

Virtually Painless

Dr Erin Mills, Paediatric Emergency Medicine Physician

With thanks also to Dr Evelyn Chan, Paediatrics Research Fellow



A bit about me:

Paediatric Emergency Physician
A research interest

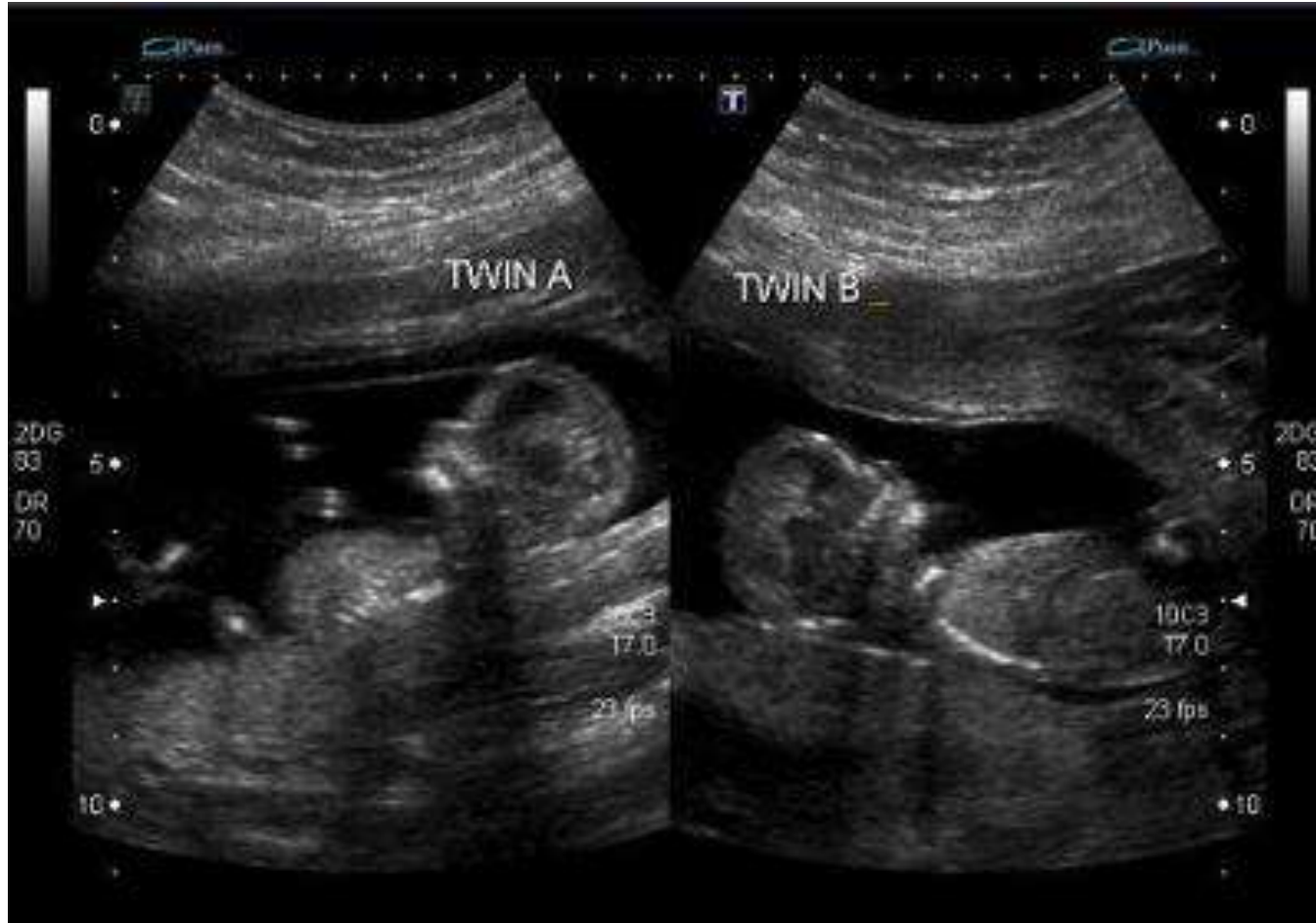




- Mother of Molly



- Future mother to two more (not just a big breakfast)



What I will be talking about

- Our Virtual Reality study
- The future of VR in healthcare
- Other potential uses of technology in healthcare



2-3 minutes of fame...



