To ensure data integrity in Chinook database and correct any errors that have arisen due to intensive use and application changes:

1. **Audit the Existing Data**: Review all tables for data anomalies such as null values in primary keys, duplicate records, inconsistent data formats, and orphaned foreign keys.
2. **Validate Foreign Key Constraints**: Check that all foreign keys have a corresponding and valid primary key in the referenced table.
3. **Correct Data Anomalies**: Cleanse the data by fixing or removing inconsistencies and anomalies discovered during the audit.
4. **Re-establish Referential Integrity**: Add or update foreign key constraints to ensure data consistency across related tables.