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Applications of Virtual Reality in the Field of Medicine: A Review

Tanish Mathur and Sangya Medhavi Shree Goyal

Students, Rashtreeya Vidyalaya of Engineering, Bengaluru, Karnataka

tanishmathur.is20, smedhavish.is20@rvce.edu.in

ABSTRACT: Virtual Reality has been one of the most exciting upcoming technological developments in the past few years. This paper discusses the nuances of VR and then dives deep into the levels of immersion of Virtual Reality and its different types. Then the paper focuses on the various applications of VR in the field of medicine. The applications mentioned are the ones that have been researched and significant developments have been made in the same. These applications involve the use of VR in the Psychiatry of children and adolescents, rehabilitation, psychosis, and the treatment of PTSD, anxiety disorder, addiction, and eating disorders. The paper further also sheds light on how VR is being used in the education of medical trainees. The applications of VR are also discussed in dentistry, neurosurgery, the COVID-19 pandemic, and nursing education. The use of VR can be extended to many more medical fields and it has a huge potential for the future which has been shown in the future scope of VR.

KEYWORDS: Virtual Reality, Medicine, Immersion, Simulation, Rehabilitation, Psychosis, Anxiety Disorders, Post Traumatic Stress Disorder (PTSD), Psychiatry, Addiction, Eating Disorders, COVID-19, Neurosurgery, Dentistry, Medical Trainees, Nursing

INTRODUCTION

Virtual reality (VR) is a technology that permits a client to move with a processor-simulated background, regardless of if that setting could be a replication of the actual and physical world or a virtual one. This is the primary to living, knowing, and feeling the former, gift and so the long run. This is the way we make our life and thus the world the very known tailor-made reality. It may vary from as simple as taking a virtual stroll around the universe observing the daily walks of life from a digital perspective, from walking through our own dream house to experiencing a walk on an associated alien planet or making a computer game. It is the VR; through which we are able to expertise the foremost daunting and disputes by enjoying safe and with a learning outlook.

In the current decade, the volatile progression of microchip technology has brought computers in the everyday life which has taken the world by storm. These machines have been geared with higher and quicker graphics boards and the expenses have fallen down speedily. Today it has become potential even for a median user, to maneuver through the globe of tricks. This captivation with a brand-new simulation usually begins with basic laptop features and has no limit from there. It permits to visualize the encircling world in alternative dimensions and to expertise things that don't seem to be available or even possible in real-world or maybe not nevertheless generated. Besides, the globe of 3D illustrations isn't bounded to any restrictions and might be generated and deployed by us as per our desires and needs we will enhance it by a dimension however not enough: folks perpetually need additional. They need to step into this world and act with it rather than simply look at an image on the monitor.

Most VR environments contain largely graphic occurrences, demonstrated on a monitor or with the help of distinct stereoscopic displays. Virtual Reality can even embody audible stimulation by any audio-emitting equipment. Workers may move through the virtual atmosphere with the help of devices to sort electrical appliances. Most of the historical examples area unit graphics and to a smaller degree, audio. This may ensue to any or all the human senses; vision provides way and away the foremost data followed by hearing. Possibly the total senses of humankind majorly consist of vision and audio. The utility of computer simulation is now presently been sought in motor vehicle outline, solution, science, biology, training, and collectively in building outline and construction and so on.

WHAT IS VIRTUAL REALITY?

Virtual Reality may be a term that wants to depict pc-generated virtual surroundings which may be cosmopolitan through and manipulated by a participant incessantly. A virtual state of affairs may well be seen on either a head-mounted showcase, a computer screen, or a huge digital platform. Head and hand resulting structures are utilized to allow the participant to observe, shift, and manage the virtual surroundings.

The key difference between VR working and conventional media, (for example radio, TV) lies in the 3 spatialities of the virtual reality framework. Submersion, closeness, and interactivity don't seem to be potential to miss, the parts of computer games that distinguish it aloof from alternative naturalistic advancements. VR doesn't reproduce real-life existence, nor does it have a naturalistic capability. It depends on a three-dimensional, stereoscopic head-tracker display, hand/body trailing, and two-channel sound. VR is immersive, multi-sensory expertise that allows you to circumnavigate and look at a world of 3 dimensions in real-time, with six degrees of freedom.

In principle, virtual reality is the image of objective reality. The definition of VR is predicated on ideas of "presence" and "telepresence," that talk over with the perception of actuality in surroundings, caused by usual or mediated resources that, severally. All the high-tech extents and proportions complementing telepresence are vividness and interactivity. Majorly, a tech-centric read advocates that the foremost distinguished trait in identifying a "VR system" by detecting the actual presence or absence of the physical equipment and

components like hardware. The central to explaining computer-generated reality in terms of human expertise instead of all the technical aspects is the idea of existence. Presence may be explained because of the expertise of one's actual reality and existence; it represents to no one's backgrounds as they exist within the physical world, however to the perception of these surroundings as combined by each automatic and controlled mental process.

"Presence" refers to the natural perception of surroundings, and "telepresence" refers to the mediate discernment of the surroundings.

