

# Prescribing VR<sub>x</sub>



THIS IS **YOUR** HEALTH SYSTEM

STOP THINKING THAT SOMEBODY ELSE IS GOING TO FIX THE PROBLEM

ALL THE WORLD'S

A LAB. IT HAS ALL THE TOOLS YOU NEED.  
DESIGN FOR THE MESSINESS OF THE REAL WORLD;  
THAT'S WHERE INNOVATION HAS TO LIVE.

TAKE THE USERS'

KNOW THEIR EXPRESSED AND UNEXPRESSED NEEDS.  
THE AVERAGE USER IS JUST A STATISTIC. PEOPLE ARE DIVERSE.

PERSPECTIVE.



A photograph of a hospital hallway. In the foreground, a patient bed with a patterned blanket and a white pillow is visible. To the right, a black wheelchair is parked. The hallway leads to a doorway in the distance. The left side of the image is overlaid with a vibrant, lush green forest scene, creating a contrast between the clinical environment and nature.

“In every walk with nature,  
man receives more than he seeks”

- John Muir

# People living with dementia around the world

World Alzheimer Report 2015

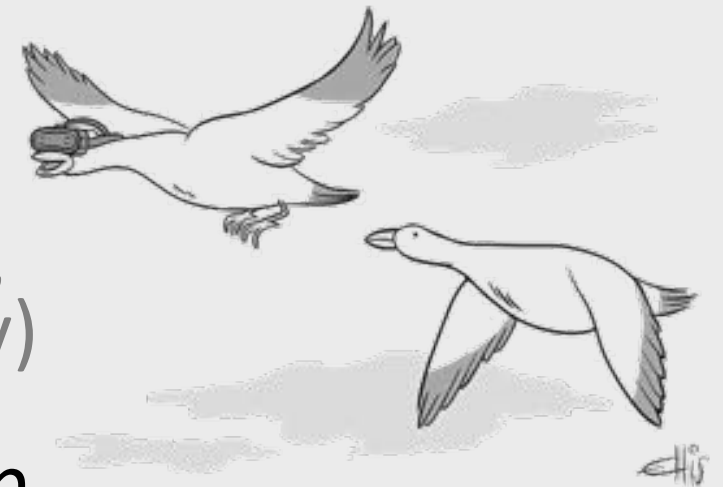




# Prescribing VR<sub>x</sub> – Pilot feasibility study

## Research Objectives:

1. Determine if VR is safe for people living with Dementia or Cognitive Impairment (nausea, dizziness, weight of HMD, range of movement)
2. Identify optimal characteristics of VR experiences for this population (duration, dose, sound volume, light, multi-modality)
3. Does VR-therapy impact PBSD: depression and anxiety, and increase relaxation



