RECREATION THERAPY/ NURSING PROGRESS NOTE; Virtual Reality

Goal: Provide access to non-pharmaceutical treatment modalities to increase

mood and/or encourage relaxation.

Session took place on MH Unit Classroom this afternoon where Veteran was pre-

selected by Nursing staff as an appropriate candidate for this Virtual

Reality experience. Session took place in a group setting, however Veteran

completed VR intervention independently with equipment and staff supervision.

S: "................."

O: \_\_\_\_\_\_\_\_\_ observed as being open to new technology and potential benefits that

align with its use. \_\_\_\_\_\_\_\_ observed rotating head and neck appropriately in

reaction to visual immersions and stimulation on device.

A: Veteran in comfortable seated position when oriented to headset. He was

educated on purpose and navigation prompts for instruction. \_\_\_\_\_\_\_ also

informed to remove headset at any moment if feelings of discomfort or

claustrophobia occurred. Veteran was able to select immersions of choice,

revolving around travel, relaxation, and gaming-type experiences. Total

immersion lasted appx. 20 minutes with a follow-up discussion related to

processing and effects of intervention.

Findings: Following the immersion and removal of VR headset, \_\_\_\_\_\_\_ reported,

"\_\_\_\_\_\_\_\_\_\_." In order to validate the experience a Pre-Post "Emotions Questionnaire"

was administered to track results/responses.

Veteran reported feeling:

Pre-VR:

Post-VR:

He appeared excitable about this technology and in total support of recommending it to other Veterans.

Veteran presented with positive enthusiasm and brighter affect following this experience.

P: Continue providing RT and Nursing Services as needed to meet above goal

and assist with enhanced QOL.

Time spent with patient: 30 minutes