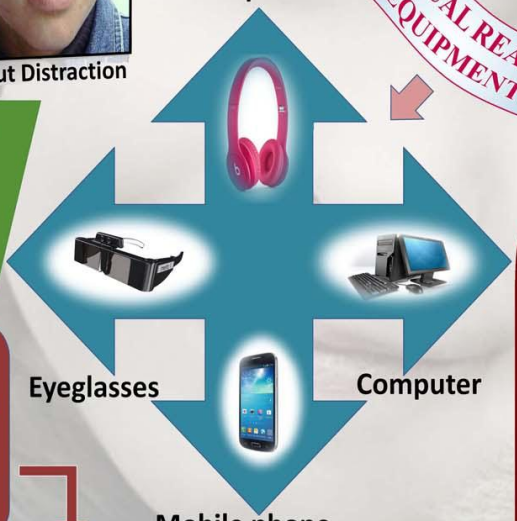
VIRTUAL REALITY DISTRACTION (VRD) IN THE ATTENUATION OF PAIN & ANXIETY -THE FORGOTTEN BEHAVIOUR MANAGEMENT TOOL

AIM:

VRD technique is used to divert attention away from the procedure and focus attention on an activity or task

VIRTUAL REALITY TECHNIQUE HELPFUL IN BREAKING A NEGATIVE CYCLE OF MEMORIES OF ANXIETY

VIRTUAL REALITY EQUIPMENTS



PEDIATRIC DENTAL INTERVENTIONS ARE OFTEN ASSOCIATED WITH HIGH LEVELS OF ANXIETY AND PAIN

PATIENTS EXPERIENCE LESS ANXIETY AND PAIN AFTER UNDER GOING VIRTUAL REALITY TREATMENT

ADVANTAGES

- Non pharmacological behavior management
- Reduction of anxiety and perception of pain
- Patient not disturbed by adjacent noises
- Better distraction technique than other methods

DISADVANTAGES

- Expensive – not cost effective
- Universal glare size
- Lack of communication
- Not for pre school children

CONCLUSION: VIRTUAL REALITY DISTRACTION METHOD CAN SUCCESSFULLY DECREASE PAIN PERCEPTION AND ANXIETY DURING DENTAL TREATMENT

Poster Presentation

VIRTUAL REALITY DISTRACTION (VRD) IN THE ATTENUATION OF PAIN AND ANXITY – THE FORGOTTEN BEHAVIOUR MANAGEMENT TOOL

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Abstract

Pediatric medical/dental interventions are often associated with high levels of anticipatory fear, anxiety and procedural pain. Management of procedure-related distress commonly includes the use of distraction techniques which aim to divert attention away from the procedure and focus attention on an activity or task. A recent technological advance that has shown promise as an engaging mode of distraction is Virtual reality distraction (VRD) technique. It is a relatively new medium of human-computer interaction whereby a child becomes an active participant in a virtual world. VR uses sophisticated systems such as head-mounted, wide field-of-view; three-dimensional displays (HMDs) and motion sensing systems that measure the user's head and hand positions. Virtual reality (VR) has recently been applied in remote surgical techniques and rehabilitation of burn patients with great success. Even though this technique is extensively used in the medical field, its application in pediatric dentistry is negligible with isolated reports existing in the literature. The purpose of this presentation is to re-invent VRD as a forgotten behaviour management tool in the attenuation of pain and anxiety associated with dental treatment in pediatric patients.

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