

MUSICAL STRATEGY TO CARE FOR NURSING STUDENTS: EXPERIENCE IN COPING WITH COVID-19

ESTRATÉGIA MUSICAL PARA CUIDAR DE DISCENTES DE ENFERMAGEM: EXPERIÊNCIA NO ENFRENTAMENTO DA COVID-19

ESTRATEGIA MUSICAL PARA EL CUIDADO DE LOS ESTUDIANTES DE ENFERMERÍA: EXPERIENCIA EN EL ENFRENTAMIENTO DE LA COVID-19

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Objective: to report the experience of using musical strategy to care for nursing students in coping with Coronavirus disease 2019 (COVID-19). **Method:** this is an experience report of the construction of a music video, involving 32 nurses, professors of the Nursing graduate course of a Public University in Southern Brazil. **Results:** the music video was structured in order to reflect the relevance of the students in the daily life of the University. The music rocked the feelings that require externalization in this period of pandemic, which occasionally showed the abrupt life-related changes. **Conclusion:** the strategy proved to be a health promoter and articulator between professors and students, pointing out new perspectives of care that overcome the barriers of face-to-face, envisioning the use of technologies in favor of broadening horizons for care, in times of social distancing and quarantine.

Descriptors: Coronavirus Infections. Students, Nursing. Faculty, Nursing. Pandemics. Health Promotion.

Objetivo: relatar a experiência do uso de estratégia musical para cuidar de discentes de Enfermagem no enfrentamento da Coronavirus disease 2019 (COVID-19). *Método:* trata-se de relato de experiência da construção de um vídeo musical, envolvendo 32 enfermeiros, docentes do curso de graduação em Enfermagem de uma Universidade pública do Sul do Brasil. *Resultados:* o vídeo musical foi estruturado para que pudesse refletir a relevância dos discentes no cotidiano da Universidade. A música balizou os sentimentos que são necessários externalizar nesse período de pandemia, que ocasionalmente mostrou as mudanças abruptas relativas ao vivido. *Conclusão:* a estratégia

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mostrou-se promotora de saúde e articuladora entre os docentes e discentes, apontando novas perspectivas de cuidado que ultrapassam as barreiras da presencialidade, vislumbrando o uso das tecnologias em prol da ampliação dos horizontes para o cuidado, em tempos de distanciamento social e quarentena.

Descritores: Infecções por Coronavírus. Estudantes de Enfermagem. Docentes de Enfermagem. Pandemias. Promoção da Saúde.

Objetivo: informar la experiencia del uso de la estrategia musical para el cuidado de los estudiantes de enfermería en el enfrentamiento de la Coronavirus disease 2019 (COVID-19). Método: este es un informe de experiencia de la construcción de un video musical, en el que participan 32 enfermeras, docentes del curso de graduación en Enfermería de una Universidad Pública en el Sur de Brasil. Resultados: el vídeo musical se estructuró para que pudiera reflejar la relevancia de los estudiantes en la vida cotidiana de la Universidad. La música sacudió los sentimientos que se necesitan externalización en este período de pandemia, que ocasionalmente mostró los cambios abruptos relacionados con el vivido. Conclusión: la estrategia resultó ser promotora y articuladora de la salud entre docentes y estudiantes, señalando nuevas perspectivas de atención que superan las barreras del presencial, vislumbrando el uso de tecnologías en favor de ampliar los horizontes para el cuidado, en tiempos de distanciamiento social y cuarentena.

Descriptores: Infecciones por Coronavirus. Estudiantes de Enfermería. Docentes de Enfermería. Pandemias. Promoción de la Salud.

Introduction

The accelerated spread of the Coronavirus 2 Severe Acute Respiratory Syndrome (SARS-CoV-2), which caused Coronavirus Disease 2019 (COVID-19), was declared a pandemic by the World Health Organization (WHO) in March 2020 and profoundly altered the lives of people on the five continents⁽¹⁻²⁾.

