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# Pilot of VR in a PICU setting with Drs Izzie Mark and Darren Bell

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- To our knowledge no trials of VR as distraction/ calming in adult mental health populations
- Challenging of acquiring clinical ethics approval
- Oculus gyros headset
- Choice of appropriate “games”



# Video choices

**Environmental landscapes (forests, beach)**

**Swimming (with dolphins or turtles)**

**Watching animals (e.g. elephant orphanage or African safari)**

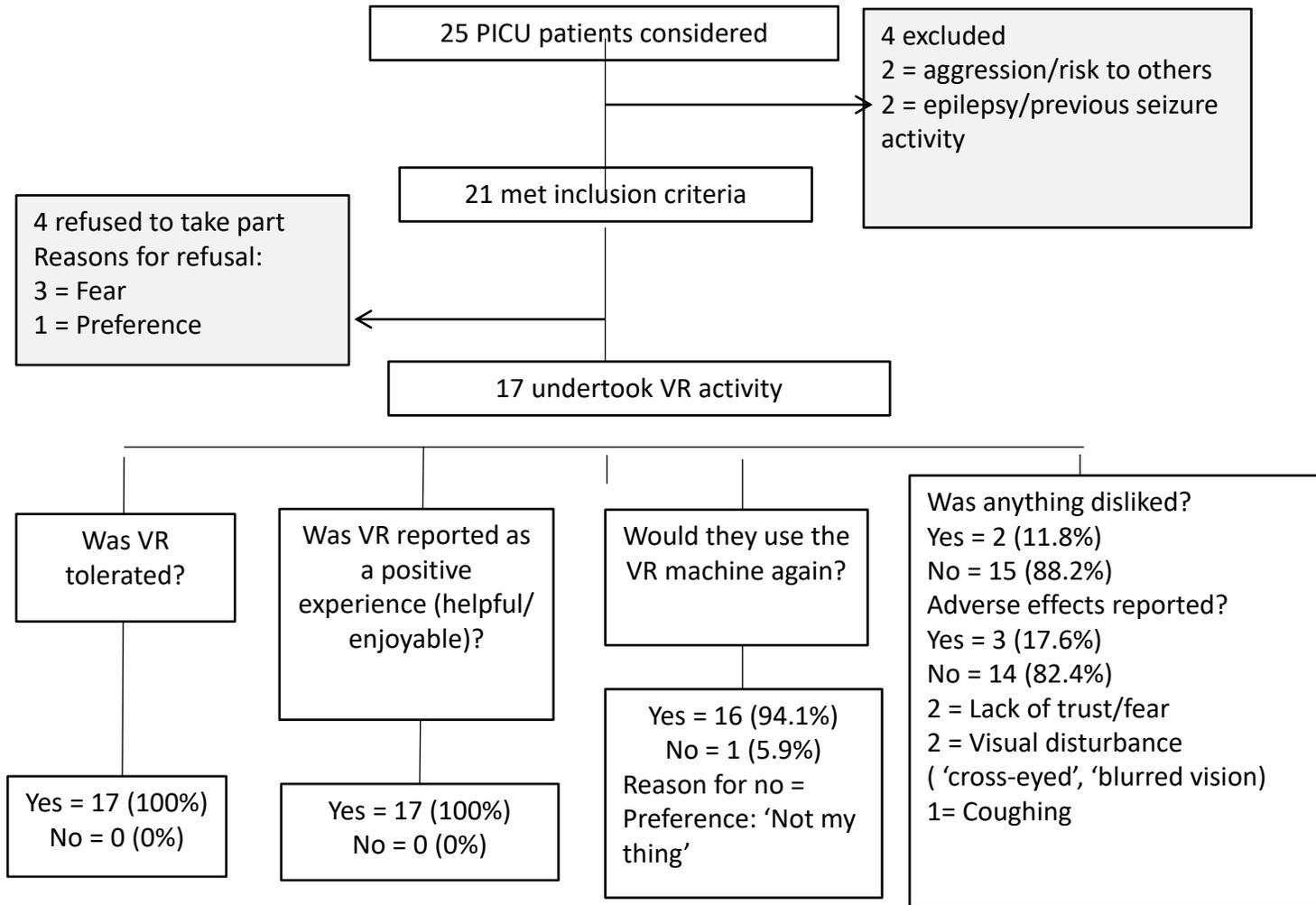
**Riding on water slides**

**Climbing trees**

**Hot air balloon ride**

**Space ride**





# Space safari

[https://drive.google.com/file/d/1ItOVQjYs\\_wwUIwYpQZLGx82bHZhTfuvH/view?usp=drive\\_web](https://drive.google.com/file/d/1ItOVQjYs_wwUIwYpQZLGx82bHZhTfuvH/view?usp=drive_web)

[360° VR Space Safari with Helen Sharman - YouTube](#)





## VR in PICU

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Assessment of tolerability and views of patients

25 patients considered, 21 approached

17 agreed

No adverse effects reported

One patient seemed suspicious during  
experience

It calmed me right down. Gorgeous. Brilliant. wicked

This is the best thing. That's nice, so nice. That would work for the most mental patients

That's fun, perfect. It's enjoyable, relaxing, it's a break from the ward

Wow, that's really cool, that's wicked, really good. I feel like I can touch it, it's really helped me relax"

I like it. Sick stuff. I am advocating for everyone

Enjoyable but not really my thing

It's like people share emotions to forget the past

## Summary

All 17 patients tolerated the VR headset and all reported it as a positive experience. Sixteen said they would like to repeat the process.

One patient became slightly suspicious and asked to stop the experience

We demonstrated that VR is tolerated in the acute setting of inpatient PICU and patients were generally very positive about the experience

# Thank-you

Dr Isabel Mark

Dr Darren Bell

Leiah Kirsch (student)

Dr Christian Brown

John

Staff and patients from Ward  
one



oculus Go

