

Welcome to Virtual Reality Simulation

What is Virtual Reality (VR) and 360-degree videos?

A new type of video where you can interact with your environment using either a headset or a mouse. Both 360 and VR videos are shot with a 360 camera that record all 360 degrees. The main difference is if you put on a headset to view it for VR. You can use just a mouse for viewing a 360-degree video.

What is the difference using a headset?

Using a headset allows each eye to focus and reshape the picture for each eye and view the image in a slightly different perspective, just as in real life. This perspective gives a sense of stereoscopic depth that you won't get in 360-degree video alone. It's the key element that distinguishes virtual reality from 360 and other types of videos.

What should I expect if I am assigned to participate in Virtual Reality Simulation?

Depending if it is a 360 video or a VR with a headset, you will be given a prebrief which will give you information on the experience. It will tell you which equipment will be used and also information on the case that you will be viewing. After the simulated experience you will participate in a debrief that will be led by an instructor to reflect on your experience. You will also fill out a post-test to evaluate your learning.

Will I get motion sickness?

Most people do not experience motion sickness but if you start to feel balance problems, nausea, sweating, dizziness, eye strain, headache or disorientation let your facilitator know immediately. You should also stop the simulated experience as symptoms will worsen if you continue. Try not to stand up too quickly after a VR experience. If you are suffering from an ear infection, lack of sleep or exhaustion you should not participate.

Why are we doing Virtual Reality and/or 360-degree Videos?

These experiences are another way in which to enhance your learning using different modalities. VR allows a replication of real-life experiences for you to interact with in a safe environment without risk to patients.

Who should I contact if I have further questions?

Contact your instructor first and/or the facilitator of your simulation.

<https://creatoracademy.youtube.com/page/lesson/spherical-video#strategies-zippy-link-1>