Can Virtual Reality Help Hospital Patients Deal With Isolation?

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The use of virtual reality (VR) technology in the healthcare realm has been of substantial benefit in addressing the increased demand for health care. According to Hughes, Warren-Norton, Spadafora, and Tsotsos (2017), the use of VR technology has been effective in enhancing social interactions among patients. I believe that virtual reality can help hospital patients to deal with isolation.

First, VR technology allows users to get immersed in an alternate atmosphere thus providing a whole sense of presence. In this case, the user feels more engaged, involved, and absorbed (Freeman et al., 2014). This technology can help patients in dealing with social interaction problems thus enhancing social stimuli. A recent study by researchers at Melbourne University indicated that the use of VR technology enhanced social interactions among patients (Antunes et al., 2017). Consequently, it is evident that the elderly could benefit from this innovative and emerging technology.

Furthermore, VR technology has the potential to trigger behavioral changes. In a study by Antunes et al. (2017), games in virtual reality tend to stimulate cognitive and communication skills. In this case, its effect has been significant in enhancing the emotional and social well-being of patients, especially in issues involving isolation and loneliness. The employment of the VR technology has been effective in addressing various healthcare issues since patients comprehend that it is a virtual world thus help manage their condition.

In summary, innovative and emerging technologies such as VR have helped in improving patients' outcome. Since VR technology allows the user to build cognitive and communication

skills, I believe it has the potential to address behavioral problems. To this end, it is axiomatic that VR technology can be useful in enhancing social interactions.

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