



19. MUSIC THERAPY INTERVENTION ON CARDIAC PARAMETERS IN HYPERTENSIVE PATIENTS: MYTH OR REALITY

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Introduction. Music therapy is an aged medical practice. Since ancient times it has been used by Socrates to relieve mental and physical suffering. In contemporary medicine, melotherapy gained momentum in the 20th century, with the appearance of the first specialized institutions in the field of music therapy.

Aim of study. Music therapy is a medical practice that is gaining wider use, while more and more studies are appearing that demonstrate its effectiveness in various medical fields such as general medicine, surgery, intensive care, pediatrics, pulmonology, cardiology, oncology, and pain management.

Methods and materials. We analyzed PubMed and Cochrane database from last 10 years. The following combinations of keywords were used: "music therapy", "music therapy, hypertension" and "music therapy, blood pressure". The articles were divided into categories by keywords and by the year of publication.

Results. On the PubMed platform, 4767 articles containing the keyword "music therapy" were found, and on the Cochrane platform 36 articles, all published during the last 10 years. The number of articles published on PubMed was twice as high in 2023 compared to 2013, and those published on the Cochrane platform were 4 times more in 2023 compared to 2013. The highest number of articles per year, containing the keyword "music therapy", was 756 in 2021, on the Pubmed platform, and 7 in 2020 on the Cochrane platform. On Elsevier's Scopus platform, 1902 books containing the keyword "music therapy" are published, 14 having it as an element of the title. Only 1087 books have been published in the last 10 years, and 41 are planned to be published in 2024.

Conclusion. Interest in the subject of music therapy is continuously growing, and its practice in the field of cardiology is promising, but continued, high-quality research is needed to confirm the veracity of the effectiveness of music therapy in the complementary treatment of hypertension.