1. I have learnt that there are more real world uses for VR than I originally thought. I’ve also learnt that positive thinking is an actual effective technique to deal with pain management. All of this does make sense but seeing it in writing from proper trained medical professionals instils more confidence in the techniques than anything else.
2. I’m not sure if I fully 100% agree with the article, as I believe there are still cases where strong pain killers are needed, such as sever broken bones, but a combination of painkillers and VR treatment could work wonders for patients. I do agree with the use of VR for smaller accidents where opioids have been over prescribed. I also think that I would need to use VR treatment for myself or have a first-hand witness for me to trust it more and fully believe in it. I think this because currently it sounds a bit too fake for it to be real, even though it has backing from medical professionals and the base science does make sense.
3. Opioids are a big problem in the US, it is even classed as a public health emergency with over 100 people dying each day (at the time the article was written) so if there is any way the over prescription of opioids, and other highly addictive drugs, can be reduced it is a major benefit, especially if it uses a low cost option such as a VR headset which are getting better and cheaper as time moves on.
4. This article has taught me that VR can be used in the least likely ways possible. Going into this article I would have never thought that VR could be an alternative for painkillers as strong as opioids. It has also taught me that these uses could come at point in time, even when you’re least expecting it. These real world uses for VR could be all around us, but the right person hasn’t come along and suggested it yet.