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**ADVANCING HEALTH OUTCOMES IN DISEASES: INTEGRATING VIRTUAL
REALITY INTO COMPREHENSIVE OUTPATIENT THERAPY
FOR OPTIMIZED PATIENT CARE**

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Virtual reality (VR) provides an immersive image-viewing experience in clinical medicine, it is a psychological technique based on distraction. This effect of virtual reality can cause significant changes in patients by showing and giving education to patients with certain treatments, procedures, medicine intake.

Objectives: To systemically investigate the therapeutic potential of virtual reality integration in comprehensive outpatient therapy, evaluating its efficacy, feasibility and accessibility in enhancing patient care, improving health outcomes, increasing treatment adherence, and promoting patient engagement in individuals with diverse diseases and conditions.

The aim is analyze the therapeutic potential of virtual reality into outpatient therapy for patients with chronic diseases, anxiety disorders, neurological disorders.

This review article synthesizes current research on integrating virtual reality into outpatient department for patient care through a comprehensive literature search in databases such as PubMed, and Google scholar.

The implementation of virtual reality in medicine has shown positive results in treating peripheral vestibular disorders, reducing pain and anxiety, improving balance in patients with stroke, and increasing patient engagement. Communication between patients and doctors is important to convey information regarding different treatment options and to develop a personalized care plan. In paediatrics oncology case there were high acceptability and satisfaction was reported by patients, parents and radiation therapists, the virtual reality intervention was found to improve children's understanding of the radiation therapy procedures and lower pre-procedural child and parental anxiety. In Parkinson disease and spinal cord injury like disease the use of virtual reality shows a very high statistics in treatment by giving the patient proper education in showing how to make sitting balance, also improves activity of daily living, they showed certain improvements in patients than having physical therapy alone.

The use of virtual reality and motor imagery in clinical medicine shows significant improvement in patient. Along with physical therapy we can use the virtual therapy or motor imagery technique to improve the patient education in how to take medications properly, exercises and also can shows how the treatment effects on that patient. Also the use of virtual reality has some side effects, even though the use of this technology shows immersive improvement in so many patients in several ways.