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CASE REPORT ARTICLE

THE INSERTION OF MUSIC IN THE NURSING WEEK: BETWEEN SONGS AND CHARMS

A INSERÇÃO DA MÚSICA NA SEMANA DA ENFERMAGEM: ENTRE CANTOS E ENCANTOS

LA INSERCIÓN DE LA MÚSICA EN LA SEMANA DE LA ENFERMERÍA: ENTRE CANTOS Y ENCANTOS

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ABSTRACT

Objective: to share the use of music in the Brazilian Nursing Week in the west of Santa Catarina, as a way to integrate organizers and participants of the event, with moments of leisure, culture and socialization. **Method:** a qualitative, descriptive study, of experience report type, in which the students, Nursing professors of the institutions and professionals of the Chapecó-SC area and region were invited to participate in the choir, counting on the participation of 128 people, who presented themselves at the opening of the event. **Results:** the integration of those involved, the awakening of moments of joy and new friends, reflection on life and the dreams to be conquered, with the lyrics of the rehearsed songs, the approach of the schools of the region, experiences of teamwork and the sharing of Nursing. It was evidenced difficulty in the continuity of the choir for the limited time of those involved, leaving the desire for new musical opportunities in Nursing. **Conclusion:** music is able to unite different people and institutions for the common good. **Descritores:** Nursing; Music; Choral.

RESUMO

Objetivo: compartilhar a utilização da música na Semana Brasileira de Enfermagem do oeste catarinense, como forma de integrar organizadores e participantes do evento, com momentos de lazer, cultura e socialização. **Método:** estudo qualitativo, descritivo, tipo relato de experiência, em que se convidaram, para participar do coral, os estudantes, docentes de Enfermagem das instituições e profissionais da área de Chapecó-SC e região, contando com a participação de 128 pessoas que se apresentaram na abertura do evento. **Resultados:** destacam-se a integração dos envolvidos, o despertar de momentos de alegria e de novas amizades, a reflexão sobre a vida e sobre os sonhos a conquistar, com a letra das músicas ensaiadas, a aproximação das escolas da região, as vivências do trabalho em equipe e o compartilhar da Enfermagem. Evidenciou-se dificuldade na continuidade do coral pelo tempo limitado dos envolvidos, ficando o desejo de novas oportunidades musicais na Enfermagem. **Conclusão:** a música é capaz de unir diferentes pessoas e instituições em prol de um bem comum. **Descritores:** Enfermagem; Música; Canto coral.

RESUMEN

Objetivo: compartir la utilización de la música en la Semana Brasileña de Enfermería del oeste catarinense, como forma de integrar organizadores y participantes del evento, con momentos de ocio, cultura y socialización. **Método:** estudio cualitativo, descriptivo, tipo relato de experiencia, en que se invitaron, a participar del coral, a los estudiantes, docentes de Enfermería de las instituciones y profesionales del área de Chapecó-SC y región, contando con la participación de 128 personas, que se presentaron en la apertura del evento. **Resultados:** se destacan la integración de los involucrados, el despertar de momentos de alegría y de nuevas amistades, la reflexión sobre la vida y sobre los sueños a conquistar, con la letra de las músicas ensayadas, lo acercamiento de las escuelas de la región, las vivencias del trabajo en equipo y el compartir de la Enfermería. Se evidenció dificultad en la continuidad del coro por el tiempo limitado de los involucrados, quedando el deseo de nuevas oportunidades musicales en la Enfermería. **Conclusión:** la música es capaz de unir a diferentes personas e instituciones en pro de un bien común. **Descritores:** Enfermería; Música; Coral.

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INTRODUCTION

The Brazilian Nursing Week is an annual event organized by the Brazilian Association of Nursing (BAN), which brings together several institutions and professionals in the area, with the aim of integrating and sharing the actions and projects developed by students and teachers of educational institutions, thus, broadening, the knowledge of all those involved.¹

In 2017, the 78th Brazilian Nursing Week and the 13th Nursing Week, BAN / SC Núcleo Chapecó, brought as a central theme, "Good Nursing practices and the construction of a democratic society", with presentations of works and workshops developed by academics, offering a meeting of teachers, students and health professionals from all over the state of Santa Catarina.

