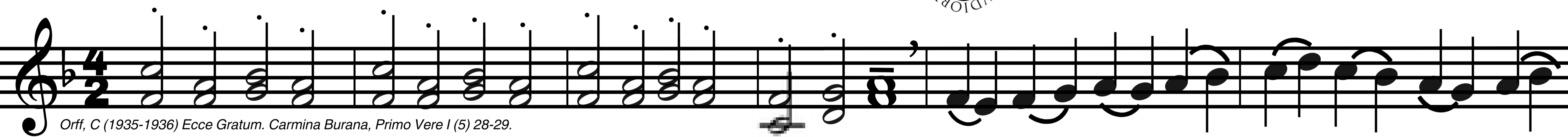


# Which are the uses of Music Therapy for Rehabilitation after suffering a Stroke?

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## Aim

The main objective is to develop a narrative review with the aim of deepen on the evidence about the use of **Music Therapy** in the context of **rehabilitation** of the **physical outcomes** after suffering a **stroke**.

## Introduction

A **stroke** is the consequence of an **alteration** or interruption of **blood supply** to the **brain**, causing outcomes that affect patients in different ways entailing alterations on their quality of life and long-term disabilities.

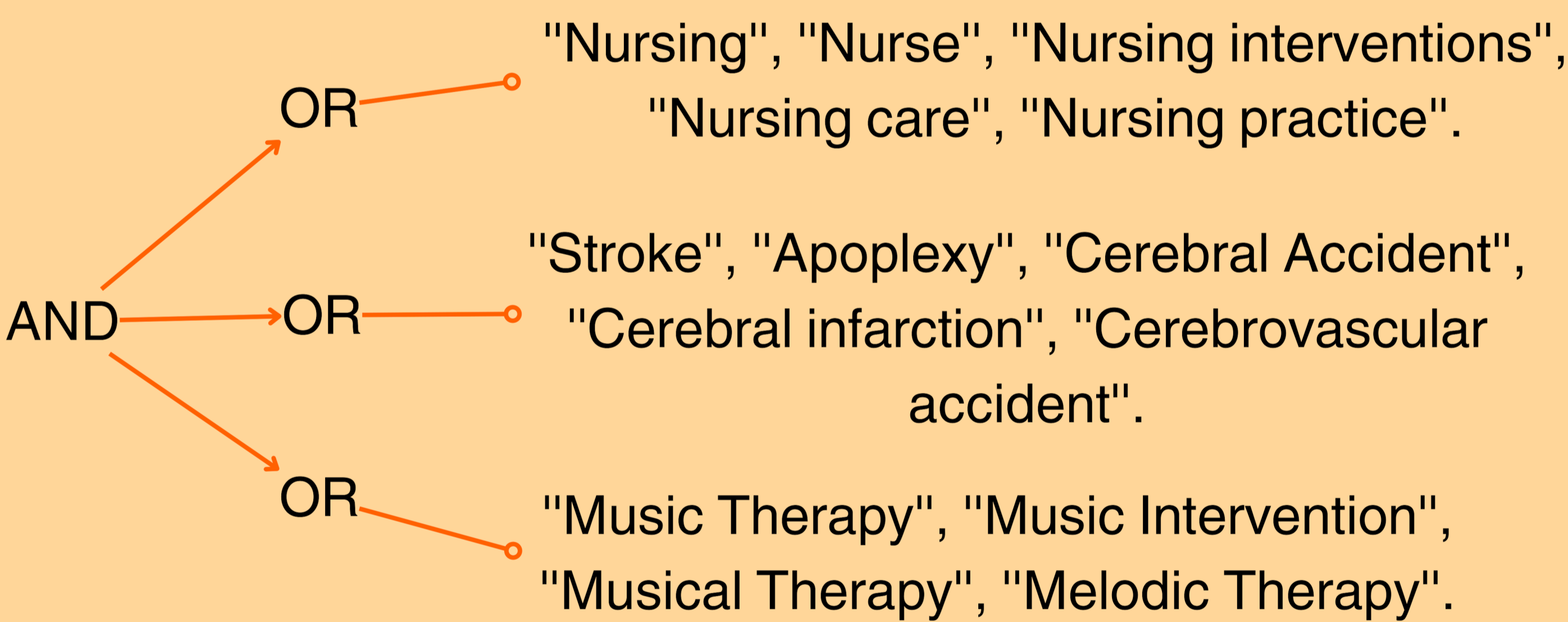
**Music Therapy** has been used in many contexts as a non pharmacological treatment in order to rehabilitate the physical outcomes of suffering a cerebrovascular accident.

