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News Release

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University Hospitals Elyria Medical Center to Offer Music Therapy to Patients

ELYRIA, OH – Inpatients receiving care at University Hospitals Elyria Medical Center will soon have the option to receive music therapy as part of their treatment. The hospital recently hired board-certified music therapist Samantha “Sam” Huffman, MT-BC, who plans to begin offering services on October 3.

Music therapy is an evidence-based practice by which a board-certified music therapist (MT-BC) uses music to address nonmusical goals. When hospitalized, patients’ stress and pain may be increased due to the physical and emotional issues they experience during their stay. Research shows that the management and reduction of both stress and pain levels can be crucial to patients’ well-being and optimal health. Music therapy can help achieve these goals.

Ms. Huffman grew up in Wakeman, Ohio and attended Cleveland State University. Her voice is her main instrument, but she will also play the guitar and piano during her 30-60 minute sessions with patients – either individually or in a group setting. There is no additional cost for patients to receive music therapy during their stay at UH Elyria Medical Center.

“There are so many benefits to music therapy,” said Ms. Huffman. “It reduces muscle tension, anxiety and depression while improving self-esteem.” She continued, “Music therapy also helps with physiological changes in the body, such as regulating blood pressure, heart rate and respiration.”

Patients who receive music therapy at UH Elyria Medical Center will also have the opportunity to participate in making music. Instruments such as the tambourine and drums will be available, and a mobile recording studio will allow patients to take a recording of their session home via a CD.

Music therapy is currently offered at several hospitals within the UH system through the UH Connor Integrative Health Network.

“Our colleagues at UH Connor Integrative Health Network have seen enormous success with music therapy,” said Charlotte Wray, President of UH Elyria Medical Center. “We believe that offering this service will enhance the care we provide and help patients cope with some of the most serious health issues, such as cancer, heart disease and diabetes.”

The music therapy program at UH Elyria Medical Center is one of the first initiatives of the Hampson Mole Community Health Project, which was formed as a result of a \$10.6 million donation from Ms.

Karen Mole and the Hampson Family Foundation, as well as a \$1.5 million gift from the Elyria Medical Center Foundation. The Hampson Mole Community Health Project encompasses programs that address Lorain County's most pressing health issues as determined through a recent community health needs assessment.

During her first few weeks at the hospital, Ms. Huffman has been meeting with physicians, nurses and other clinical staff to inform and educate them about the benefits of music therapy and the services she can provide. Patients are encouraged to ask their caregivers to arrange a music therapy session for them if interested.

About University Hospitals Elyria Medical Center

Founded in 1908, University Hospitals Elyria Medical Center is a 387-licensed bed hospital with additional campuses in Amherst, Avon and Sheffield Village. Part of the University Hospitals health system, UH Elyria Medical Center offers patients access to UH Cleveland Medical Center, a nationally recognized academic medical center, as well as programs from internationally recognized centers of excellence such as UH Rainbow Babies & Children's Hospital and UH Seidman Cancer Center. UH Elyria Medical Center has been designated a certified primary stroke center by the Joint Commission, and in 2016 received the American Heart Association's Mission: Lifeline® Gold Receiving Quality Achievement Award for its treatment of heart attack patients. Additionally, the hospital received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award with Target: StrokeSM Honor Roll. For more information, visit UHElyria.org.

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