

self-published blogs, white papers and articles written by Healing HealthCare Systems President and CEO Susan E. Mazer, Ph.D. Her March 22, 2019 blog is titled “Virtual Reality for Non-Pharmaceutical Pain Management.”

GETTING INTO HOSPITALS

Virtual reality being the C.A.R.E. Channel’s newest product, now it’s their job to sell it to their portfolio of existing and future health care facilities. But getting hospitals to buy into VR isn’t easy.

“I think hospitals are slow to adapt to new technology and rightfully so,” said James Vinall, Director of Sales at the C.A.R.E. Channel. “They want to make sure [VR is] evidence-based.” There’s peer-reviewed research on the topic, but the jury is still out on embracing widespread VR.

Once a hospital buys the C.A.R.E. Channel VRx subscription, then they have to decide how they want to roll out their offering for VR. For example, would it be available to all patients, or only available in the oncology unit? There are other concerns about managing infection control if multiple patients use the same VR headset. Best practices for VR in health care are new and are being developed on an ongoing basis. The C.A.R.E. Channel staff say they consult on these best practices.

Vinall said that the technology is still in a trial phase. They’re betting on a shift to an industry-wide adoption of virtual reality. It may require looking at how VR may help more people than just hospital patients.

“We’ve been getting a lot of interest from nurses and from hospital staff using a product like this,” said Corl. “A lot of hospitals are trying to mitigate nurse burn-out because of the long hours and weird schedules.” Corl shared anecdotes of

hospital staff using VR as a way to chill out and escape during their breaktimes.

According to Renown Health’s Director of Service Excellence Amber Maraccini, Ph.D., Renown has been a client of the C.A.R.E. Channel for roughly three years. The video service is available in all patient rooms, outpatient offices and elsewhere. However, Renown isn’t using their Virtual Reality service.

“I think we’re lightyears from [VR being offered to] every patient in every bed in the hospitals,” said Maraccini. She said that they’re not opposed to it, however. “We’re always looking to explore new opportunities and best practices. Knowing the research to support VR, I think there’s a lot of applications for health care we haven’t yet tapped into.”

She said implementation might look like slowly introducing VR for dedicated programs and dedicated spaces in the hospitals.

Meanwhile at Reno’s VA Sierra Nevada Health Care System on Kirman Avenue, virtual reality is already being incorporated into a few different programs, some that are being recognized by the National Veterans Affairs department.

According to Colin McNerney, health systems specialist with the Reno VA, they initially made VR available in their recreation therapy department. Patients could explore different experiences as a way of recreation and distraction. McNerney said he’s never heard of the C.A.R.E. Channel. Instead, the VA offers consumer platforms for their Veterans to experience.

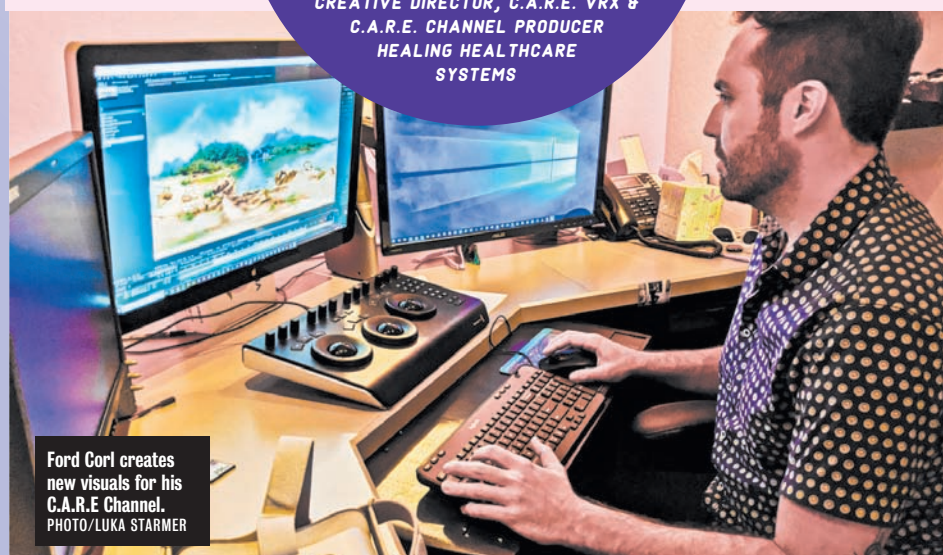
McNerney also explained that the VA uses VR for pain management for their chronic pain and hospice patients.

“We’re using VR as a therapy model with vital sign capture and data capture to take the place of regularly schedule opioid prescription,” he said. “The goal is to implement VR instead of the patient popping a pill.” □

“It’s therapeutic content meant to calm people down, reduce anxiety and offset the amount of pain medication people use.”

FORD CORL

CREATIVE DIRECTOR, C.A.R.E. VRx &
C.A.R.E. CHANNEL PRODUCER
HEALING HEALTHCARE
SYSTEMS



Ford Corl creates new visuals for his C.A.R.E. Channel.
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“Green in” the New Year

Ready to make a difference this new year?

Make an impact every day by incorporating some green habits into your daily life. Start by refusing single-use plastics. Unfortunately, single-use plastics are not recyclable, do not decompose, and, thus, wreak havoc on our environment. Instead of taking that plastic utensil for your take-out, use a fork you have at home or the office. Out and about often? Buy reusable travel cutlery.

Another huge way you can reduce your plastic waste is to ditch disposables. Revert to products like cloth napkins, handkerchiefs, and reusable razors. More often than not, disposables were based on items that already exist. Reusable items will be worth the cost in the long run due to the quality and longevity of the product.

Another common, and shocking, item Americans throw away is food. Food is the #1 material Americans throw away. However, there are simple ways to combat this issue: first off, buy only what you need. This rule of thumb will not only cut back on your food waste, but it will also save you money. Also, be a leftover lover! When you waste food, you are wasting resources. For example, when you throw away a ½ pound burger, that is equivalent to pouring 660 gallons of water down the drain. Some foods and diets are much more sustainable

than others, like the plant-based diet. This year, try to focus your meals around plant-based foods; if you’re a meat-lover and can’t give it up, try out “Meatless Mondays,” a growing trend in which consumers can cut back on meat but still enjoy it. Also, be sure to support your neighborhood farmers and buy local and organic foods.

Pass on “Fast fashion.” This is fashion known to be cheap, therefore poorly made. It is also known to have a high turnover rate, leaving new clothing on shelves for further consumption. Because of their cheap materials, fast fashion textiles do not last, and it forces consumers to throw them out and continue to support the industry. Fast fashion is addictive and often a necessity because it is so cheap; however, there are other ways to get the clothing and textiles you need while being sustainable and saving your money. First, be thrifty - buy from a local thrift shop. Second, give your ratty textiles a second life - if you have articles of clothing that are too ratty to donate, you can always cut up the materials and use them as cleaning rags. There are also clothing stores, such as H&M, that take textiles and well-used garments to create more clothing or rags. If your clothes only have a few wears and tears, you can always re-dye them or refurbish them. Remove the stress of waste from your life by following these tips.

Take it slow and incorporate a new habit every week, or dive headfirst and become a zero-waste master. “It’s not about a handful of people doing it perfectly, but a million people doing it imperfectly.”

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