The concern for global health has imposed on people a drastic and sudden change in their habits and routines. In Brazil, in February 2020, COVID-19 was determined as a public health emergency, with the publication of Law n. 13,979 by the Ministry of Health (MH), with measures aimed at protecting the population, including social isolation and quarantine⁽³⁾. With the significant increase in the number of cases throughout Brazil, several community measures to cope with the pandemic were taken, among them, the suspension of classes at different levels, including activities at Universities⁽⁴⁾.

With the suspension of classes, many students have faced COVID-19 away from the support of professors and sometimes also away from their family and friends, which can affect their health and quality of life. Although isolation is a measure used in public health to preserve physical well-being, the concern with the mental

health of individuals submitted to this period of social restriction is necessary⁽⁵⁾.

Studies conducted in previous situations, in which quarantine was used in different places around the world to control other communicable diseases, highlight the negative effects on mental health of people who experience this restriction, evidencing symptoms related to anxiety, anger, boredom, posttraumatic stress, fear, insomnia, irritability, frustration and depressed mood⁽⁶⁾. In China, a study conducted at the beginning of the pandemic observed that there was a greater psychological impact on this scenario in women and groups of students, who presented increased levels of stress, anxiety and depression⁽⁶⁾. Students experience a daily study routine, often reconciled to work or other activities, and the suspension of academic activities can contribute to the onset or worsening of psychological symptoms.

Among the measures aimed at minimizing these impacts are the provision of essential supplies, quality information about the measures implemented, as well as communication and maintenance of interpersonal relationships, even at a distance, using the various technological resources to bring people together, maintaining

previous bonds, in addition to emotional support and comfort⁽⁵⁾.

In this context, professors of a nursing graduate course decided to organize a music video, as a way to support students virtually at this time. Music has an important role in minimizing symptoms related to depression, anxiety, stress, among other conditions of suffering in the field of mental health, besides enhancing the development and promotion of human health, favoring interaction between people⁽⁷⁾.

Given the successful experience with the result of using music to approach and integrate students and professors in this moment of suspension of the university's face-to-face activities, this article emerged with the objective of reporting the experience of using a musical strategy to care for nursing students in coping with COVID-19.

Method

This is an experience report, which arose due to the concern of the professors of a nursing graduate course, from a public university in southern Brazil, with the situation of the students, who were anxious, fearful and afraid of the end of in-person classes before the COVID-19 pandemic, added to the fact that many are also alone, with scarce financial resources and away from their families' homes.

In this scenario, the professors planned to record a song and thus unite their voices with the creation of a video, as a way to virtually honor the students, since the need for social distancing prevented them from supporting them in person. The video was developed in April 2020.

Results

The participants were 32 professors, nurses, who, at the time, understood the relevance of the moment as a possibility to promote the students' health in the period of social isolation. In this context, a music video was structured in order to reflect the relevance of students in the daily life of the University.

To this end, they began their actions to organize the video, defining that the song that would best express this moment was "Sou eu assim sem você", composition by Abdullah and Cacá Moraes. This song was chosen because of its message, to demonstrate that there is no professor without student and that the University has no meaning without these two bonds: learner and educator. In addition, the chorus contains an excerpt about loneliness and anxiety to soon occur a (re)encounter, fully fitting with the current situation experienced not only by students and professors, but by Brazilian society in the experience of social distancing.

With the chosen music, the instrumental part (guitar) was recorded through the cell phone recorder. Then, a recording of an audio guide was organized, containing voice and instrumental. All Nurse Professors were invited to join the activity and received an explanatory video about how video and audio recordings should be made: record video horizontally through the phone's camera; listen the audio guide with an earphone, and during recording, sing in the same rhythm and lyrics; the recording should contain only the solo voice of each professor. For this, a week was offered so that everyone could have the time to rehearse the song and record it. The professors who participated in the video signed a form authorizing the use of image and voice for dissemination on social networks and digital platforms of the University.