We should bear in mind that virtual realities exist in an entity's mindfulness; so, the comparative involvement of every one of those magnitudes to develop a way of situational awareness can be seen to be varied among all classes of people. Within the same sense, variations with regard to the mediate surroundings, i.e., within the styles of entities diagrammatical and within the interactions among them also will have an effect on the conception of presence. Although, the part's vividness and interactivity refer solely to the emblematic tech-based influences, instead of to a particular set; that's, these factors confirm components of the stimulant which will have quite the same however not entirely replica of implications spread all over the users and receivers.

LEVELS OF IMMERSION IN VR SYSTEM

In virtual surroundings system, some sensory impersonations are generated by the pc that square measure distributed to the human minds. The sort and therefore the quality of those imprints verify the amount of immersion and therefore the sensation of presence in VR. In ideal cases the high-resolution, superior quality and consistency provided all over all the displays, data ought to be given to any or all of the perceiver's senses.

• Non-Immersive (Desktop VR) systems – Desktop computer games could be a low-end level of immersive VR that may be simply engaged in an exceeding variety of applications while not the requirement for special devices. Generally known as Window on World (WoW) systems. This is often the only form of VR purposes.

Desktop VR is once a somebody observes virtual surroundings through one or additional pc screens. A user will then move therewith surroundings; however, it is not completely wrapped up in it. It uses a standard monitor to show the image (generally monoscopic) of the planet. There is not any alternative sensory output supported. The computer game has begun to form its method and approval in fashionable attributable to its capability to supply real-time perception and interface inside a machine-made world that corresponds to a true world.

• Semi-Immersive (Fish Tank VR) systems is an improvised version of Desktop VR. These assist head trailing and so advance the sensation of "of being there" because of the wave optical phenomenon impact. They however use a traditional monitor (very typically with digital display shutter glasses for stereoscopic viewing) however usually don't aid the physical production.

• Immersive systems –the epitome version of VR systems. They let the user entirely immerse within the computer-generated world with the assistance of HMD that supports a stereoscopic read of the scene consequently to the user's perception, position, and orientation. These systems are also increased by audio, tactual, and sensory inter-faces.

The distinctive features of an immersive video game can be abridged in the following way:

• Head-referenced inspecting is beneficial in providing an interface for the navigation house in 3D and permits for an all-around aspect required to study its structure and experience it in the most natural way possible within the comforts of our home.

• Stereoscopic assessing is an essential feature that is very much required to get to know the perception of depth and thus the overall look of the house.

• The virtual world is conferred in-depth and suitably comprehends to the human size.

• Realistic interfaces with virtual objects via knowledge glove and similar devices afford handling, procedure, and management of computer-generated worlds.

• The substantial impression of existing absolutely immersed in a man-made world may be increased by modality, haptic, and different non-visual technologies.

• Networked applications afford collective virtual environments.

TYPES OF IMMERSION

Immersion means that the level to that sound reproduction substantial involvements (e.g., lightweight patterns, sound waves) area unit offered to the various sensory modes (vision, audition, touch) so as to make robust illusions of reality in every. In step, immersion can be distinguished into 3 foremost groups:

• Tactical immersion –Tactical immersion is practiced once activity exteroception maneuvers comprise ability. Player's sense "in the zone" whereas achieving movements that lead to triumph.

• Strategic immersion –Strategic immersion is a lot of analytical and is related to mental challenges. Chess players expertise strategic immersion once selecting an accurate answer amid a huge variety of prospects.

• Narrative immersion –Narrative immersion happens once players become devoted within a very story, and is comparable to one who has practiced while reading a book or observance a flick. The decision them sensory-motoric immersion, psychological feature immersion, and emotional immersion, severally. additionally, to those, they included 3 new classes:

• Spatial immersion –Spatial immersion happens once a player feels the simulated world is perceptually convincing. The player develops feelings that he or she is basically "there" which is a simulated world appearance and senses "real".

• Psychological immersion –Psychological immersion happens once a player obscures the sport with the world.

• Sensory immersion –The player knowledge a unity of your time and area because the player mediates with the image medium, which marks imprint and mindfulness.

APPLICATIONS IN THE FIELD OF MEDICINE

Virtual reality was first used in the area of healthcare in the 1990s because there was a need to visualize complex medical data, especially when surgical therapy was being planned [3]. The International Society for Virtual Rehabilitation was established in 2009 with the main purpose of facilitating the collaboration among engineers, scientists, and clinicians who were interested in the application of the latest technologies in social, cognitive, psychological, and motor rehabilitation. Virtual Reality is now widely employed in this field, ranging from training and educating through surgery, psychiatry, rehabilitation, and telemedicine [4].

The aim of virtual reality in this field is to remove direct contact with the physical body and its impact while the body is being treated and cured. Keeping in mind the growing availability of good quality electronic devices, their amazing computing powers, and also the never-stopping development of internet infrastructure, the advances being made in this area is simply just a matter of time. Hence, applications of VR in the field of medication are being discussed in this paper, focussing on the areas of rehabilitation, anxiety disorders, psychosis, post-traumatic stress disorder, psychiatry, and addiction disorder. VR can be utilized by medical trainees who want to learn some latest techniques, by doctors and therapists who have experience and want to give their patients minimally invasive, suitable but secure, and efficient treatment methods.

