



## CARDIOVASCULAR HEALTH PROMOTION: THE IMPACT OF IMMERSIVE VIRTUAL REALITY

### SCENARIOS THAT CAN HELP A CAREGIVER IMPROVE THEIR CARING SKILLS

**Traditional caregiver training is insufficient. New technologies offer additional experience.**

**Virtual reality can help caregivers understand key steps in the caregiving process, which will reduce their stress levels.**

**The CaregIVR project offers training with a virtual assistant in caregiving skills.**

- 1. Let's talk about proper nutrition and hydration**
- 2. Can a physical therapist help me learn how to help a patient get dressed?**
- 3. What do I need to do to transfer a patient from bed to a wheelchair?**



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## RESEARCH ON CAREGIVERS' NEEDS:

**Family caregivers felt uncertain and had to learn how to physically care for the patient, fearing injury. [1]**

**Lack of knowledge caused stress, guilt, family conflicts, and even more hospital visits. Educational support increases caregivers' confidence, safety, and quality of care. [2]**

**Caregivers reported that they did not recognize the symptoms of stroke or know how to prevent recurrence, which caused anxiety. [3]**

**Traditional caregiver training is often insufficient. Web-based education helped caregivers access instructional videos on topics such as pressure sores and exercises. [4]**

**Caregivers need up-to-date information and strategies to organize care. Discharge from hospital is the best time to train families [5]**



**SGH**



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