**What does PR-in-VR include?**

\***Education modules** covering an insight into COPD and effective management strategies.

\***Physical activity modules**:

 Seated modules

 Standing module

 Games Module

Each module is designed to progressively increase in intensity through each stage. Each module lasts approximately 20 minutes.

Participants are encouraged to engage in these exercise five days a week and progress is monitored by weekly phone calls, as arranged between Concept Health and the participant.

**\*Mental Health Relax-in-VR**: Relaxation techniques that help promote mental well-being

**What is PR-in-VR?**

Pulmonary rehabilitation in virtual reality (PR-in-VR), is an exerciseprogramme, run by Concept Health, that is loaded onto a **virtual reality headset**.

Each participant can undertake an exercise session at a time convenient for them in their own home.

Virtual reality is a technology that allows a user to simulate a situation or experience, using a VR headset, within an interactive computer-generated environment.



A pulse oximeter is a small medical device that is put around your wrist and on the tip of the finger. It measures blood oxygen levels and heart rate by transmitting light through a finger and can be remotely monitored.

Trained professionals are available remotely and are notified when participants are online. Regular monitoring and organised phone contact with participants ensures a well-supported home programme.

## **Remote Assessments and Therapy Provided by Concept Health Technologies (CHT)**

Patients referred to Concept Health Technologies (CHT) will receive fully remote pre- and post-programme assessments alongside VR therapy and clinical support.

Before starting PR-in-VR, you will participate in an initial remote assessment conducted by CHT. This will include virtual guidance for a walk and strength test to evaluate your baseline fitness level and the completion of healthcare questionnaires via an online platform.

CHT will oversee all aspects of the programme, including remote equipment delivery, setup, and initiation of VR therapy, ensuring you can access the service from the comfort of your home. Weekly clinical support sessions will also be provided remotely to monitor your progress and address your individual needs.

After completing the programme, CHT will conduct a remote follow-up assessment. This will involve repeating the walk and strength tests, reviewing healthcare questionnaires, and discussing ongoing exercise and management options to support your continued well-being.

*Sussex Healthcare working collaboratively with Concept Health*

***Research Programme 2023-2026***

Creation Date: Feb 2024

**Pulmonary Rehabilitation in Virtual Reality (PR-in-VR)**

**Information for Participants, Carers and Relatives**



**NHS Sussex working in partnership with Concept Health Technologies (CHT)**