

## ViRtual REality to AiD recovery post-ICU VR-READY

### PARTICIPANT INFORMATION SUMMARY

#### Why?

People who have been admitted to intensive care (ICU) for a long time often experience longer term problems with everyday physical functions, thinking and anxiety.

There are no standard ways to help or treat people experiencing these problems.

Virtual reality (VR) may be a useful tool to help people with anxiety and stress.

We have worked with previous ICU patients to create VR READY, a VR program specifically designed for people in ICU.

Our team now wants to test how well VR READY might work in a hospital setting.

#### What would I need to do?

We are asking people in ICU or high dependency (HDU) to use VR READY for 5-10 minutes everyday for 2 weeks.

You can use VR READY more often if you would like to.

If you have trouble using the VR headset, someone from the research team can help you.

We will ask you some questions about your health before you start and after the 2 weeks of using VR READY.

At the end of the study we would like to do a short interview with you to get your thoughts and opinions on VR READY.

#### Are there any risks?

We have taken steps to make sure that it is as safe as possible for you to use VR READY. However, you may find the VR gives you motion sickness. If you experience any adverse effects with the VR, you can stop immediately.

#### What do I do now?

If you want to know more about the study, please let one of the research team know and we can give you some extra information that you will need to consider.