M^onash
Children's
Hospital

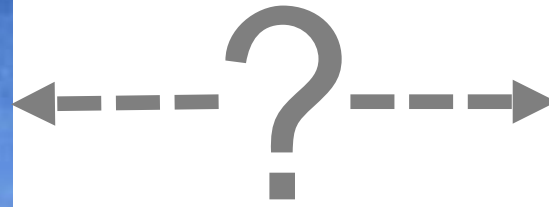


The Inspiration





Current gap in pain management options



VR could be part of the toolkit



VR Needle Experience



Based on:
12000 research papers
>100 user tests
>12 specialists

Designed to keep children
calm and still for needle
procedures



VR Supports Each Step:



INTRODUCTION

ID and test check

PREPARE

Set up equipment

IDENTIFY, INSERT

Tourniquet, find vein

Insert needle

BLOOD DRAW

Draw up blood

Remove needle

WRAP UP

Apply bandaid

Put blood into tubes



INTRODUCTION

Start VR experience

Orient to VR

RELAXATION

Guided relaxation

Deep breathing

FISH FEEDING

Keeping still

Re-framing sensations

DOLPHIN RIDE

Keeping still

Immersive distraction

WRAP UP

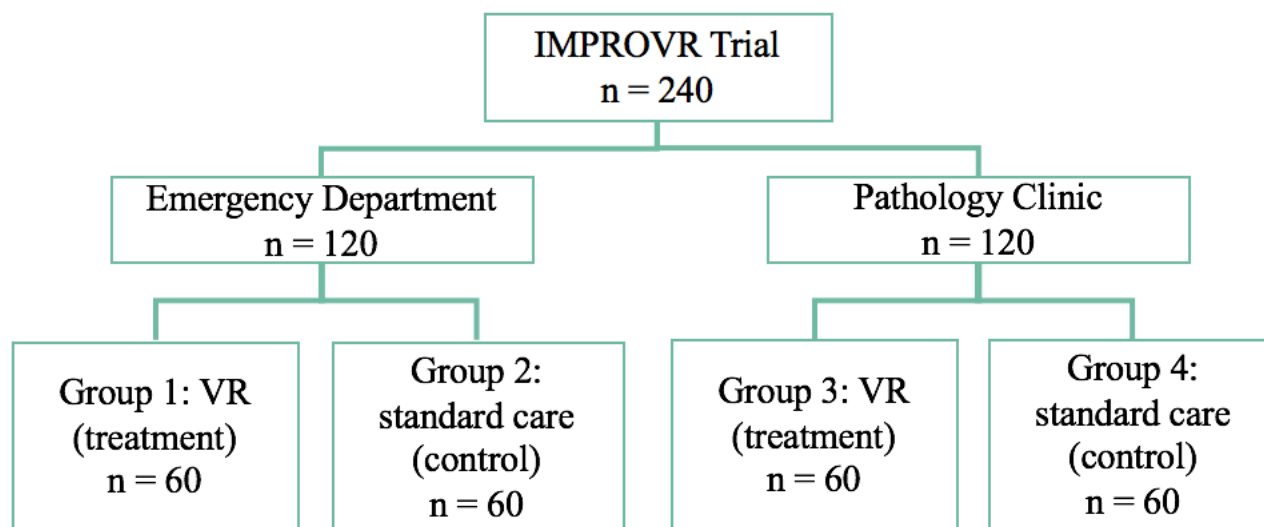
Positive reinforcement



IMPROVR Trial

- **I**nvestigating the
- **M**anagement of paediatric procedural
- **P**ain
- **R**elief
- **O**btained through
- **V**irtual
- **R**eality

The Trial



The Future of VR in Healthcare...

- Ideas?







Pirate Island





Questions?