The concept of employing virtual reality technology to diagnose various mental problems was initially proposed in 1992 at Clark Atlanta University. Numerous studies have now validated its usefulness, particularly in the treatment of phobias [9]. There are numerous reports of VR being utilized to treat phobias [10, 11], which are some of the most common mental diseases. The core to classic cognitive behavioral therapy is a gradual exposure to stimuli that cause phobia symptoms, which involves patients envisioning themselves in unpleasant scenarios. This method of exposure, however, is not always efficient, owing to the fact that several patients find it tough to envisage an unpleasant circumstance. VR-based therapy has been shown to be beneficial in treating this sort of disease because it exposes patients to a wide variety of stimuli in secure surroundings.

IN REHABILITATION

The development of virtual reality and video games with which we can interact has accelerated in the past 10-11 years, and they are now being utilized to help victims that have had a stroke regain motor function in their paretic upper limbs. Virtual Rehabilitation, which is a new approach to enhance motor function in people suffering from various dysfunctions through the use of computer technologies available currently based on virtual reality can be mentioned here. Virtual rehabilitation combines 'here and now' activities with therapy that is done over a distance called telerehabilitation. On this topic, a number of publications have been published, including meta-analyses [1-9] that assess the efficacy of various technical solutions. Standen et al. [7] discovered that games that involve the use of VR can be utilized at home to help enhance upper-limb motor function post-stroke. Rehabilitation using Virtual Reality ensures a higher level of patient engagement to exercise on a regular basis, thanks to a number of activities, pictures, and effects that make traditional motor therapy more exciting. Numerous researchers have recognized the use of virtual reality systems to enhance upper limb mobility within six months following stroke onset, although further study is needed in this field.

The usage of virtual reality also helps the elders avoid falling. When opposed to ordinary strolling exercises, interactive video gameplay was found to produce an equivalent drop in blood pressure to a certain extent, with the added benefit of causing a decrease in sympathetic influx to the heart. Virtual reality rehab resonates with senior patients since it allows them to broaden the spectrum of their treatment by bringing new forms of activities.

IN PSYCHIATRY

The utilization of VR is rapidly increasing in the cure, detection, and evaluation of mental illnesses. In S. Korea, cognitive behavioral therapy for anxiety problems in a social setting based on the technology of virtual reality was identified as a cutting-edge medical technique. This could result in an increase in the utilization of virtual reality in the area of medicine. New therapeutic models combining medication and electronic devices are being produced in the contemporary environment; recognizing technological innovations such as virtual reality could offer new options for mental health therapies.

Depression and anxiety have become the most researched subject in therapy done by virtual reality, with multiple different meta-analyses reporting on the usefulness of Virtual reality assistance in the cure and analysis of different anxiety disorders [10]. Patients can more comfortably observe the virtual world during VR therapy, which produces fear otherwise. At the time of Virtual Reality exercise, devices that can be worn were also used to acquire measures of actual bio-signal data, such as alterations in pulse rate and galvanic skin reflex [11]. Bio-signals in particular associated with anxiety may be looked over in real-time, and the exposure to the anxiety-inducing stimulus can be raised more logically over time [12]. VR exposure therapy (VRE) has proven to be among the best potent

and successful therapeutic techniques for transcending the limitations of traditional treatment because of these benefits.

ANXIETY DISORDERS

Particular phobias, especially flight phobia, are by far the most researched topics in virtual reality treatment. The virtual reality exposure group's effectiveness was identical to that of the individuals exposed to an actual airplane. Both groups outperformed the control group in terms of therapeutic results. According to a meta-analysis on a phobia of airplanes, virtual reality exposure not only produced results comparable to standard therapy but also led to superior after-treatment and follow-up outcomes [13].

Regarding individuals who suffer from social anxiety disorder (SAD), and find it tough to engage in social situations due to significant nervousness, therapy approaches include the use of scenarios produced by a computer, such as conferences, presentations, and gatherings in which the individuals are expected to deliver a talk. Virtual reality exposure creates an environment where individuals suffering from panic disorder with agoraphobia (PDA) may show symptoms (e.g., tube, metro, automobile driving, cinema, van, shopping center, airline, lift), and the individual gest habituated to panic episodes utilizing a secure virtual reality setting. [14,15].

POST TRAUMATIC STRESS DISORDER (PTSD)

One of the leading ways of treating PTSD, is exposure therapy wherein the patient is exposed to their triggers in a safe environment allowing them to—with due time—develop resistance or decrease the intensity of their stress and anxiety related to the trauma. This recreation can be difficult to achieve in many cases, most significantly in military-related scenarios. This is where VR technology comes into play. It allows the patients to re-experience traumatic situations in a virtual environment where they would feel more secure. The VRET (VR Exposure Therapy) turns the re-visitation of a traumatic event into a gaming style experience [17-19]. There have been reports that suggest that people dealing with PTSD prefer VR exposure therapy as it yields higher levels of satisfaction [16], as observed in the case of survivors of traffic accidents [20].

