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## MUSIC ORCHESTRATING HEALTH, FEELINGS AND SENSES GIVEN TO THE MUSIC PRESENT AT THE HOSPITAL DURING HEMODYNAMIC PROCEDURES: CARDIAC CATHETERIZATION AND CORONARY ANGIOPLASTY

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Faced with the suffering of patients due to hospitalization, illness, physical and psychic pain and the necessary but often invasive procedures, we seek to relieve their pain and discomfort by offering them a more humanized treatment, based on our belief in the therapeutic effects of music. We are not referring to music therapy *stricto sensu* but rather of a new posture in relation to the use of music in the area of health: the so-called “Music Medicine” a therapeutic approach for the use of music in a medical context. Music therapy developed its practices with a qualitative methodology more related to humanistic traditions than to Medical Science. “Music Medicine” was developed as an isolated discipline, seeking to incorporate the legitimate therapeutic use of music within the medical context. Music exerted a profound influence on involuntary physiology, affecting the pulse and blood pressure, relaxing muscles, altering the breathing and affecting the emotions to the point of making you cry or even laugh. It interferes in the system that regulates the emotions, thus constituting an ally to help hospitalized patients improve. Several studies indicate that music has soothing effects and is beneficial in reducing stress and anxiety in coronary patients. The effects of stress on the cardiovascular system have also been proven. However, the meanings assigned to music when used during hemodynamic procedures are unknown, as are the meanings of the experience of these procedures. We believe that music can alleviate the psychic pain and consequently, physical pain too, of the patients at the time of carrying out hemodynamic procedures, when they reflect about life and death. This research is based on a Clinical Qualitative Methodology, which deals with the investigation of symbolic meanings from reports of adults about phenomena that involves the health-disease process.

### Biography

Suzana has her expertise in clinical and hospitalar psychology. She observed the importance of music for the hemodynamic patients insofar as psycho-emotional aspects are concerned. Music helped diminish stress and also brought about changes in mood. The sensation of fear, uneasiness and terror were substituted by feelings of strength, contentment, happiness and states of tranquility, faith and peace. It was very important to evidence the satisfaction reported by the patients on having music as a companion, as a real comfort for the heart, alleviating the idea of being alone to face the possibility of death. Suzana verified the enormous value of the episodic memory in the capacity demonstrated by the patients when, as they remembered the experience with music during the first procedure, they were able to bring to the new procedure, the sensations of well-being they had experienced, as if they were accompanied by music in this second moment.

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