*"It's like I'm actually walking."*



# VR<sub>x</sub> Study Methods

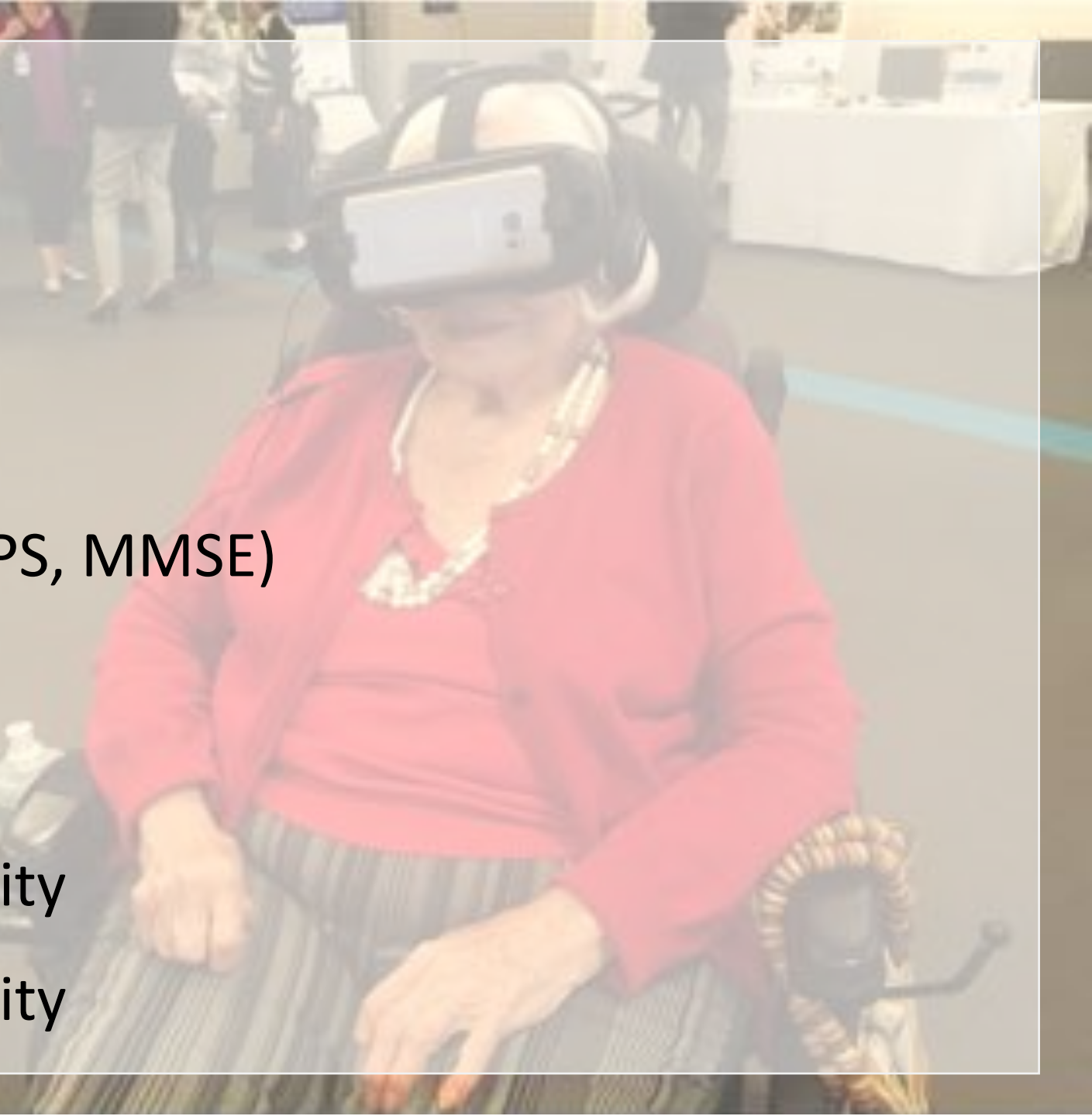


- Prospective, non-randomized intervention pilot study
- Intervention:
  - Participants seated in swivel chair
  - 5-15 minutes of 360° VR footage
  - Natural settings displayed using Samsung GearVR
- Pre/post-intervention survey and interview
- Standardized observation session



# Population

- 66 participants
- Mean Age: 80
- 61% female; 39% m
- Cognitive Scoring (MoCA, CPS, MMSE)
- 80% wear glasses
- 20% trouble hearing
- 22% limited/ no head mobility
- 59% limited/ no body mobility





# Comfort, Safety, and Satisfaction, oh my!

- 85% HMD easy to get used to: “forgot I had it on”
- 9% HMD too heavy: but “worth the mild discomfort”
- 25% image resolution was a challenge
- 96% did not experience nausea or dizziness
- 75% would recommend the experience to a friend
- 80% wanted to try it again
- Symptoms improved post-intervention (feeling more energetic, relaxed, adventurous, and less tired, worried and stressed)

# the LiVRary project



*Photo Credit: Dee Dee Yelverton is Senior Developer Outreach Engineer for AMD.*



# uniVRsal design



Photo Credit: Codrin Talaba, Forward-Rewind





CENTRE FOR AGING  
+ BRAIN HEALTH  
INNOVATION  
Powered by Baycrest



[lora.appel@uhn.ca](mailto:lora.appel@uhn.ca)

[www.PrescribingVR.com](http://www.PrescribingVR.com)