attention to the lyrics of the song and go messing with us and bringing health [...].
(Samba)

[...] if there is no one to talk to, to be distracted, the day does not pass and it gets very heavy [...] it is good that there are these people like you, who come here and the minutes you make for us here, it is very exciting and makes a difference.
(Indie)

[...] it affects the heart and the psychological of the person as well, it is very important that there, very cool! **(Rap)**

In view of the reports, the relevance of the use of music as one of the care strategies is perceived, providing moments of leisure and distraction, alleviating the suffering faced during the hospitalization process.

DISCUSSION

The hospitalization process is a challenging time in the individual's life, since there is a sudden break in the routine and a withdrawal from the family group. In addition, the hospitalized person is often subjected to invasive and painful procedures, causing feelings of sadness, loneliness and fear⁽¹⁵⁾. For this reason, it is necessary to take a closer look at this audience, taking into account the particularities of each one, because in this environment there is a vast diversity of people who differ about their thoughts and opinions in relation to issues that influence well-being.

A relevant factor to introduce the importance of health in the life of the population is to demystify its own concept. Health is a multifactorial and fundamental element in human development, capable of influencing important dimensions in the quality of life, involving cultural, environmental, financial, biological and behavioral elements, which can favor or harm it⁽¹⁶⁾.

On the other hand, some interviewees mention that health is being healthy, not having pain and disease, which refers to the biological model, which is still strongly linked to the population by cultural and historical factors, which hinder the rupture and understanding of this concept. This healing perception, which associates health with the absence of diseases, can directly influence quality of life, since it

focuses on treatment rather than promotion⁽¹⁷⁾. Consequently, the process becomes longer and often exhausting, in addition to requiring a higher financial cost with medications and derivatives⁽¹⁸⁾.

In this bias, we sought to understand how the interviewees believed it was possible to promote health in the hospital environment. Thus, they reported that the administration of medications and compliance with medical recommendations are part of the recovery process. In addition, the care provided is extremely relevant, emphasizing the importance of empathy demonstrated by the health team and the visits they receive from their friends and family in health promotion. Therefore, a set of strategies is perceived, involving different spheres of care, including the promotion, prevention, protection and recovery of health⁽¹³⁾.

There are numerous health promotion strategies, and this study revealed the importance of the environment in which it is inserted. Within the pillars of health promotion, there is the relevance of the environment, since it is able to influence positively or negatively the health-disease process⁽¹³⁾. This stood out in the results of this research, when the interviewees approached about the welcoming environment, with an approach to nature. In addition, they highlighted the family environment as a space that promotes health.

It is worth remembering that the Ottawa Charter (1986) highlights that one of the tools to achieve complete physical, mental and social well-being is the ability of individuals to meet needs and favorably modify the environment⁽²⁾. In this sense, the potential of music was revealed, based on its ability to positively interfere with the environment and the change in emotional state⁽¹⁹⁾. Thus, the use of complementary care technologies is within the practices performed by nursing, as well as by other professionals⁽²⁰⁾. In view of this, music is a strategy used in various contexts of health, as a form of light technology to care for people in an integral and humanized way⁽¹⁹⁾.

It is known that music integrates ICP and has been providing positive results in several areas, such as mental health, rehabilitation, special education and social development. It is

noteworthy that music is a language present in people's daily lives, involving positive effects related to mental and spiritual health, such as stimulation of perception, memory and intelligence, in addition to increasing well-being by psycho-emotional, physical and social stimuli. Still, music can displace the one who hears it to distant memories of hospital reality, causing there is already a distance, even if momentary, of several negative feelings that hospitalization can generate⁽²¹⁾.

Music is a health-promoting strategy, since it provides moments of leisure and playfulness in the hospital environment, being considered a light technology within health therapies, interfering with the health and well-being of the individuals, and can be beneficial in emotional and physical aspects⁽²²⁾. Music is a resource capable of reaching fundamental dimensions of the uniqueness of individuals, especially for those who face the experience of hospitalization. Therefore, music is a technology that can contribute to nursing care, especially to promote health⁽¹²⁾.

As a limitation of the study, we highlight the resistance in the participation of some hospitalized people due to shyness or difficulty in expressing their perceptions. In addition, the rare presence of musical intervention as a care technology in hospitals in Brazil is mentioned, since it requires specific preparation by professionals for the implementation of this action. Therefore, it is suggested intersectoral action, that is, that institutions seek support from other sectors of society to reach professionals with musical knowledge to effect music as a technology of care in hospitals, being an action that requires scarce financial resources and that has repercussions in several benefits for hospitalized people, as well as for

their companions and professionals working in the place⁽²³⁾. Regarding the contributions, this research encourages the use of music as a care technology in the scope of nursing and health, evidencing the positive effects of musical intervention during the hospitalization process.

