

Virtual reality reduces anxiety in children during PIVC placement

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(HealthDay)—Virtual reality can decrease pain and anxiety in children

undergoing intravenous catheter placement, according to a study published online Aug. 25 in *JAMA Network Open*.

Jeffrey I. Gold, Ph.D., from the Keck School of Medicine at the University of Southern California in Los Angeles, and colleagues assessed whether a [virtual reality](#) intervention decreases pain and anxiety among [pediatric patients](#) undergoing peripheral intravenous catheter (PIVC) placement versus usual care (simple distraction techniques). The analysis included 107 patients (aged 10 to 21 years) who were undergoing PIVC placement in either a radiology department or an infusion center.

The researchers found that patients who received the virtual reality intervention had significantly lower mean patient-reported post-PIVC anxiety scores and clinician-reported scores compared with children receiving standard care. Similar results were seen for patient-reported, caregiver-reported, and clinician-reported mean post-PIVC pain scores compared with standard care.

"We started this as a way to mitigate pain and overall distress in children. But caregivers and [health care providers](#) are also reporting improved outcomes. Effectively treating the patient clearly has a ripple effect," Gold said in a statement. "We care about the health care experience that children have. By reducing fear associated with routine procedures, we prepare the child to begin treatment with a more [positive outlook](#), and this can affect their health for a lifetime."

Gold disclosed ties to AppliedVR, which donated hardware and software for the study.

More information: [Abstract/Full Text](#)

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