

## Summary for layperson

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### Title:

«Does virtual reality improve symptom burden in dialysis patients?»

### Authors:

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### Summary:

Hemodialysis is a life-saving therapy for patients with kidney failure, but is accompanied by a number of distressing symptoms (blood pressure regulation disorders, nausea, vomiting, fatigue, itching, sleep problems, twitching of the legs, etc.). These symptoms reduce the quality of life of dialysis patients in the long term.

During one month, the participating dialysis patients will wear virtual reality glasses for 30 minutes during their regular dialysis. The participants have the opportunity to either watch films in 3D or take part in relaxation programs specially developed for virtual reality glasses. We will use questionnaires to evaluate the severity of selected symptoms that often occur as a result of dialysis treatment (blood pressure regulation disorders, nausea, vomiting, tiredness, itching, sleep problems, twitching of the legs, etc.) but also the influence on the psychological burden of dialysis treatment (stress). By using the virtual reality glasses, we hope to improve these symptoms and an associated improvement in the quality of life for these patients.

The participants must be 18 years or older, undergo their dialysis treatment 3 times a week, the duration of the dialysis treatment must be 3-5 hours each time. There must be no visual or hearing impairments, the participants must understand and speak German, there must be no signs of memory impairment and they must have signed a corresponding declaration of consent. Patients with known epilepsy or who are pregnant are not allowed to participate in the study.

The study is being carried out at the University Hospital Zurich at the dialysis stations on campus and at the Circle. The implementation period is January – around August 2024.