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CYBER THERAPY IN OUTPATIENT SURGERY

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Cyber therapy is an additional and non-invasive system to reduce pain and anxiety during ambulatory surgery. We present the experience in urban and indigenous patients as well as the devices we have used in the last 10 years of experience.

Methodology: Patients from Mexico city have participated. Many portable devices we used as laptops, cell phones, and cardboards. Virtual reality scenarios have been developed at the Virtual Reality Medical centre, Italy and commercial for entertainment proposals. Lipomas, cysts and hernias were been removed under local and regional Anesthesia.

Results: Pain and anxiety was reduced more on indigenous patients as well as the impressions were bigger. Children are so astonishing with Virtual reality, teenagers enjoy a lot, and for adults this technique is interesting. We had xylocaine reaction one urban and in one indigenous patient.

Conclusions: Virtual reality is an additional help to reduce pain and anxiety that in many cases we reduced intravenous medications. Patients have better and different experiences into hospitals in the intraoperative and in the recovery. This technique is easy to use, easy to install and less and less expensive. There are emergent technologies that will change this arena; Brain Computer Interface is a promising technology.

Figure: Back lipoma removing, Indigenous patient under Virtual reality navigation

BIOGRAPHY

Jose Luis Mosso Vazquez has completed general surgery in Mexico, endoscopic surgery in France and robotic surgery in USA. GI endoscopist and paediatrician also. He is practitioner in public health hospitals. He is also professor research at the school of medicine, Universidad Panamericana in Mexico City. He performed, developed and built the first robot as assistance for laparoscopic surgery in Mexico, co-founder of Mexican society of computer assisted surgery; He introduced virtual reality apps during outpatient surgery and more medical areas. He designed techniques for training laparoscopic surgery with smartphones and tablets for undergraduate students, medical students and college students. He performs laparoscopic surgery with smartphones on humans. He applies hibernation to perform surgeries in experimental models. He has over 45 publications and has been serving as an editorial board member in cyber psychology and behaviour Journal.

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