Virtual Reality

Virtual reality is a form of technology that allows someone to simulate a situation and experience using a specific headset that promotes an interactive, computer generated environment. This type of simulation uses specific 3-D goggles with a screen and sometimes even gloves, to provide sensory feedback and learning in this virtual setting. Virtual reality is used in various different settings, including healthcare. The areas it is used in is especially medical training, doctors and students in training, treatment for patients, education for patients about a certain disease or symptoms. “It is estimated that the global market for VR could be more than 4 billion dollars by 2020.” (Thomas, 2021).

Virtual reality has become more and more popular, and it has a variety of different uses in the medical field. Some of these include planning difficult surgeries beforehand, surgical robotics, mental health issues, pain management, addiction and physical therapy. Pain management has been and always will be a major problem in the health care environment. Virtual reality has been found to help relieve pain or rehab in patients that =-0.;;

suffer from severe pain or ones that are healing from a skin graft. It has been shown that it helps distract the patients allowing them to be less in pain, typically requiring less physical therapy. Virtual reality has also helped patients who are using physical therapy by distracting the patient’s attention away from the pain and providing an alternative reality that allows the patient and encourages them to finish or complete their exercise. “In a feasibility study, we found that while few inpatients were both eligible and willing to use VR, those that used VR reported that it was a positive experience and that it improved their pain and anxiety. In a separate study, we found that 65% of hospitalized patients receiving a VR experience