Effects of Virtual Reality on Perceived Pain

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### BACKGROUND/TRIGGERS
- Virtual Reality is a form of distraction that creates a life-like experience grounded in reality or science fiction
- VR uses computer generated 3D scenarios that simulates a realistic experience
- Patient dissatisfaction with pain levels
- Usage of pain medication
- HCAHP Scores

### METHODS
- Ten nurses were given a nurse reference powerpoint on proper usage of VR
- Five surveys were completed by patients after experiencing a dressing change with and without VR
- Perceived pain was measured on a numerical scale during a dressing change with VR compared to a dressing change without

### MEASUREMENTS

<table>
<thead>
<tr>
<th>Inclusion</th>
<th>Exclusion</th>
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</thead>
<tbody>
<tr>
<td>Adult patients &gt;18 years of age, non-intubated</td>
<td>Patients who suffer seizures and motion sickness, or claustrophobic</td>
</tr>
<tr>
<td>Less than 15% TBSA</td>
<td>Patients on contact precautions</td>
</tr>
<tr>
<td>Non-operative and operative burn wounds</td>
<td>Patients with head or face burns</td>
</tr>
</tbody>
</table>

### RESULTS

Patient Experience of VR during dressing changes
![Patient Experience Chart]

- Anxiety
- Motion Sickness
- Overstimulation
- Patient Satisfaction

### LIMITATIONS
- Technological issues (i.e. software issues, battery life, cost)
- Reported anxiety, overstimulation, and motion sickness from VR
- Staff compliance with proper usage of the VR device and completing surveys

### REFERENCES

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