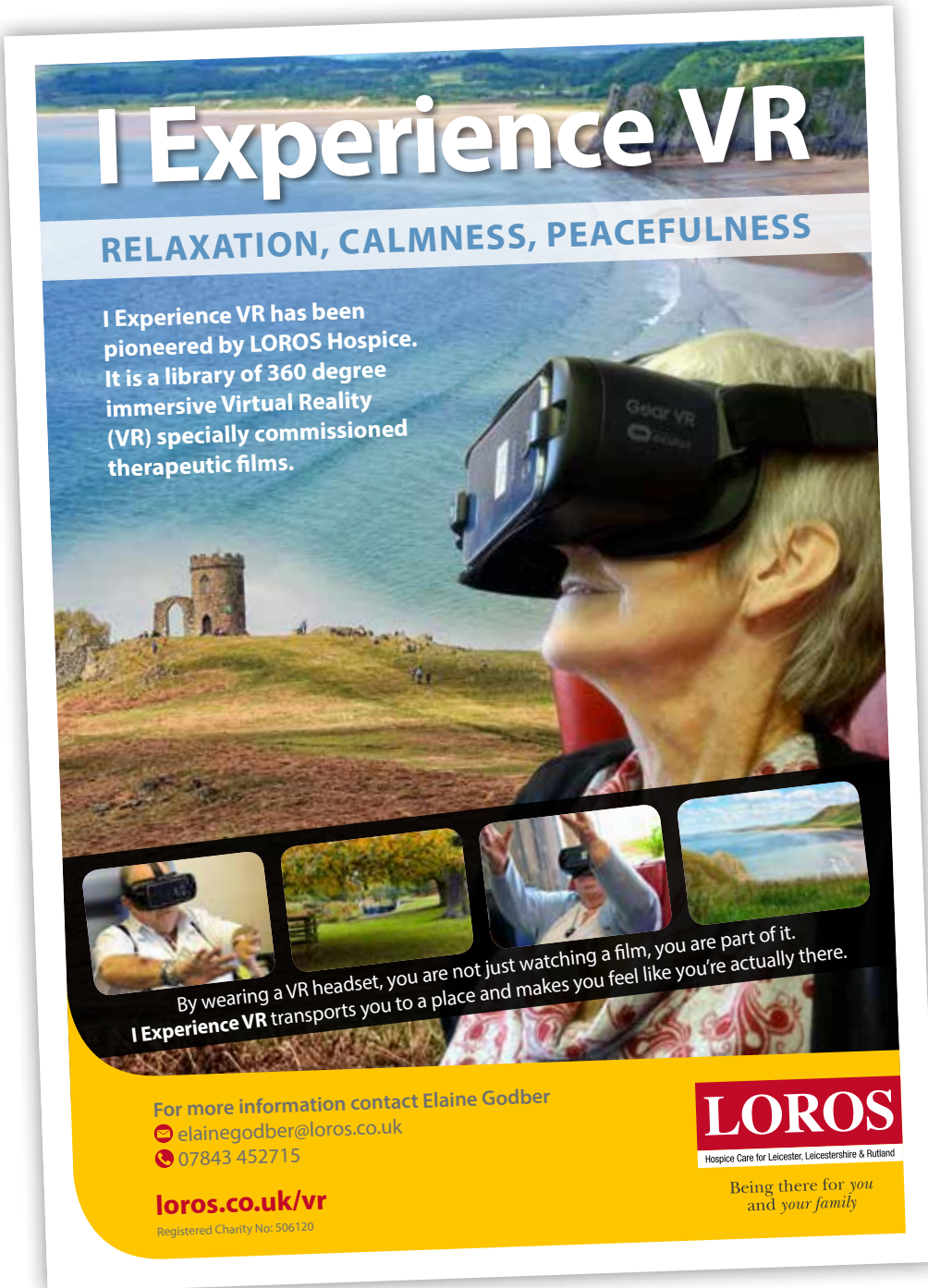


I EXPERIENCE VR (VIRTUAL REALITY)

DEVELOPMENT OF LOROS HOSPICE VR THERAPEUTIC DISTRACTION THERAPY APP



Background

One year on from commissioning the first virtual reality (VR) film of a local park aimed at bringing relaxation and distraction therapy to patients whose lives have become restricted due to their illness the chance to see the world from the comfort of their chair or bed, we have developed the project into a growing library of therapeutic films stored safely within its "I Experience VR" App.

