

**TOPIC: IN SUPPORT OF INCREASING AWARENESS OF THE THERAPEUTIC VALUE OF MUSIC THERAPY**

**SUBMITTED BY: Villanova University Student Nurses' Association**

WHEREAS, health is negatively impacted by stress, depression, and anxiety; and  
 WHEREAS, anxiety can impair physical and psychological function; and  
 WHEREAS, music administered in times of stress has an anxiolytic quality that increases patient comfort and endorphin levels consequently lowering heart rate and reducing need for anesthesia; and  
 WHEREAS, music therapy can be used as an adjunct to nursing practice to assist with pain management and emotional support; therefore be it  
 RESOLVED, that the National Student Nurses' Association (NSNA) provide resource information for nursing students regarding music as a means of therapy; and be it further  
 RESOLVED, that the NSNA recognize nursing students using their musical talents or understanding of music as therapy through articles in *Imprint*, if feasible; and be it further  
 RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, the National League for Nursing, the American Society for Pain Management Nursing, the Federation of American Hospitals, the American Psychiatric Association, the American Psychological Association, the National Association for Home Care and Hospice, the American Society for Healthcare Environmental Services, the American Association of Critical-Care Nurses, the National Association of Neonatal Nurses, the American Music Therapy Association, and any others deemed appropriate by the NSNA Board of Directors.