PSYCHOSIS

Standard practice for evaluation and study of various psychoses involves a diverse set of clinical tests that are aimed to understand the patient's psychological, behavioral, emotional, and neurocognitive response. This is done with the help of questionnaires, computer-based tests, and interviews, and while these methods have been through rigorous testing to ensure their validity, they fail at capturing the true essence of real-life situations as well as the response of the patient to other humans. This can be eradicated by the use of VR therapy [10, 21], which puts the patient under real-life situations and permits the experts to monitor their behavior and reactions more accurately. It was reported that VR-based therapy was efficacious in reducing persecutory delusions, functional impairment, and paranoia in real life [24]. Despite the promising premise, there has been a lack of development when it comes to the therapeutic effects of VR on psychosis.

CHILD AND ADOLESCENTS' PSYCHIATRY

For children with cognitive impairment or Autism Spectrum Disorders (ASD), VR is most useful. It can help with social skills as well as attention training by re-creating real-life environments. In the field of pediatric psychiatry, and in terms of VR, research for the most part is focused on ASD and Attention-Deficit/Hyperactivity Disorder (ADHD) wherein Continuous Performance Tests (CPTs) are conducted to measure a child's attention span [22]. Due to their neurological development, the virtual environment appears more vivid to children, hence the effects and benefits of VR can be experienced with a greater intensity [23]. Regardless of this, there has been a scarcity in the amount of research in this field.

ADDICTION AND EATING DISORDER

Patients suffering from addictions (psycho-physiological or behavioral) like Internet Gaming Disorder, Substance Use Disorder or pathological gambling etcetera undergo a form of behavioral therapy known as Exposure Therapy. The whole premise of this is to provide the patients with a safe environment where they can be exposed to their fears and learn how to cope with them. Hereupon being exposed to cues reminiscent of their addictions, patients tend to showcase conditional cravings that lead to a cycle of recurrent addictive behavior. These cues aren't restricted to photographs, videos, or certain smells but can also be elicited by social situations, rather it is more apt to say these cues aren't always stand-alone but require a social context [25]. There are numerous restrictions due to a lack of standardization, control, and generalization, as well as a lack of contextual and complex variation, leading to limited ecological validity as well as a reduction in the likelihood of extinction by exposure therapy. Therefore recreating these cues and observing the patient's reaction to them in a controlled real-life environment is impossible. Hence the use of VR is not only immersive but also excessively controllable. VR can also help us in our understanding of addiction-induced behavior and enhance the communication between patient and therapist.

To understand how effective VR can be in terms of Cue Exposure Therapy let us take the example of eating disorders, especially bulimia nervosa, where VR is used to stimulate high-calorie food and hence help the patient learn how to cope with cravings. This method has proven to be extremely helpful. Not only does it help the patient cope, but it also helps increase their self-esteem and induces a drive for change [26].

Despite the sky-high rates of addiction in various countries, there is a lack of resources that can help cure it. Addiction is an umbrella term and has a variety of forms of manifestation and hence requires a multidisciplinary approach. As a result of this, there has been a rise in research on the utilization of VR in therapy, this has also been helped by the potential of VR Therapy for the treatment of SUD.

Until now, VR was constrained by its high price and lack of multimedia quality but the recent interest of the video game industry is bringing about an era of development and improvement. It is rapidly becoming more and more practical to perform ecological tests to understand a patient's cognition, behavior, and response in real-time.
Several findings imply that immersing participants in addiction-related virtual environments can help with craving assessment. In both SUD and behavioral addiction, virtual reality helps elicit cravings. With its ability to hand over control of the environment and ensure the safety of the patient Virtual Reality is the future tool for customized medicine.

EDUCATION FOR MEDICAL TRAINEES

Medical Virtual Reality is a field that has a promising future, which is confirmed by many real medical practitioners and clinical researchers [30, 31]. It provides an environment where students, teachers, or professionals can learn and practice their skills in a real-life environment. Although this field is new, the effect of these applications on medical education is evident. In the following section, some of the most fascinating VR medical educational applications are described briefly. Figure 1 presents screenshots of selected Virtual Reality environments.

Figure 1. Snaps of Virtual Reality advancements being used for training: A virtual reality heart anatomy system [32], Dental crown preparation training [34], Cardiac Life Support Training [35], and Anatomy Builder VR [33].

