

HEALING MUSIC AS A TOOL FOR QUALITY IMPROVEMENT IN CLINICAL SETTING

Institution: University of Connecticut

Location: Hartford Hospital

Focus: Using MusicFirst to reduce anxiety in acute coronary syndrome (ACS) patients.



STUDY OVERVIEW



- **Population:** 23 ACS patients (65% STEMI, 26% NSTEMI, 9% unstable angina)
- **Setting:** Cardiac ICU and step-down units
- **Intervention:** Coro Health's MusicFirst program
- **Demographics:** 72% male | Avg. age: 64
- **Duration:** 3 months

- Statistically significant anxiety reduction ($p=0.004$)
- More significant when one outlier removed ($p=0.002$)
- Vital signs trended downward.
- **Most popular genres:** Rock (26%) and Classical (22%)

KEY RESULTS



BARRIERS

- Staff shortages
- Timing issues (e.g., nighttime reluctance)
- Occasional tech glitches

CONCLUSION



MusicFirst offers an effective non-pharmacological option for anxiety management in ACS patients and presents an opportunity to expand nursing autonomy through evidence-based practice.

SUMMARY OF HEALING MUSIC QI INITIATIVE

- 1. Proven Clinical Effectiveness:** Significant anxiety reduction confirmed by study.
- 2. Versatile Patient Engagement:** Nine base genres & various styles allow personalized music choices.
- 3. Technology Integration:** Seamless use with hospital TV system—no extra equipment needed.
- 4. Cost-Reduction Potential:** Reduced anxiety may cut \$8,500–\$12,000 in readmission costs per patient annually.
- 5. Scalability:** Potential to expand use 14-fold across additional cardiac patients.
- 6. Non-Pharmacological Innovation:** Evidence-based complement to medication.
- 7. Multidisciplinary Support:** Usable by nurses, APPs, chaplains, RTs, and palliative care teams.
- 8. Scientific Validation:** Aligns with prior research on music's effect in cardiac care.
- 9. DNP Alignment:** Fulfills multiple Doctor of Nursing Practice (DNP) essentials.