Virtual Reality Videos May Help Alleviate Pre-Surgical Anxiety in Children

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Contacts:
Penny Smith Tel: +44 (0)1243 770448 sciencenewsroom@wiley.com

A virtual reality tour of the operating room prior to anaesthesia helped reduce preoperative anxiety in children scheduled to undergo surgery who took part in a clinical trial published in the BJS (British Journal of Surgery).

Seventy children scheduled for elective surgery under general anaesthesia were randomised to a control group, which received a conventional informative education regarding anaesthesia and surgery, and a virtual reality group, which watched a 4-minute virtual reality video showing Pororo the little penguin visiting the operating room and explaining what is in the operating room in a friendly manner.

“Medical practice has been changing a great deal with the convergence of ICT—information and communications technology—and healthcare,” said Dr. Sung-Hee Han, senior author of the study. “This study shows how medicine and ICT can be coordinated to achieve clinical significance. More studies and investigations are expected in line with the current trend.”

The article is included in a themed issue on paediatric surgery.

Additional Information


About Journal

With an impact factor of 4.839, BJS is the premier surgical journal in Europe and one of the top six surgical periodicals in the world. Its international readership is reflected in the prestigious international Editorial Board, supported by a panel of over 1200 reviewers worldwide. BJS features the very best in clinical and laboratory-based research on all aspects of general surgery and related topics. Developing areas such as minimally invasive therapy and interventional radiology are strongly represented. The inclusion of Leading articles, Reviews and Original Articles means that the BJS offers an appropriate format for any length or type of submission. In addition there are abstracts from key meetings, correspondence, and book reviews.

BJS will be of interest not only to general surgeons, but also to specialty surgeons and those working in related fields.

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