In [32], a VR system is presented by the authors, which gives a real-time 3D representation of heart structure in an environment that is interactive as well. This application allows only particular interactions, such as free manipulation, and models disassemble to give the true anatomical relations of various parts of the heart. To achieve a realistic representation of the different structures of the model, different shades of flesh colors were used with slight exaggeration.
An approach that is similar is presented by Seo et al. in [33]. The main goal of the application that is being proposed is to support learning in canine anatomy education. It makes the students able to interact with either a group of bones or individual bones, identify them, and assemble a real skeleton of an animal in 3D space. Wang et al. [34] present Simodont which is a 3D Virtual Reality simulation system for training dental crown preparation. The simulator can distinguish prosthodontics residents and dental students both skill and time-wise, thus establishing its validity as a tool that can be used for teaching. As it has realistic clinical situations, it gives students an opportunity to practice more extensively than with plastic manikins or phantom leads. In addition to this, VR Magic Eyes Ophthalmic Surgical Simulator [35] provides a realistic environment to develop psychomotor skills and acquire microsurgical spatial awareness, which can be applied to real-life vitreoretinal and cataract surgery. It is especially for beginner ophthalmic surgeons so that they can familiarise themselves with how to safely operate a patient's eye in a safe environment and to reduce their stress in the operating theatre.
Because of its significance for surgical planning, disease analysis, and academic instruction, advanced visualization of medical imaging has been a topic of research. Mixed reality has recently received a lot of interest as a way to give more engaging and lifelike medical experiences. Yet, there are still a number of drawbacks to using virtual reality in specific situations.
As per Perkins Coie's study research on Virtual Reality (VR) and Augmented Reality (AR) [28], healthcare is the second most likely sector to invest in VR technology in 2020, trailing just behind gaming. This backs up the premise that using virtual reality for medical settings has a lot of advantages. And this is not unreasonable, given that the employment of virtual reality technology in this field facilitates training and replicating real-life experiences, which is especially useful in life-critical situations. According to experts in the field, research has only recently started to identify the utility of virtual environments. The real-time processing, display, and manipulation of massive volumes of clinical data are, however, one of the biggest roadblocks to innovation.
Elucis software [29] from Realize Medical is a virtual reality-based 3D medical modeling platform for developing patient-specific 3D models. It is used to identify and segment particular body pieces that could then be exported in STL or OBJ format by loading volumes and managing 3D and 2D drawing tools. Elucis' algorithms enable quick modeling of bones, organs, and other body parts based on a patient's volume data, with features including color-mapping tools, mesh gap correction, and surface smoothing. It is feasible for an experienced user to get highly exact results by enabling the movement of both a cutting plane and the volume in 3D space, as well as the use of several planes for diverse purposes. Figure 2 shows a modeling task being completed by an Elucis user.

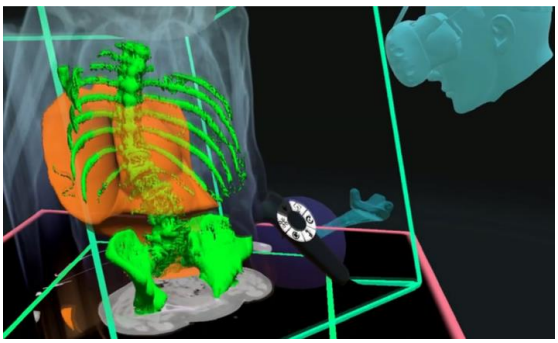

Fig. 2 Snap of Elucis being used, taken from [29]

NURSING EDUCATION

Nursing practice is based on a compassionate approach to patient-centered care. The usage of VR simulations in training is one of the strategies for developing empathy that is gaining popularity. In nursing education, virtual reality (VR) technology is being more widely employed in parallel with the increased adoption of simulation learning. Patient safety and the need to discover alternatives to limited clinical practice opportunities have driven the development of innovative simulation technologies in the field of nurse education. Students can practice and repeat clinical skills in a virtual patient healthcare setting, which is also more controlled than genuine healthcare settings, where inexperienced personnel can make mistakes.

The use of virtual reality in nursing education offers both advantages and disadvantages. One advantage of VR is that it allows students to practice technical skills like emergency response skills and sterile techniques at their own pace and time, bypassing the problems of resource limitations of nursing laboratories and the irregular access opportunities, which limit the number of students who can practice at the same time.

Unlike surgeons, who treat an anesthetized body, clinicians and nurses treat more than just the body, they treat the whole individual. Nursing students must therefore acquire psychosocial skills that tackle their patients' spiritual, social, and psychological components, in addition to learning how to do treatments accurately and with precision. After all, one of the profession's key values is embodied sensitivity to patients. In a virtual environment, it's impossible to envision students gaining support skills and psychosocial communication.

Some believe that virtual reality will allow nurses to gain a better understanding of what patients are going through, allowing them to become more sympathetic providers. VR-based psychopathology simulations, for example, may elicit some experience of psychopathology's impacts and so increase awareness in the learners. However, there is a lack of data to back up the notion that virtual reality learning activities can assist nurses to move beyond comprehension to action and deliver more compassionate quality care over time. Furthermore, claiming that experiencing a glimpse of sickness or illness is sufficient to acquire and sustain empathy and compassion abilities is a stretch.

We feel that if virtual reality is to aid nurses in maintaining empathic interest, it must convey more than a picture of a patient's experience, as such snapshots cannot reveal the nuances of living with a complicated healthcare issue over time. A person who suffers from a chronic disease is unlikely to be completely preoccupied with the problem at all times. There may be both joys and difficulties. Only a sustained curiosity in a person's reality can reveal these insights, and only if the learner maintains a humble demeanour that allows them to be open to learning. VR allows for sensory immersion, but it isn't contextual, and it doesn't imply that the experience will spark your interest.

