



**Saint Mary's Managed Clinical Service
Division of Gynaecology**

PATIENT INFORMATION LEAFLET

VRELAX

Welcome, great that you are getting started with VRelax through Saint Mary's hospital. This leaflet is meant to help you quickly get started and achieve the best possible results.

Safety and scientific validation are very important to us. VRelax is an MDR-certified tool. This means that the VRelax software is safe as a medical device and complies with European regulations.

WHAT IS VRELAX?

VRelax is a scientifically validated virtual reality application.

VRelax lets people manage their stress levels independently. Through the use of 360 degree interactive nature videos people can relax and deal with complaints as a result of stress, burn-out, fear and gloominess, but also as a positive distraction when experiencing pain, bodily discomfort or during medical procedures.

From light stress to severe psychological complaints, VRelax can provide a relief for stress at any time and any moment.



INDICATIONS

Based on research of the University Centre of Psychiatry of the University Medical Centre Groningen, VRelax can be used for the following indications:

- Stress
- Burn-out
- Pain
- Fear
- Depression
- Agitation
- Aggression
- Worrying
- Sleep problems
- Bedridden
- Physical discomfort
- Strict isolation
- Withdrawal symptoms
- Lowering medication

CONTRAINDICATIONS

- Photosensitive epilepsy
- Serious wounds in the face
- Severe dizziness
- Age younger than 6 years
- Need of glasses that cannot be combined with VR
- Allergy to latex, PU-materials, antiseptic and cleaning agents

VRELAX WITHIN TWO MINUTES:

STEP 1



Start the VR headset by pressing the power button for 3 seconds. This button is located on the bottom of the VR headset on the right side.

STEP 2



The instruction that appears explains how to navigate through the app by moving your head and pointing at buttons. Looking at a button for two seconds activates the button. You do not have to use a controller and buttons on the glasses to do this.

Look at the blue 'Continue' button and wait for the circular loading bar to complete. This is how you make choices within the app.



STEP 3

You can now log in. To do this, scan the QR code to watch the instruction video.



STEP 4

The 'Overview' in the main menu shows all the individual experiences. Under 'Themes' are experiences within which you can navigate between multiple VR videos. You can do this by jumping to another world via the starshaped hotspots.



DO YOU WANT TO EXIT A VRELAX WORLD?

Look at the blue star underneath you to go back to the menu.

TIPS



Make sure that direct sunlight never falls on the lenses. This causes immediate damage and is not covered by the warranty.



Is the horizon misaligned? You can reset the viewing direction by pressing the PICO ⌚ button for 2 seconds (right side).



When you're finished, you can reconnect the VR headset to the charger.



Scan the QR code using your phone's camera for instructional guide and downloads.

DO I HAVE ANY OTHER OPTIONS?

Yes, as well as VRelax your clinician will be able to discuss pain relieving medication available to you during your procedure. These can be taken either in conjunction with VRelax (if required) or instead of VRelax if you decide that you do not wish to use the scientifically validated virtual reality application.

If you require any further information or clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.

CONTACT DETAILS



0161 701 4455



<https://mft.nhs.uk/saint-marys/services/gynaecology/>

<https://vrelax.com/en/>