In previous editions of the event, it was evident that there was no effective integration of the organizing institutions, making it difficult to coordinate the planning and development of actions. With this in mind, in 2017, there was the desire of the organizers to achieve something that would result in real integration among all those involved. Thus, the idea of forming the Nursing Choral arose, with the purpose of integrating the organizing committee and, the participants of the event, and also, to make a cultural presentation at the opening of Nursing Week.

In view of the successful results, this experience report was born, aiming to share the use of music in the Brazilian Nursing Week in the west of Santa Catarina, as a way to integrate organizers and participants, with moments of leisure, culture and socialization.

METHOD

Qualitative, descriptive study, type of experience report. To organize the Nursing Choral, there was a need to group the interested parties, being undergraduate Nursing students from three Universities of Chapecó-SC, students of the Nursing courses of the municipality and professionals in the area. From then on, invitations were made in the classrooms of these institutions, inviting students to participate in the choir, and an e-mail was also sent inviting professionals from both the hospital, and primary health care areas, to participate.

The rehearsals of the choir took place in the center of the city, in the auditorium of

one of the universities, facilitating access to those involved. The meetings were held once a week, in a fixed place and previously scheduled, totaling six trials. The regency of the choir was developed by a nurse with musical experience, teaching the Nursing course of one of the participating universities in the organization at the event.

To everyone's surprise, in the first rehearsal, there were 117 people, and the number of participants of the choir was growing, totaling 128 members singing on the day of the presentation, which surprised and thrilled all the audience that honored the opening of the event.

During the rehearsals, three songs were performed: "Celebrate", composed by Levi Lima / Manno Góes, representing living with joy and emotion, besides the choreography during the song; also the song "Imagine", by John Lennon, which portrays the vision of a better world and, also, the song "Never stop dreaming", composition of Piska, where, in the presentation of this song, a homage was paid to the precursor of Nursing, Florence Nightingale. Thus, one of the members was dressed like Florence and all the choristers lit lanterns during this last song, whereas the auditorium remained in the dark, providing a moment of intense emotion to the present public.

It is worth mentioning that the essays were organized by the team of the organizing committee of the Brazilian Nursing Week event in the west of Santa Catarina, providing the necessary structure for the performance of the choir, with equipment, microphones, data show, sound box and physical space. registration of the presence of the members, who received a certificate of participation with hours of culture.

On the day of the presentation, the participants of the choir and the regent met in the auditorium of the Chapecó-SC Event Center to organize the presentation. After the orientation and vocal warm-up, everyone went to the central auditorium, where the opening of the event took place, and, the songs were presented to the general public.

RESULTS AND DISCUSSION

Among the various musical possibilities, choral singing is an important vehicle for disseminating the benefits attributed to music, such as the development of socialization, as well as teamwork, communication, concentration, fun and self-confidence of the members participating in the activity.²

Choral singing is commonly seen only as a practice of musical education, however, it has great potential for other educational aspects, since it also constitutes a space for social coexistence³. For the organizing committee of the event, which was mostly, inserted in the choir, the work developed during Nursing Week yielded good results, since the members had the opportunity to previously socialize and interact during rehearsals.

Music also favors the imagination, as well as evokes, provokes, develops and creates fantasies, releasing feelings of love, hate, joy, sadness, among others.⁴ Music has a high potential to generate beneficial sensations and reduce unpleasant ones, bringing, as a result, safety, joy, relaxation, self-esteem, good humor, motivation, relief from sadness, reduction of stress, associated with feelings of peace and tranquility.⁵

The rehearsal moments, besides bringing integration, also provided periods of relaxation and leisure, because, sometimes students and professionals arrived tired of the day covered, and, in the choir, they reported being able to relieve stress through the moments of relaxation and social life in the coral. Another important factor that music provided was the strengthening of friendships, since many students had more contact with colleagues through the choir, broadening social interaction.

