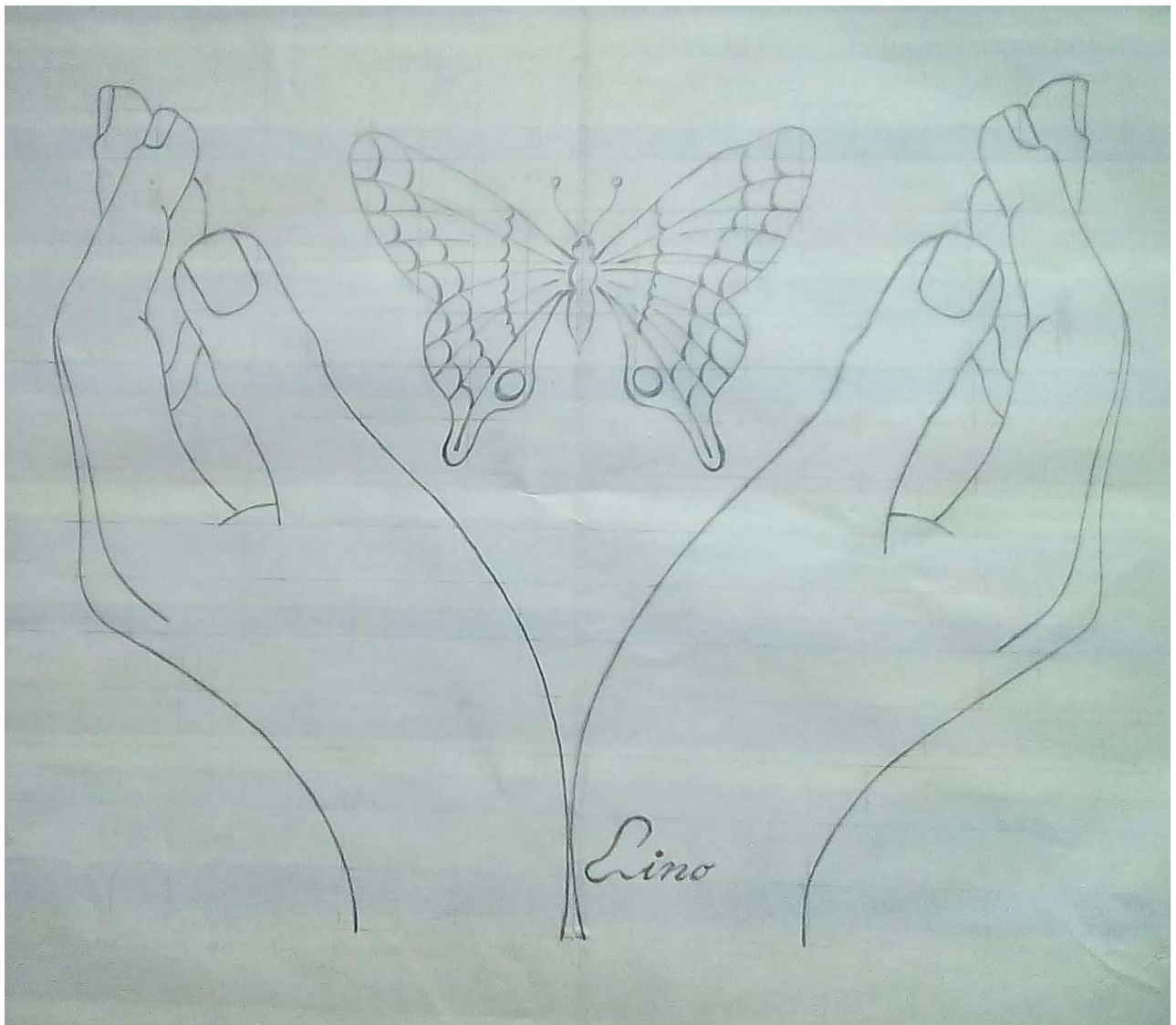


# INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH (IJMNA)

Volume 8 (issue 1)

December 2024

MEDICAL AND NURSING



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# Effects of music therapy in geriatric patients during hospitalisation: medical and nursing approach.

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**KEY-WORDS:** music therapy, geriatric patients, hospitalisation.

## ABSTRACT

**Background:** Music is a crucial part of anyone's life and represents the expression of the author's talent. It can also represent, according to international literature, a non-pharmacological treatment in multiple therapeutic fields. **Aim:** the aim of our study is to evaluate the effect of music therapy administration in geriatric patients in routine hospitalization at the Fondi Hospital. **Materials and Methods:** Our study was carried out in Fondi, at the San Giovanni di Dio Hospital. The data analysis is related only to subjects hospitalized in the General Medicine Department in the period March - April 2024. The age of the patients was 75.3 years with a minimum age of 37 years (1 patient) and a maximum age of 95 years (2 patients). After listening to standard music, the patients were interviewed to evaluate their appreciation values using a scale from 0 to 10. The data relating to 10 patients, 6 women and 4 men, hospitalized in the General Medicine Department of Fondi were processed. The patients who joined the project were subjected to continuous electrocardiographic analysis for a duration of 3 minutes in order to study the variations in neurovegetative tone before and after listening to pre-established music pieces according to the average times compatible with the clinical routine. **Results:** the data analysis showed an extremely positive judgment, i.e. 10/10 (8 patients) and 9/10 (2 patients). Another interesting aspect is related to the reduction, although not statistically significant, of the orthosympathetic tone with prevalence of the parasympathetic tone (Table 1). **Discussion:** From the data in the table it emerges that music therapy is highly appreciated even in the extreme age groups and allows to obtain a reduction of the pro-

arrhythmogenic orthosympathetic tone and the increase of the cardioprotective parasympathetic tone.

**Conclusions:** The statistical analysis we performed allowed us to confirm the usefulness of music therapy, in the geriatric setting, to improve patient compliance during hospitalization. It remains essential to set up a standardized administration protocol since music therapy must also be understood as a therapeutic training confirmed by the non-statistical significance of the parameters evaluated in the patients enrolled after the single session of music therapy.

### TABLES

	<b>CONTROL</b>	<b>EFFECT</b>	<b>PROBABILITY</b>
<b>FFT-LF</b>	57,860 + 22,650	44,720 + 18,606	0,207
<b>FFT-HF</b>	41,940 + 22,720	54,940 + 18,908	0,200
<b>Rapporto LF/HF</b>	3,985 + 1,658	1,658 + 1,224	0,511

Tab.1: Descriptive statistics of the changes in the parameters examined before and after treatment with music therapy. Data are expressed as mean +/- SD.

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