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Virtual Reality (VR) in treatment and therapy of women

AIM

The aim of the presentation is to show the ways in which VR (virtual reality) can be employed to improve women's health and quality of life.

METHOD

Analysis of the scientific literature pertaining to research on the use of VR in women's treatment and therapy.

RESULTS

The analysis shows that virtual reality has found an increasingly broader use in treatment and therapy. There are more and more applications developed with the specificity of women's needs and health problems in mind. One of the most common uses of VR in medicine is pain alleviation. Research shows that VR sessions reduce pain in breast cancer patients, as well as helping them cope with stress and difficulties accepting the consequences of the condition. The use of VR in supporting women in their peripartum period is particularly interesting and innovative. On the one hand, the aim of VR is to alleviate pain and reduce anxiety, on the other, it is to prepare students for perinatal care. VR is also employed more and more frequently in psychotherapy. Because VR makes it possible for people to experience their own bodies in a different manner than how it happens on a daily basis, the technology may also be employed in, among others, research, diagnosis, and support for women with body dysmorphic disorder.



CONCLUSIONS

It can be concluded that the availability of VR technology in healthcare is going to increase. Its current use in helping women consists in, among others, improving their well-being, stress reduction, pain alleviation, as well as helping women cope with distortions of the perception of their bodies.