After sending the individual videos, the audio was edited, with the challenge of uniting all the professors' voices. For this, there was the support of a free video and audio editing program Shotcut®. After finishing the editing, the audio was forwarded to all those involved, by message application, for approval. Then, all the videos were inserted into the editing program and a new stage was started to edit the images of the singing professors.

At the opening of the video, during the musical introduction, the Coordinator of the Nursing course made a brief message explaining the reason for the construction and stressed that there is no University or Graduate Course

without the presence of professors, but mainly of students. The name of the music, the composers and the interpretation were written announced in writing, and after that, the presentation of the images of the singing professors began, and in some moments, only women sang, in others, men, and sometimes, all together. At the end of the audio a musical arrangement was inserted, chanting the word “saudade”, with the image of all the participating professors.

Furthermore, subtitles were inserted in the video in order to have greater accessibility to the public. This process was supported by a student of the Music Graduate course, with experience in the editing of music videos.

The video, after finalized, was forwarded for evaluation and approval of the participating professors. Then, the communication and journalism team of the University carried out a report to publicize the action, which was shared with the members (professors, students and technicians) of the Nursing Course. At the same time, the message was also forwarded to members of the Academic Center (AC) of the Nursing course of the University, who were responsible for dissemination on social media and messaging applications, so that all students of the course had access to the video.

The proposed video exceeded the initial expectations, as it was appreciated by the students, who felt welcomed with love by the professors, disseminated thankfulness messages in various communication channels and aroused emotions in listeners from various places and ages who also viewed the video. They pointed out that a simple tribute was able to bring comfort and care to the students, as well as their families, friends and society in general, who also approved the experience, because, in a few hours, there were already countless shares and likes, spreading the music video to the various scenarios in Brazil and the world. This is emphasized as a potential instrument to promote the health of the individual and the community.

Discussion

The selected music rocked the feelings that require externalization in this pandemic period; feelings, which are occasionally awakened by abrupt life-related changes. One way to promote health is through the creation of videos towards communities, by enabling awareness of a social group to reflect on their actions and modify behaviors before health problems. Moreover, it is an easily accessible means that facilitates the educational process and results in the improvement of the quality of health care⁽⁸⁻⁹⁾. Therefore, video making is a relevant tool for Nurses' actions in the community⁽¹⁰⁾, and at that time, was extended to students.

The music allowed highlighting the importance of the correlations established between professors and students, because solidary relationships must conduct and perpetuate actions that allow the articulation between knowledge, so that it meets and respects the needs and singularities of this binomial. There is need to consider reason and emotions in the didactic-pedagogical context since they are constituents of the condition of the human being. Attitudes of attention and respect make everyone feel good and be able to interact reciprocally and healthily, especially in adverse situations such as COVID-19. Allied to this, there stands out the valorization of the historical-social phenomena present in the professional daily life of the professor in the midst of dialogicity. In this perspective, praxis can never be understood detached from its social and caregiver role, because it would incur the risk of (dis)characterizing the meaning and sense of the professor being.

Music is a universal language, peculiar to the human being, which allows sharing emotions, affections, strengthening human relationships. In addition, it promotes empathy and pleasure in this relationship, awakening emotional memories, being an instrument to achieve feelings, sometimes unattainable in

another way. Music brings physical, emotional and social benefits, and nursing and other health professionals have the challenge of using it as a tool to promote health⁽¹¹⁻¹²⁾.

Thinking about these benefits is why the music video was organized, since the need for social distancing prevented professors from establishing a face-to-face connection with students; and the primary role of Nursing in the care of oneself and others is also emphasized. On this occasion, more than self-care, the care of students prevailed as professors dared to use unusual methodologies. Technological advances have expanded the need and enabled other configurations in the art of caring for. Such advances not only interfere in the way of performing care, but involve the articulation of values, knowledge, skills and actions that require creativity and lightness to give a new meaning to care.