APPLICATIONS IN DENTISTRY

The advancement of modern digital transformation is currently benefiting dentistry. Modern dental medicine is defined by three-dimensional digital technology, moreover as CAD and computer-aided production. Despite this, improvements in the dentistry sector have been implemented to enhance dental learning and clinical tasks. Conventional dental digital methodologies are often organized into a stepwise approach that can be stated as follows: (1) A scanning device acquires a digital image; (2) the operator can digitally alter or change various dental aspects, like tooth position or orientation; (3) the recent developments are sent back to solidified state or remains digital as a wax-up. With the help, these procedures have been reduced and implemented with the advent of VR. Real and virtual knowledge sources, tracking, registration procedures, visualization process, perception locations, show varieties, and response mechanisms are all necessary functionalities for VR systems.

Digital applications square measure broadly speaking utilized in all disciplines of medicine nowadays. additionally, to three-dimensional (3D) imaging likewise as a software system and computer-aided producing (CAD/CAM), pc simulations square measure showing vast potential and stimulating increased attention. Virtual simulation applications supply indefinite-quantity data to the atmosphere, and so open novel opportunities within the operational field and in the information industry.

This systematic review targeted clinical analysis associated with VR technologies in a medical specialty and disclosed that these were preponderantly used for instructional motor ability coaching in academic fields, and in clinical examination of advanced external body part surgical protocols. moreover, VR technology was additionally referred to investigate the physique and body structure and medical care of patients with dental anxiety disorder. The notable clinical trials inside the sector of dental technologies ought to be (still) seen as trial and error, in essence, obtaining used for educational functions or strictly scientific comes with some initial applications created for surgical procedures. Fast data processors and aiding package area unit essential for the forthcoming conversion of VR from the science laboratory into clinical practices.

Among the various studies enclosed within the field of dental teaching, the content varied widely from sensible motor ability coaching in tooth preparation techniques together with a grade-level indicator in coaching the 3D vision, up to advanced external body part reclamation perception. Efficiency, outlined as the proportion of unhealthy abrasion eliminated over drilling time, improved significantly throughout the experiment for every trainee and absolutely fledged operator. The training of basic adroitness skills was prompt once undisciplined partakers were supplied with exteroception device response in addition with the associate fully-fledged dental teacher, in proportion to teams with contact to the device solely or teacher solely feedback.

The effects of the examination prompt a task for virtual reality duper in distinguishing pupils with probable training

provocations within the pre-clinical stages of dental coaching. Additionally, a study assessed the verification of associate degree sensibility VR dental machine for motor ability employment. The outcome revealed the potency for the virtual reality duper by showing its exceptional capabilities between that of specialists and amateurs. A brand-new learning objective victimization AR-technology was developed so as to traverse the acknowledgment of gold on lay in educating awareness at an institution of dentistry in Brazil. The variations were examined within the performance and appreciation of scholars operating in an exceedingly VR arrangement. The employment of three-dimensional-vision in an exceedingly virtual learning state of affairs incontestable a big positive impact on the execution of the scholars and on their admiration of the setting as opposed to two-dimensional-vision.

In more complicated surgical operation techniques, the validity of a unique psychological feature virtual reality duper (Surgery) was analyzed for circular ground rehabilitation. The given VR simulation may function as a helpful psychological feature coaching and assessment tool in external body part surgery residency programs. A study was performed to gauge a military coaching method comprising VR technology for the elimination of submandibular glands.

Virtual reality systems are useful, particularly for pre-operative going to supply practical result prognosis and intra-operative exploration to lessen threats. Here, the enclosed pictures ought to be ready to match 3D with no lag in the period of time and with authentic precision and exactness. As an instructional tool, VR-simulators give escalated chances to college boy students and trained dental residency programs. Virtual Reality simulations (including direct response and target assessment) can become essential to perform within the way forward for dental education. By mixing computerized parts with a true training technique, VR provides new schooling prospects. VR has been seen to absolutely have an effect on the standard of training techniques and to push the enjoyment of data transfer in addition because the power of motor expertise, like with simulated tooth preparation prototypes.

The above figure displays the utilization of Virtual Reality in dental check-ups to carry out the procedure much smoother.

APPLICATIONS IN NEUROSURGERY

The evolution of virtual reality uses in spinal surgery have recently attained tractions as opposed to different surgical specialties. With the various methodologies shifting towards an amputation outlook, the necessity for simulators is very vital to spread procedural techniques and motoric apprehension. Simulation coaching with Virtual Reality standards is demonstrated as an efficient complement in medical coaching while minimizing threats to patients. together with spinal surgery, the use of VR simulations for intracranial and as base procedures has in the near past attained traction because of the restrictions of the image at intervals the as. Starting in 1985, the early VR procedures have progressed and combined into coaching cultures because their value has digressed, flexible to ability level, and safe learning surroundings with relevancy patients. Simulations like NeuroTouch associate degreed Immersive bit have a full-grown standard in several coaching establishments as a complementary device to improve the procedures in bone surgery.

Virtual reality (VR) is one of the important factors in neurosurgical coaching permitting resident physicians' important facilities to become skilled in surgical procedures while potentially reducing patient hurt. This covers minimal damage to body tissue and microsurgical procedures, permitting the doc to get a three-dimensional illustration of tomographic imaging information together with computerized tomography (CT) and roentgenography (CTA), moreover resonance imaging (MRI), and roentgenography (MRA). This thing enables the medico to govern anatomical options in stereoscopic format with 3D equipment virtually. The main aim is to increase the special retentivity for the medico whereas constructing on a technicality to account for variances in the vasculature and neural development by lightness so nerves, arteries, and distinct plant tissue structures. Generally, this needs the employment of a surgical magnifier to showcase the 3D (three-dimensional) pictures onto the surgeon's optical read in the order in such a way that the projections are aligned with the surgical field.

