

# UNWIND YOUR MIND

## WHY?

The goal of reconstructive plastic surgery is to maintain or improve the quality of life for patients that have medically removed malignant tumors in the face, head area, neck area or breast. This is a complex situation for patients as it deals with sensitive topics such as one's personal identity and a personal experience of the world. During the medical process patients have a lot of important decisions to make. Therefore, consultation moments with medical experts are very valuable. However, currently patients often find themselves not fully engaged in these conversations with their doctors, due to being overwhelmed by emotions and worries. This results in patients leaving the consultation room with unanswered questions and unshared worries. Consultation moments are scarce which is why these sessions should be used as effectively as possible. We envision patients leaving the room with an eased mind and their most important questions answered.

### VR Kit

The VR Glasses & headphones allow patients to immerse and prepare for their next consultation session.

### Ayra - at your service

Ayra helps patients to alleviate stress and assists medical experts in getting the burning questions answered.

## WHAT?

The 'Unwind your Mind' is a toolkit that allows patients to prepare themselves for consultation sessions through an immersive VR experience from the comfort of their homes. The toolkit consists of VR glasses and a connected sensing ball. The patient can decide to use the toolkit anytime prior to the consultation session. By putting on the VR glasses, patients will be immersed in a consultation room. While users are holding the sensing ball, the AI assistant guides users through a sequence of questions that stimulate reflection on their situation and generate new questions for the consultation session. The AI assistant will summarise their answers and save it in a digital overview that can be discussed during the consultation session.

## HOW?

The toolkit allows patients to immerse themselves in the consultation room, a day before the actual consultation. By doing this, patients will be more aware of what they expect to hear and what questions they want to ask. This immersive experience is inspired by the contextual learning model: improved performance by learning in the situated context (Davtyan, 2014). Another unique point of the toolkit lay in the functionalities of the connected sensing ball. It has two main functions: 1) patients can fidget with it to alleviate stress and 2) to guide the patients through different categories of questions to stimulate reflection.