The gap between care/to care for in the human dimension has a voice as one of the problems that need to be solved in the paths of Nursing allied to technology. Nurses must combine, in their care relationships, the ethnicity with themselves and with others, the prospect of reconciling new horizons as part of their actions⁽¹³⁾. Nursing can go down innovative paths, such as using music to promote health. However, it implies the challenge of daring to do differently and actually engage with the musical proposal, in order to offer quality and creative health care to the community⁽¹²⁾.

Furthermore, the music provided integration among professors, even distant, each in their residence, and allowed relaxation and distraction for those involved in the proposal, even within a scenario imposed by news with alarming and fearful projections. It was an opportunity to (re) organize some feelings, which also allowed involving their family members, making moments of relaxation in their personal environments while reflecting on values and life.

The use of music as an integrative practice to promote health has recently been discussed in the literature, with scientific evidence that supports its effectiveness in relieving anxiety,

stress, pain, among other psychic and somatic conditions. It influences the neurocognitive, emotional, psychological and social aspects of individuals. In this sense, it emerges as relevant in the maintenance and improvement of quality of life, providing interaction of the person with his/her social and family environment⁽⁷⁾.

The songs and their lyrics bring profound reflections⁽¹²⁾, which justifies the importance of professors having focused on choosing the song to be performed, in order to arouse positive feelings in the students and share messages of contentment. Music transforms and is capable of creating different psychic and physical states in individuals, being able to express emotions and feelings in different aspects: social, economic, environmental and religious⁽¹¹⁾. Thus, music is unveiled as a tool to promote health, because this practice has been gradually introduced in the systematization of health care due to its numerous benefits, among which leisure and relaxation⁽¹⁴⁻¹⁵⁾.

The therapeutic potential of music is not new, being an instrument capable of encouraging physical and psychological changes, suggesting its use to promote health⁽¹⁶⁾. Upon making the music video, the benefits of music could be evidenced through the use of creativity, concomitantly with playfulness. The virtues that music brings together are notorious, from feelings such as calm, joy and even fun, considered a playful way to express and share responsibly the emotions that permeate everyday life.

Playfulness, in turn, is the sensitive and human manifestation of attitudes that cannot be expressed by words, only in experiences. The playfulness is educational when curiosity is stimulated. Playful activities allows for recognizing the progress in relation to thoughts, concentration, personal, social and cultural development, facilitating the process of thought construction⁽¹⁷⁾.

Even in the midst of the pandemic situation, in which there are allusions to dichotomous feelings, which interfere in the perceptions of the world and the care of oneself and of the other, health promotion actions can be conducted to minimize

the impacts of this moment on the mental health of individuals, in this case, of students from a nursing graduate course, especially because many face social isolation devoid of face-to-face support from their families, identifying support needs beyond physical assistance, with emphasis on psychological needs.

Conclusion

The music video proved to be a health promoter and articulator between professors and students, pointing out new perspectives of care that overcome the barriers of face-to-face. To weave collective actions, envisioning the use of such technologies in favor of broadening the horizons for care in times of social distancing and quarantine, with emphasis on improving health conditions. The technologies, including educational and/or care technologies (far beyond the classic hard technologies), recalled that physical isolation does not need and cannot become social isolation, which would be as harmful and immeasurable as the effects of the current pandemic on the morbidity and mortality of the Brazilian and world population.

Music is an important tool for promoting the health of individuals and collectivity. Thus, health professionals can appropriate this strategy to strengthen the bond with the people who are receiving care, also using it to strengthen empathy and humanization in different environments and situations of health care.

Collaborations:

1 – conception, project, analysis and interpretation of data: Jeane Barros de Souza, Crhis Netto de Brum, Yaná Tamara Tomasi, Aline Massaroli and Cláudio Claudino da Silva Filho;

2 – writing of the article and relevant critical review of the intellectual content: Jeane Barros de Souza, Crhis Netto de Brum, Yaná Tamara Tomasi, Aline Massaroli and Cláudio Claudino da Silva Filho;

3 – final approval of the version to be published: Jeane Barros de Souza, Crhis Netto

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