A robust evaluation study of patient response is underway to establish the impact on transforming patient care.

To reach out to more patients it has engaged with other Hospices and care homes with an invitation to join a partnership consortium and is constantly re-evaluating its offering.

Aim

- Create a library of films designed specifically for people with restricted mobility in mind. By using the VR headset a patient actually feels like they are there.
- To provide patients with relaxation and calmness and provide conversations of meaning to the patients and their families
- To be simple to use for all health care professionals offering a different way to engage with patients and their families
- To invite other Hospices, care homes and organisations to join I Experience VR partnership consortium.

Methods

A project methodology approach has been used to plan "I Experience VR":

- A Terms of Reference and Project Plan produced to guide direction
- Staff training and VR Champion recruitment programme instigated
- Evaluation of patient experiences using a mixed methodology approach
- Commissioning further VR films
- Expansion of partnership consortium
- Creative marketing - I Experience VR brochure produced

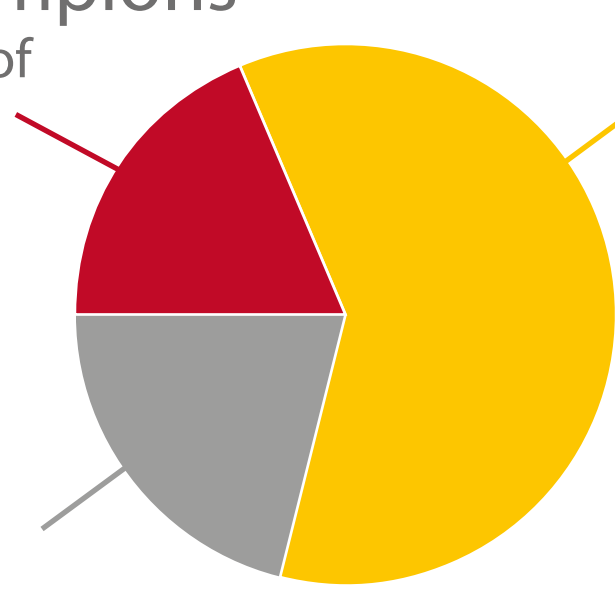


Results

Training

30 LOROS VR Champions trained across all sectors of Hospice Care

32 VR Champions trained at four Partner Hospices



82 LOROS Ward Nurses and HCA's attended I Experience VR awareness sessions

Interim Evaluation July 2018

57 patients completed a questionnaire before and after using VR

Do patients like using VR?

- 51 yes a lot
- One disliked a lot
- One neither liked or disliked
- Four did not answer the question

Patient outcomes

- 54 said the experience was more than just enjoyable or fun.
- 38 had no bad experiences or problem. Most problems were with the equipment not the VR experience
- Almost all patients reported feeling more relaxed and calm after immersing themselves in the films
- 31 patients were experiencing pain of whom 22 had a score of >5/10.
- 16/22 reported improvement whilst using VR
- Six said they were less aware of their pain
- 10 said they had no pain at all

Results

Films

- Eight films in I Experience VR APP
- Four commissioned films, one being a Hospice Tour aimed at reducing anxiety before visiting a Hospice
- Four gifted films



We're hosting the world's first VR for Good filmmaking competition

- to grow our library of therapeutic films and extending the experiences on offer

Results

Partnership Consortium

- Four Hospices have joined our partnership consortium
- Engaged with five more Hospices
- Engaged with one care home
- Engaged with three corporate organisations for their wellbeing programme



Coming soon

- A mindfulness talk to accompany our beach film
- A Gift of Mindfulness as a takeaway box to prolong the relaxing experience at home or in their Hospice bed

The Future, technology does not stand still

- We have upgraded our Samsung phone attached to a VR headset to the recently launched Oculus Go, a cheaper and lighter VR headset offering similar great quality
- The future is beyond our imagination but for now we are privileged to be able to offer I Experience VR films to our patients and families and all that it brings to them.

"You get so immersed in the experience you can almost feel the sun on your back and the soft sand squashing between your toes."

Mick Jones, LOROS Hospice patient

"Her last wish was to go to the seaside again."

Helene Morgan, LOROS Hospice Nurse

Ready to join our I Experience VR partnership consortium?

We invite each Hospice, care home and business organisation to take the opportunity to join us on our journey and share these experiences with your patients, families and staff.

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Registered Charity No: 506120

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family