The participation in Coral Nursing was growing every day, proving the effectiveness of the action, where those involved persisted in the activity launched and motivated their peers also to participate. The presentation of the choir was attended by 128 people, surprising the organizers and the public itself, as they did not expect such a high number of members.

Another factor to note is that the songs sung in the rehearsals and presentation brought moments of reflection for those involved, as well as for the audience, that honored the presentation at the event. The songs covered about celebrating life, living, dreaming and hoping for better days.

Moments before the presentation, some participants in the choir showed anxiety. Anxiety is an emotional experience depending on the prediction of future situations or in the presence of situations considered as unpleasant for the individual.⁶ And, during the process of musical preparation and performance, the interpreter may face technical-interpretative difficulties that, together with the context and purpose of the presentation, personal expectations and

desires, can generate anxiety during musical performance,⁷ but, at the moment of vocal warm-up, preparatory to the official presentation, the participants were releasing and, after the presentation ended, they reported having been fun and exciting, leaving the audience fascinated, who applauded them intensely, spreading enthusiasm to the participants of the Nursing Choir.

Something that also caught the attention was the unexpected and important participation of the family of the members of the choir, who, for the most part, were present at the presentation of their sons / mothers / spouses. Thus, the opening of the Brazilian Nursing Week in the west of Santa Catarina, besides having a large audience, exceeded the proposed goals, counting not only on the effective participation of Chapecó nurses and the region, but, also, with many relatives, who also participated in the lecture of opening. Thus, members of the choir had the privilege of receiving applause from their loved ones, who, after the presentation, praised them intensely, providing development of the self-esteem of those involved in the process.

It is worth mentioning that the practice of vocal music as a collective develops a series of benefits that, in addition to socialization, contribute to aspects such as skills, self-esteem, self-control and self-confidence.⁸

Choral singing can develop both the physical and the psychological side. From the simple act of breathing, to singing in public, brings the permanent benefits to the participants.⁸ In addition, choral activity is a teamwork, which prepares individuals for a positive coexistence in society.⁹ Thus, teamwork was of paramount importance for the development of activities, where, through choral it was possible to demonstrate, in practice, that no institution was more or less important, but that all those involved in the organization of the Nursing Week were essential to the smooth running of the whole process.

Throughout the rehearsals, the participants of the choir evaluated, in a positive way, the whole process, requesting continuity of the musical activities and of new presentations in other spaces. However, the participants and the person in charge of the reign of the choir had many tasks, preventing the continuity of the activities. Another difficulty was the space where the rehearsals were held, since it was not expected such a public, and ended up becoming small, being a challenge for the

conductor to keep the rehearsals in a cheerful, interesting, motivating and relaxed way, in the heat and the tight place, but that, at no time was a discouraging factor for the withdrawal of the participants in the choir.

CONCLUSION

Music is an important resource to promote health, capable of transmitting joy, moments of fun, integration, developing teamwork, being of extreme necessity in this world where it is losing the interaction and the conviviality with the other. Thus, in addition to the social and cultural benefits, music can be used in a way that promotes the individual's physical and mental health, contributing to integral and healthy development in the different phases of life, being able to unite different people and institutions for of a common good.

The creation of the Nursing Choral was very interesting because, it finally, became visible and real the integration of the institutions and students of the area of the west of Santa Catarina, which, until then, had not been successful, showing that, there is neither the best nor the worst, but, in union, it is possible to achieve the proposed objectives. Through music, the participants of the event and the organizing committee have integrated and built a great event for the whole of Santa Catarina's West, working hard, but, also, having fun and helping each other.

In Nursing integration, and teamwork are paramount, being present day by day. Through the experience of the Nursing Choir, it was possible to work these concepts in practical life, with moments marked by spontaneity, solidarity, exchange, socialization and communication of feelings, in a verbal, musical and also choreographic form, with the desire for more moments like these for the upcoming event organizations in the area.

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