

Cambridge English for
Nursing

MEDICAL TECHNOLOGY

UNIT 9 Advances in pain management**a** In pairs, discuss the following questions.

- Are you familiar with advanced pain management procedures?
- What technology have you used for pain management?
- What are some of the challenges in managing pain after surgery?

b Read the article and answer the following question. How does the therapy work?**How does SnowWorld alleviate pain?**

SnowWorld, developed at the University of Washington's Virtual Reality Research Center in collaboration with Harborview Burn Center and Imprint Interactive Technology, is the first immersive virtual world designed for reducing pain.

Delivering an engaging interactive experience during a wound care procedure, SnowWorld offers an interactive journey through an icy 3-D canyon. The environment is populated with snowball wielding snowmen, flocks of squawking penguins, woolly mammoths, and other surprises. Patients are drawn into the action in SnowWorld, pelting anything they see with their own snowballs as they fly through the snow.

"Virtual reality pain distraction results are very encouraging and a growing number of burn centers around the world are now using SnowWorld with their patients." Dr Hunter Hoffman, cognitive psychologist and director of the University of Washington's Virtual Reality Research Center.

c Read the article again and discuss the following questions in pairs.

- What do you think about this concept for pain management?
- What types of situations/target groups do you think this approach would be useful for? Why?
- What are the advantages?
- Are there any disadvantages?
- Can virtual reality play a role in other nursing/medical environments?

Share your knowledge

Discuss the following questions in class or with a colleague and compare your experience.

What advances in pain management are you familiar with?

What alternative therapies are you familiar with for pain management?

Do you think the following are effective in decreasing pain: visualisation, relaxation therapy, aromatherapy, massage?