Neurovascular surgery and neuro intervention square measure the subdivisions of surgery that examine, identify and operate patients with neural structure unwellness. The clinical use of VR shows some high developments within the approach tube diseases square measure diagnosed and managed as this square measure is powerfully keen about imaging procedures for intraoperative deciding. At the moment, 3D imaging is used throughout invasive angiographic procedures for the designation and endovascular treatment of tube pathologies like brain aneurysms. Brain aneurysms square measure related to important mortality and morbidity and need technically stern surgical management.

The 3D imaging tool is an associate degree with complement to ancient angiographic imaging within the pre-procedural workup of a patient. This permits the operators to control the dataset to attain proper knowledge of the anatomy and angioarchitecture of aneurysms and close structures. A study conducted assessed the utility of a period sensory exteroception virtual response cardiovascular disease clipping machine developed victimization the Immersive bit programme. This method module was tried out by neurosurgical residents from varied residency programs during which it was concluded that the simulation would be helpful in getting ready for practical surgery by supplying helpful surgical rehearsal with rational exteroception response.

Utilization of simulation instrumentality like Dextroscope permits a MD to avoid the ancient format of simulation by manual computing and now use alphanumeric LED monitors, along with the same 3D designing tools to get a virtual space simulating the OR expertise. These simulation intraoperative views carried out in follow is straight transferred to the live patient. Currently, this methodology has been utilized in methods ranging from tumour removal, cardiovascular disease clipping, vas malformation surgical procedure to nerve decompression and implants for neurological disease. Of the varied improvements in neurosurgical simulation, the event of AR shows great potential in allowing the MD to place, outline, and alter the surgical view throughout the procedure, a significant advancement to those virtual projections.

(a)

(b)

Figure (a) shows the neurosurgery patient taking a Virtual Reality tour of their own brains and (b) shows doctors performing brain surgery with the aid of virtual reality.

APPLICATIONS IN COVID 19 PANDEMIC

The conception of VR is evidenced for catering multiple uses in health care and inviting medical personnel by giving them varied uses within the elemental space of the health industry. There technology measures many ways in which within which the conception and method of VR square measure useful in relation to diminishing effects of COVID-19. The subsequent square measure a number of the projected issues that came in light to create the health care personnel equipped and more adaptable. In the current pandemic COVID-19 case, the multiple thesis and postulations as proposed by the various technologies present including virtual reality as one of the main methods to overcome the situation and thus can be effectively be made in use to come up with a solution.

Earlier in the past decade or so, to provide any education and to create skilled staff in the field of health and medicine proved to be quite a hassle, and since it's one of the most crucial sectors on which our lives depend virtual reality plays a key role in it. The various things which contribute to the education of fracture structure, the all-over ability and improvisation with respect to the skills of medical residences, issues regarding patient safety and care, moral standards, support to medical students in terms of education, etc. square measure a couple of items in actual instances deserves to be earned by using this rising idea referred to as virtual reality. The simulation-based schooling-training idea makes this field a lot much possible to explore a lot of brilliant uses of the important world. Supported by the former teachings created within the field of medico-related training, it's continuously prompt and suggested to teach the medical practitioners with them opting for simulating practices. A few of the self-made, applicable practices tried are; intrusive hemodynamic observant, ventilation handlings, medical education problems, etc. These techniques at the end of the day create the operating of physicians upgraded and essential in terms of their operating vogue and suppleness.

Through medical coaching Patient treatment medical selling unwellness awareness: The operative and essential COVID-19 medical workers coaching can create the doctor at home with the particular case and therefore the precise scenario to be managed. Virtual Reality offers physicians to resist and follow all the foremost complicated instances by carrying them to their own attainable as like real case situations. This kind of aid creates a lot of related settings wherever the physicians are and will acquire a lot of fast and completely to manage the problems and to find the solutions regarding it with care and precise knowledge. During this method, named as medical realities is a lot easier using the VR culture with a concept to deliver coaching of supreme manner for the managing of surgical cases. It ultimately avails associated provides interactive and immersive expertise.

The spectacular amenities utilized and presented in a very accessible approach, teach not solely the health care personals but conjointly its final receivers, i.e., patients. This follows conjointly improves patient contentment further as it proves to fill a huge purpose of fulfillment for the doctors as well. As for the case of surgery-based treatments, its effectuality is further increased. The intense cases wherever crisis occurs in terms of psychological behaviour transpire, the conception of computer games is evidenced as a robust tool in such situations as well. Once crossing through such associated high influence of pandemic like COVID-19, these victims conjointly endure some psychoneurotic troubles. In those cases, the VR strategies will become quite useful and important too. Except for the essential operation and psychoneurotic cases, the VR conception conjointly evidenced superior whereas handling discomfort and physiotherapy, wherever creation of virtual coaching and schooling environment provides the victims to fast and pain-free easily. This, in the end, lessens the time to recover and improvises the patient's contentment.

