

## Podcast Show Notes

### Music in Health and Healing

The purpose of this course is to discuss how music therapy could be a beneficial tool to add to your non-pharmacological intervention toolkit. Researchers are finding that music therapy has many benefits in health and healing, from reducing stress and promoting relaxation to lowering anxiety levels before surgery more effectively than prescription drugs. Music therapy is being used to treat pain and multiple mental disorders such as anxiety, depression, and post-traumatic stress disorder. It has also been proven effective in dementia, Parkinson's, Alzheimer's, and autism. We will also discuss how music is used in other cultures, its effect on mental health conditions, and its influence on empathy.

*This CE course is relevant to Nursing and Healthcare Professionals.*

#### Episode 1– The Beneficial Effects of Music on the Brain

In this episode, we focus the discussion on the known beneficial effects music has on the brain.

#### Guest

Margaret-Ann Carno, PhD, MBA, MJ, PNP-AC/PC, ATSF, FAAN

- Dr. Carno is a Professor of Clinical Nursing and Pediatrics at the University of Rochester, School of Nursing.
- She currently directs the RN to BS completion program at the school, along with an NP practice in pediatric sleep medicine.
- She has a Master's in Business Administration along with Master's in Jurisprudence in Health Law Studies
- Her nursing background is pediatric critical care and with post master's certificates as a Pediatric Primary Care Nurse Practitioner and Pediatric Acute Care Nurse Practitioner.
- She has also taught graduate ethics and public policy and undergraduate ethics.

#### Host

Leana McGuire, BS, RN

- Over 30 years of experience in healthcare
- Teaching experience in leadership development and executive coaching
- Background in content development, visual performance, speaking and podcast hosting

## Reviewer

Candace Pierce, DNP, RN, CNE, COI

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

## References

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## Episode 2– The Positive Effects of Music on Health and Healing

In this episode, we focus on the positive effects of music on mental health disorders, physical ailments, and self-care.

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