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Cybertherapy and endoscopy

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Objective: We report the first clinical application in medicine with virtual reality scenarios (Cyber-therapy) to decrease anxiety, visceral pain and reduction of medication during gastrointestinal endoscopic procedures.

Methodology: 100 patients used a Spiderman game with a Head Mounted Display (HMD) and 100 did not use it since October 2004 to June 2007 at the Pisanty Clinic of the ISSSTE in Mexico City.

Results: Pain decreased by 50%, anxiety by 75% and lidocaine in spray by 100%.

Conclusions: If a simple entertainment game, such as Spiderman, reduced important metabolic response like anxiety, pain and medication, it is possible, that in the future, using serious games or virtual reality scenarios designed for medicine, metabolic responses in different medical procedures could be reduced.

Biography

Jose Luis Mosso Vazquez is a Researcher at the Universidad Panamericana and Clinical-surgical practitioner in Public Health Institutions in Mexico City. He developed the first robot (Tonatiuh) to hold laparoscope as assistance in Endoscopic surgery in Mexico in 1996. He introduce Cybertherapy in 15 differents areas in Medicine with highlights in ambulatory surgery reducing pain and anxiety considerably. The recent contribution is using tablets and smartphones as Surgical simulators for endoscopic surgery training in 304 undergraduate students since 2010 until today, At the Universidad Panamericana. He perform Emergency Surgeries at the Regional Hospital number 25 of the IMSS (Instituto Mexicano del Seguro Social) since 2000 until today, performing surgical repairs on neck, thoracic, gastrointestinal and pelvic regions. He serves as Gastrointestinal Endoscopist since 1997 until today at the ISSSTE (Instituto de Seguridad y Servicios Sociales para los Trabajadores del Estado).

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