FINAL CONSIDERATIONS

The hospitalization process brings significant changes in the daily lives of individuals, and it is essential to search for strategies that make this period less stressful and with more pleasant experiences. There are several resources that can alleviate the discomfort caused by the hospitalization process, however, in this study the presence of the biological model was also perceived, with the defense of the specific use of drug therapies by some interviewees. Humanized care, contact with nature, approach to home and musical intervention were also evidenced as health-promoting strategies.

Music was considered a strategy capable of contributing to the hospitalization process, bringing positive feelings, moments of distraction and leisure, as well as feelings of hope and joy. Therefore, music can act in health promotion, since it makes the environment more welcoming and mitigates the challenges encountered during hospitalization. Music in the hospital environment is a possible and low-cost resource that can be explored not only by the nursing team, but by other health professionals. In this sense, it is suggested the continuity of studies on this theme in order to expand the discussions and scientific evidence on music as a care technology in the hospital space.

MÚSICA COMO PROMOTORA DA SAÚDE NO HOSPITAL: PERCEPÇÕES DE PESSOAS HOSPITALIZADAS NA CLÍNICA MÉDICA

RESUMO

Objetivo: compreender as percepções de pessoas hospitalizadas na clínica médica quanto ao emprego da música como tecnologia de cuidado para promover saúde no hospital. **Método:** estudo exploratório, de abordagem qualitativa, com a participação de 15 pessoas hospitalizadas na clínica médica de um hospital público de Santa Catarina, Brasil. Após a intervenção musical no quarto dos pacientes, realizou-se a coleta de dados por meio da entrevista semiestruturada entre os meses de setembro e outubro de 2021. Analisaram-se os dados por meio da análise de conteúdo temática. **Resultados:** a partir da análise dos dados, emergiram três categorias: 1) Definição de saúde sob diferentes perspectivas; 2) Estratégias para a promoção de saúde durante o processo de hospitalização; 3) Intervenção musical como fonte promotora de saúde. **Considerações finais:** o

processo de hospitalização ocasiona mudanças bruscas no cotidiano dos indivíduos, o que torna necessária a formulação de estratégias que proporcionem momentos agradáveis e que promovam a saúde dessas pessoas. Um meio de tornar esse período mais tranquilo é a utilização da música, que permite sensações positivas de amor, alegria, conforto e esperança, possibilitando um cuidado integral e humanizado, principalmente na assistência de enfermagem.

Palavras-chave: Promoção da Saúde. Música. Hospitalização. Atenção Integral à Saúde.

SIMULACIÓN MÚSICA COMO PROMOTORA DE SALUD EN EL HOSPITAL: PERCEPCIONES DE PERSONAS HOSPITALIZADAS EN LA CLÍNICA MÉDICA

RESUMEN

Objetivo: comprender las percepciones de personas hospitalizadas en la clínica médica en cuanto al empleo de la música como tecnología de cuidado para promover salud en el hospital. **Método:** estudio exploratorio, de abordaje cualitativo, con la participación de 15 personas hospitalizadas en la clínica médica de un hospital público de Santa Catarina, Brasil. Después de la intervención musical en la habitación de los pacientes, se realizó la recolección de datos por medio de entrevista semiestructurada entre los meses de septiembre y octubre de 2021. Se analizaron los datos por medio del análisis de contenido temático. **Resultados:** a partir del análisis de los datos, surgieron tres categorías: 1) Definición de salud bajo diferentes perspectivas; 2) Estrategias para la promoción de salud durante el proceso de hospitalización; 3) Intervención musical como fuente promotora de salud. **Consideraciones finales:** el proceso de hospitalización ocasiona grandes cambios en el cotidiano de los individuos, lo que hace necesaria la formulación de estrategias que proporcionen momentos agradables y que promuevan la salud de estas personas. Una manera de volver este período más tranquilo es la utilización de la música, que permite sensaciones positivas de amor, alegría, confort y esperanza, posibilitando un cuidado integral y humanizado, principalmente en la asistencia de enfermería.

Palabras clave: Promoción de la Salud. Música. Hospitalización. Atención Integral en Salud.

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