

# Evaluating Virtual Reality as a Non-Pharmacological Pain Management Tool in Wound Care: A Comprehensive Review

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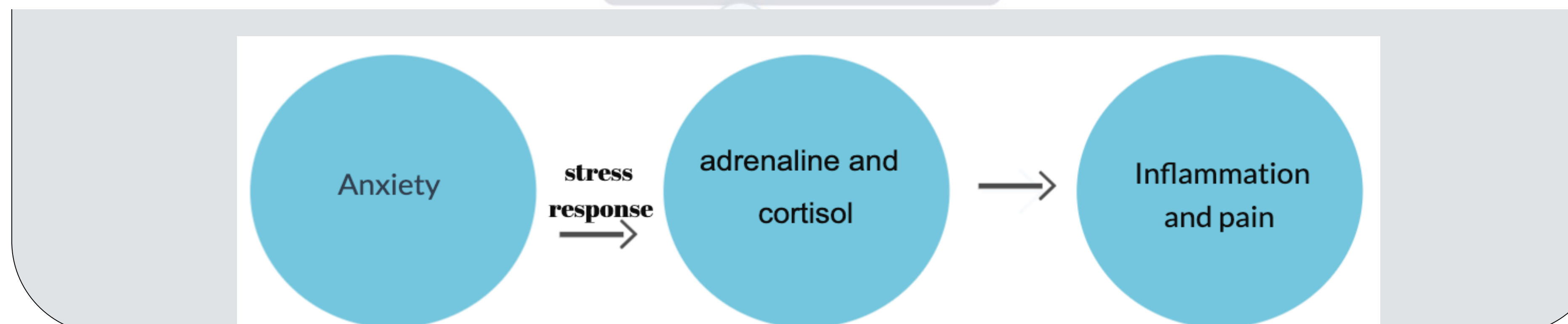
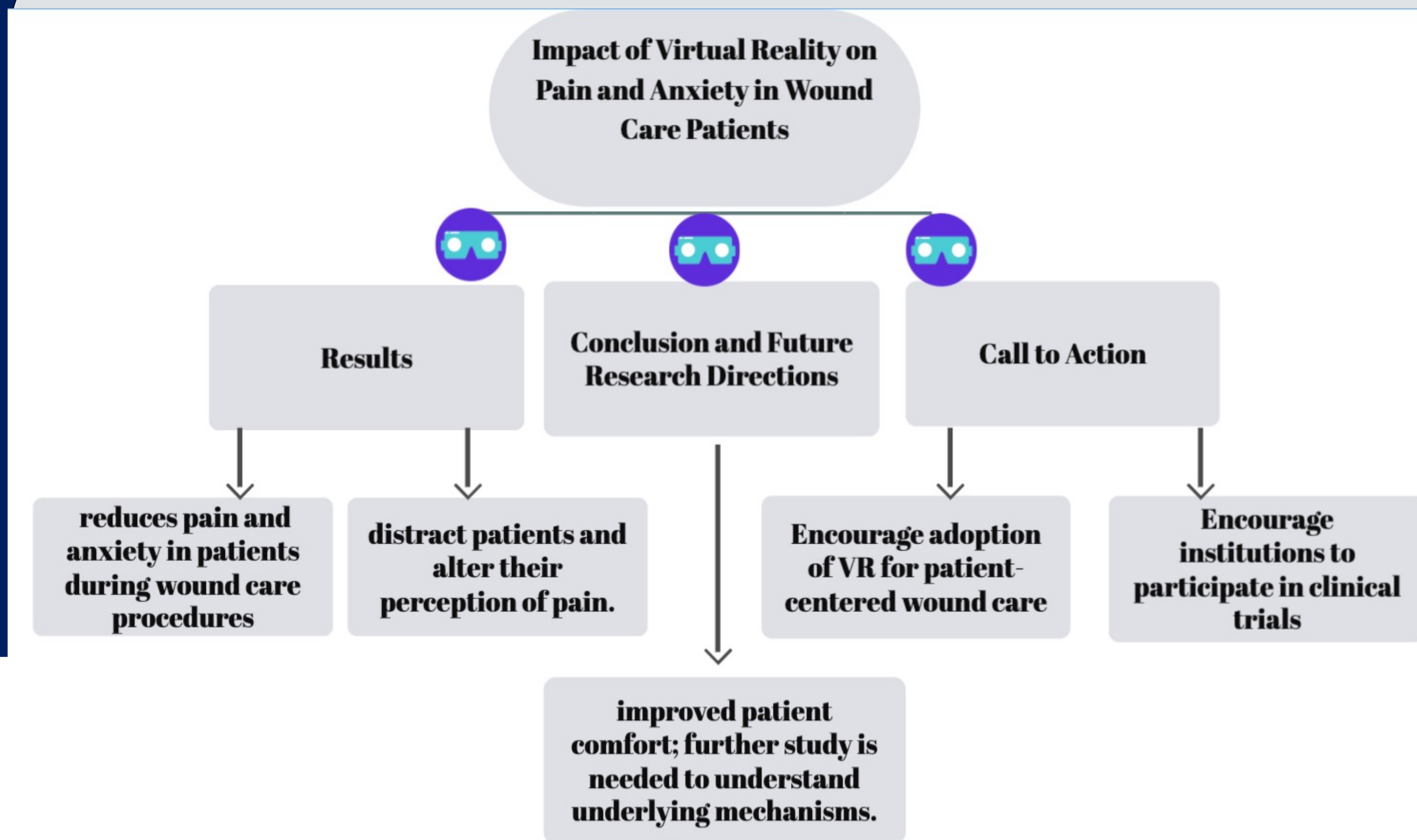
## Problem Identification

- Pain management in wound care, especially during dressing changes, is crucial due to the moderate to severe pain experienced by 74% of wound care patients.
- Traditional pain management methods, including opioids, have limitations such as side effects and addiction risk.
- Virtual Reality (VR) presents a novel approach to pain management by engaging patients in a simulated environment to distract them from pain.

## Purpose

- The aim is to examine the effectiveness of Virtual Reality as a non-pharmacological method for managing pain in patients during wound care procedures and to understand how VR influences pain perception and the brain's reward pathways.
- It also highlights VR's potential as an alternative to traditional pain management techniques

## Results



## Method

- Time Frame: Oct. 2023 – Dec. 2023
- Databases: PubMed & Google Scholar
- Keywords: Virtual Reality, Pain Management, Wound Care, Non-Pharmacological Interventions
- Inclusion: Peer-reviewed articles published in English, within the last 5 years
- Exclusion: Non-peer-reviewed articles

## Conclusion

- The project confirms VR as a non-pharmacological alternative to traditional pain management methods
- VR's immersive experience represents a paradigm shift towards more patient-centered care, emphasizing comfort and potentially improving healing outcomes.
- The findings lay the groundwork for future research to further decipher the complex mechanisms through which VR alters pain perception and engages the brain's reward system.
- The study serves as a call to action for wider adoption of VR technologies in clinical settings