

Frequently Asked Questions For Prospective VR Users

1. Where is SyncVR used and what is it used for?

SyncVR's immersive therapy platform is a versatile VR solution that has a wide range of applications for use in paediatric care including managing acute pain, reducing procedural anxiety, physical and cognitive rehabilitation, and mental health support.

1.1 Procedural Pain and Anxiety Management (Distraction)

This is the most common use of SyncVR in paediatrics. The immersive VR applications act as a powerful cognitive distraction, effectively "hijacking" the child's attention to reduce their perception of pain and fear during medical procedures such as

Needle-Based Procedures: Used to distract children during vaccinations, blood draws (venipuncture), and the insertion of IV lines or cannulas.

Wound Care: Applied during the often painful and frightening process of cleaning and changing dressings, especially for burns.

Local Anaesthesia Procedures: VR can be used during procedures that typically require local anesthesia (like dental work, stitches, or IV starts) to manage the child's pain and anxiety so effectively that the need for deep sedation or general anesthesia (GA) is avoided.

Emergency Procedures: Used in the Emergency Department to help keep a child calm and still during:

- Laceration repair (stitches)
- Setting a bone fracture
- Pin removal

Oncology: To ease the anxiety of children undergoing repeated procedures like port access for chemotherapy.

Dental Procedures: To distract children from the sounds, sensations, and fear associated with dental work.



1.2 MRI Preparation and Familiarisation

SyncVR can be used before an MRI scan to demystify the hospital environment and reduce a child's anticipatory anxiety. The platform has an applications that simulates an MRI scan, allowing the child to experience the sounds and confined space in a controlled way. This "practice" helps them learn to stay still, reducing the need for sedation.

1.3 Gamified Rehabilitation (Physical and Neuro)

SyncVR turns rehabilitation exercises into engaging games, dramatically increasing a child's motivation and adherence to their therapy.

Physical Therapy: Applications like SyncVR Fit are used for children recovering from surgery, an injury, or managing a condition like Cerebral Palsy. Instead of standard exercises, they might be:

- Picking virtual fruit (arm and neck movement)
- Playing a virtual goalkeeping game (balance and reaction time)
- Playing a boxing or archery game (hand-eye co-ordination)

Neurorehabilitation: For children with a traumatic brain injury (TBI) or other neurological conditions, apps that can be used to retrain cognitive functions. These games are designed to improve:

- Attention and focus
- Memory
- Problem-solving skills
- Information processing speed

1.4 Mental Health Support (CAMHS)

SyncVR is used by Child and Adolescent Mental Health Services (CAMHS) as a therapeutic tool to make therapy more accessible and engaging.



Anxiety and Stress Reduction: The platform includes a library of guided relaxation, mindfulness, and breathing exercises set in calming virtual environments (like a forest or a beach).

Controlled Exposure Therapy: A therapist can use VR to safely and gradually expose a child to a phobia (e.g., social anxiety, fear of specific situations) to help them build resilience.

2. Do I need Wi-Fi to use the SyncVR Immersive Therapy Platform?

No, you can use this system without being connected to the internet, therefore it can be operated anywhere in a hospital, in community care, or other healthcare establishments.

3. Can I control the VR headset while the patient is wearing it?

Yes, you can control the VR headset via the SyncVR Spectating Tablet which includes viewing the VR experience, controlling the volume, starting, pausing and stopping VR experiences and re-aligning the headsets.

4. Are there games on the SyncVR System?

Yes, there are a range of games on the SyncVR system which can be played with the hand controllers that are included with the VR hardware.

5. How can VR users see what videos and games are available on the headset?

Caregivers can show available content by connecting the VR headset to the spectating tablet via the XR Treatment Manager app. Then, click "Manually choose a XR experience" to view the full XR experience library on the tablet.

6. Can I download new VR experiences videos in the SyncVR Relax and Distract app?

Yes, SyncVR releases new VR experiences every 3 months. You can download these by logging into a Wi-Fi connection and downloading the new content.

7. How long does the VR headset battery last?

A fully charged headset provides approximately 2 hours of continuous use, depending on the type of content being run.

8. Can I disinfect the SyncVR System between patient uses?

Yes, all the surfaces on the VR headsets are either hard plastic or silicone and SyncVR provides a robust Hygiene Protocol in the Healthcare Staff Handbook.

9. Does the VR headset collect usage data?

Yes, the SyncVR Immersive Therapy System collection non patient identifiable usage data which shows how many times the system is used, and which experiences are most frequently used.

10. Who can use the SyncVR headset and when is it not suitable?

The VR headset can be used safely with most patients, but certain considerations apply:

- Suitable for ages 5 and above, though exceptions may be made in consultation with the treatment team.
- Parental consent may be required for children under 12 years old.
- Approval from the treating physician may be required depending on the patient's condition.

VR use is not recommended for patients with:



- Severe comorbidities, such as uncontrolled epilepsy
- Facial or open wounds
- Severe dizziness or nausea
- Claustrophobia
- Motion sickness

If you are uncertain about suitability, consult with the doctor or nursing team before use.