## Methodology

Narrative Review.

**Databases:** Pubmed, Cinahl, Web of Science.

**Limits:** < 10 years. English, Spanish, French.



"Nursing" [MeSH], "Stroke" [MeSH], " Music Therapy" [MeSH]

## Article selection process

Initial studies  
from the  
databases.  
n= 1548

Removal applying  
language and data  
limits.

Identified  
studies.  
n= 1210

Removal of  
duplicates.

Articles sought  
for retrieval.  
n= 1178

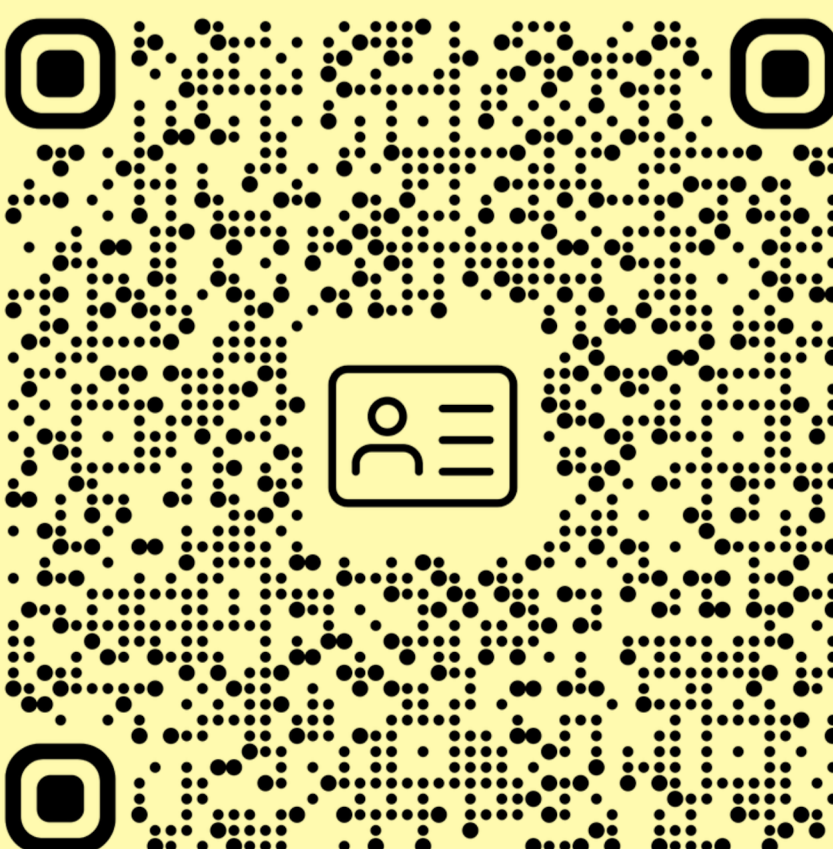
Removal after  
reading title and  
abstract

Identified articles  
for complete  
reading.  
n= 10

Removal applying  
eligibility criteria

Reports of  
included  
studies.  
n= 5

## Bibliography



## Results

### 1. Outcomes of a stroke.

**WHO**, World Report on ageing and Health from 2015: **Stroke** cases **rising**, big **economic burden**.<sup>2</sup>

**Deterioration:** motor, language, emotional or cognitive functions. Strong tachypnea, tachycardia, hemiplegia and hemiparesis.<sup>3, 4</sup>

### 2. Music Therapy interventions, effects on stroke patients.

Neuroplasticity: Music Therapy promotes it.<sup>3, 4</sup>

Music affects **vital signs**: Systolic and Dyastolic Blood Pressure, Heart Rate, Respiratory Rate, Oxygen Saturation.<sup>3</sup>

**Balance** and functional outcomes are affected in a positive way when applying Music Therapy, rather than conventional physiotherapy.<sup>5</sup>

### 3. Role of Nursing in Music Therapy.

Non pharmacological way of care to provoke behavioral and **sensory alterations**. Use by Nurses since 20th century for mental health, although one of the promoters was Florence Nightingale during Crimean war.<sup>3</sup>

## Conclusion

Learning about outcomes of a stroke: optimum and **individualised** treatment.

Music Therapy affects positively vital signs, promote conection between **neurons**, help lowering inequities in access to health care facilities.

Impulse nursing **implication** and **education**. More in touch with the patient.