

Chemotherapy and Radiation Therapy Focus Group

Ottawa Hospital

January 7, 2019

Relaxing Ideas

- Walking on a beach
- Orchestra, live music, butterflies fly to music
- Music is VERY important
- Spa music, relaxing
- Hot air balloon, follow and see scenery
- Photos of people that mean a lot to you
- Playground with happy kids playing
- Pond with fish swimming
- Ottawa canal with people skating
- Building something, one patient built her own cabin in her head and designed it
- Hypnosis, learning to relax
- Meditation instructor
- Distract me

Empowering ideas

- Superhero with a weapon, feel powerful
- Visualize efficacy of treatment
- Learn what is actually going on, so won't be afraid
- Visualize positive outcome
 - We are fighting this cancer together

Learning knowledge ideas

- Move through an art gallery and learn about art history
- History lesson
- Learn about a city
- Learn about a culture
 - Chinese new year celebration, Indian celebration...
 - No food - causes nausea
- Knowing what is going on while treatment is happening
- See kind of cancer, where it is, and how it can be treated
- Learning anatomy, education

Drawing ideas

- Drawing app is possible in chemotherapy treatment, only one arm available, may be non-dominant hand
- Drawing app must not be too precise, chemo causes dizziness, not good for precise movements
- May not have ability to move fingers
- Not a lot of quick motion or fine motion

Chemotherapy treatment

- Treatment time: 30 min - 3 hours
- Can read a book, but by hour 2 it's too hard to focus
- Very dizzy - chemo fog
 - Having to move eyes a lot may cause nausea
 - Keep objects centered, no bright colors
 - Don't want things flying in front of you at a rapid speed
- Worst part is length of time, trying to stay positive
- Sometimes wear oxygen in nose and over the ear

Radiation therapy treatment

- 15 minutes - must stay very still, can move fingers
- Patients are often afraid in the first treatment
- Lower heart rate to calm you down

Customization

- Different ages are interested in different types of games
- Game time linked to treatment time, want to make sure it finishes at the same time
- Patients with disability, seniors dementia

Networking the VR Headsets Together

- Families walking on the beach together
- Radiation therapy, alone in a room because of the radiation, could talk to family who is in the waiting room during treatment

Reducing frustration and anxiety

- If the game is long, being able to save for next time
- Familiarity, hospital tries to keep the same nurses working with the same patients for continuity
- Companion figure while you're going through these treatments
- Shattering experience to go through this all by yourself
- High anxiety time - calm is most important
- Very very terrifying time for patients