Virtual reality is considered to be one of the most top-notch technologies surpassing a lot of developments that have been made in the digital field. It's speedily dynamical the normal ways

in which medical learning ways and case managing see the conception of VR employing computer-based engineering and methods to make a virtual operating setting. This type of perspective offers an in-depth advantage to protect and oppose the current pandemic COVID-19 by boosting the ability, assurance, presentation, and complete notion of health care patients. The vacant options create a major advance to the continuing erudition and case behaviour methods. This is used as an additional medical and health care edifier tool that may greatly improve the execution of medical deliverables.
The coming time is going to be much more tough and competitive for a simulated reality tactic with respect to its usefulness, meticulousness, fiscal facts, etc. a lot of creativeness and sharpness whereas utilising all the current methods and theories of simulation within the real information surroundings would continuously be obligatory. More VR applications ought to be focused on the foundation of rooms especially planned to afford a lot number of larger screen fronts further to the at present in effect tiny camera screen front within the computer game headsets. There are various reports on the ever-increasing market prospects for the virtual reality construct to look into itself within the needed health care spheres, particularly within the gift pandemic state of affairs. This conjointly states the projected efficacy of the digital and telecommunication amenities in aggregation with the package knowledge to reply to the essential problems rising in the dire situation of the COVID-19 epidemic.

CONCLUSION

Virtual reality is being used in almost every industry. You can't envision a world without virtual reality technology. We define Virtual Reality and discuss its major application in the field of medicine in detail in this paper. We also define a few essential advancements that led to the development of this recent automation. This advancement provides many opportunities to us to research the three-dimensional world and one's individual imagination. This carries a wide range of uses, consisting of all the uses from product development to medicine. This is even now in its early stages of advancement, with many consumers designing their own personalized applications and installations to meet their own requirements.

Virtual reality is presented applied in a range of fields, along with the field of medicine. Virtual Reality has high chances of turning into the most popular technique of educating and coaching inexperienced surgeons, also assisting established professionals in learning new abilities, in the near future. The utilization of VR in teaching and training has a number of established benefits. First and foremost, virtual reality provides exceptional visualization, which is impossible to do in a typical training center setting. The next phase is expected to be the combination of VR and holographic projection, which will improve the three-dimensional image.

VR has excellent levels of ecological validity and is useful in the treatment and assessment of SUD and behavioral addictions. While craving provocation in VR was discovered to be useful for a variety of addiction problems, treatments relying only on virtual interaction to drug-related stimuli have had mixed results.

The technology of Virtual reality has the potential to alter nursing education in the future, but education providers, physicians, and healthcare consumers must become much more involved in the development of this technology and work in conjunction with the firms that develop it.

Virtual reality has a lot to offer nurses in terms of both education and practice. It does, however, need that we place it in the perspective of what we already know and value in human interactions, as with any revolutionary technology. The use of virtual reality to teach nurses procedures is beneficial, but not if it eliminates learning opportunities from experienced mentors on how to show compassion to patients while doing procedures. It is believed to own a good variety of applications within the hand-operated captivated disciplines of medicine, as well as dentistry; Associate in Nursing it's expected that the world care VR market can have a calculable price of 5.1 billion dollars by the year 2025. Industrial development isn't a continuous advancement; however, it's supported by exponential rise.

Till now, virtual reality has offered a lot of promise in the medicinal profession. Medical teaching, resident training, planning before the operation, and intraoperative steering are some of the other common uses of Virtual reality technology in medicine nowadays. In medical training, virtual reality allows trainees to better understand anatomical parts in three-dimensional and so better form mental connections among them, leading to better training with increased attention duration, commitment, and student satisfaction.

FUTURE SCOPE

The availability of technologies that handle the difficulties of 'big scale' virtual environments is crucial to the future of VR. As more research will be done over the next few years, we may expect VR to become a standard in our homes and workplaces. Computers will be able to generate more realistic graphic pictures as they become faster, allowing them to accurately replicate reality. VR has the potential to replace humans in the rehabilitation, treatment, and care of the sick, differently-abled, and elderly.

The improvement in this sector is simply a question of time, given the expanding availability of good-quality electronic gadgets, their enormous computational capacity, and the constantly advancing cyberspace infrastructure. As a result, future research guidelines should be considered. The decreasing cost of VR headsets, which allows for absolute immersion in the virtual environment, opens up many new possibilities.

Even though immersive solutions have grown exponentially in the last five years, especially in the medical field, this advancement hasn't touched its potential yet. Forthcoming research should concentrate on providing tools to aid the research community in the usage of formatting of data, allowing developers to concentrate on quicker algorithms, specialized user experiences, and more intuitive system interactions.

Programs for nurses, if this is to be relevant to the needs of student trainees and graduates in the twenty-first century, then the curriculum should be developed that include instructions on how VR should be used, with the relationship between nurses and their patients at the center of the learning experience.

As a result, VR is no longer thought of as science fiction. It is a part of our present, and it will contribute to

advancements that will influence the future in the coming years.

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