

## Summary of "Healing Music"

This doctoral nursing study from the University of Connecticut investigated the effectiveness of Coro Health's MusicFirst service as a non-pharmacological intervention for reducing anxiety in patients who had acute coronary syndrome or a heart attack.

The study focused on patients admitted with acute coronary syndrome (ACS), including STEMI, NSTEMI, and unstable angina at Hartford Hospital's cardiac ICU and step-down units. The intervention utilized Coro Health's MusicFirst program, which offered nine different genres of music specifically customized for anxiety reduction.

The study included 23 patients over a 3-month period with 65% STEMI cases, 26% NSTEMI cases, and 9% unstable angina cases. The patient population was 72% male with an average age of 64.

Key findings included:

- A statistically significant reduction in anxiety scores post-intervention ( $p=0.004$ )
- When removing one outlier, the significance increased ( $p=0.002$ )
- Vital signs showed a downward trend
- Rock (26%) and classical (22%) were the most popular music choices

The initiative faced implementation barriers including staff shortages, timing challenges (patients not wanting to participate at night), and occasional technology issues.

The researcher concluded that therapeutic music offers an effective non-pharmacological option for anxiety management in ACS patients and presents an opportunity to expand nursing autonomy through evidence-based practice.

## Highlighting Coro Health's MusicFirst Success Points

1. **Proven Clinical Effectiveness:** The study demonstrated statistically significant anxiety reduction ( $p=0.004$ ) in acute coronary syndrome patients using Coro Health's MusicFirst program - concrete evidence of the program's effectiveness in a clinical setting.
2. **Versatile Patient Engagement:** The program's nine different genres allowed patients to select personally meaningful music, with rock and classical emerging as top choices - showing how MusicFirst meets diverse patient preferences.

3. **Technology Integration Excellence:** MusicFirst integrated seamlessly with the hospital's existing patient TV system, making implementation practical without requiring additional equipment.
4. **Cost-Reduction Potential:** The study presenter highlighted substantial cost-saving opportunities, noting that anxiety in cardiac patients increases readmission costs by \$8,500-\$12,000 annually per patient.
5. **Healthcare System Scalability:** The presenter identified a 14-fold opportunity for expansion across cardiac units (335 additional patients during the study period alone).
6. **Non-Pharmacological Innovation:** MusicFirst offers an evidence-based alternative to medication for anxiety management, aligning with modern healthcare's push toward complementary therapies.
7. **Multidisciplinary Approach:** The program was designed for implementation by nurses, APPs, chaplains, palliative care teams, and respiratory therapists - demonstrating MusicFirst's versatility across care teams.
8. **Scientific Validation:** The study aligns with previous research demonstrating music's effectiveness specifically in cardiac patients, positioning MusicFirst as implementing established scientific principles.
9. **DNP Essential Alignment:** The presenter noted the initiative satisfied multiple Doctoral Nursing Practice essentials, positioning MusicFirst as a tool that helps nursing leaders meet professional standards.