OMICS Group Conferences
Accelerating Scientific Discovery

2nd International Conference on
Surgery and Anesthesia
September 16-18, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

Cyber therapy to reduce distress in critical unit care of cardiac recovery surgery

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Objectives: To give virtual reality navigation in patients in the critical care unit of cardiac surgery during recovery to reduce post surgical stress, during 24 hrs of the recovery.

Methodology: 22 patients participated in the project. All of them underwent cardiac surgery such as: Mitral and/or aortic cardiac valve rechanging, coronary stent placements and coronary revascularization. 24 hrs after surgeries, patients were taken in virtual reality navigation for relaxation for 15 to 30 minutes. We used 1 virtual reality scenario. We measured relaxation monitoring heart rate, breath rate, arterial pressure, oxygen saturation and wellbeing with 0 to 10 scales.

Results: After navigation, patients from problem group became motivated, rising conscious, alerts, reactive, and helpfulness. Problem group presented less stress than control group. Adverse effects for navigation had following symptoms, nauseas and vertigoes only. We interrupted navigation in one patient developed cardiac arrhythmia.

Conclusion: A group of post-surgical heart patients in a critical care unit participated in a novel technique to alleviate discomfort. If patients underwent serious or critical surgeries with high risk such as cardiac surgery, virtual reality will permit patients hospitalized in less critical care unit respond better if hemodynamic and metabolic response were controlled under medication. We suggest close surveillance of patients during navigation to observe and avoid any kind of complication.

Biography

Mosso Vazquez José Luis, at the age of 37 years has completed his studies at Lyon Saint Etienne Universities, France, in Laparoscopic surgery. He has graduated before as pediatrician, general surgeon, and in gastro-intestinal endoscopy in Mexico. He is active as a faculty of medicine in the Universidad Pan-American, and as surgeon and endoscopist in public hospitals. His lines of research are robotic surgery, virtual reality, smart phones and tablets for surgery. He has published more than 15 papers and has been serving as editorial board member in the Journal of Cyber therapy and rehabilitation.

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