

VIRTUAL REALITY AS AN ALTERNATIVE TO SEDATION DURING COLONOSCOPY: A PROSPECTIVE EQUIVALENT STUDY IN NANCY

Marion SCHAEFER

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Poster

Colorectal

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A prospective study of 140 patients compared virtual reality to sedation during colonoscopy and found no statistical equivalence in cecal intubation rates, though VR maintained acceptable comfort with higher peri-procedural pain.

KEY POINTS

- Cecal intubation was achieved in 95.7% of sedation cases versus 88.6% of virtual reality cases, with univariate analysis unable to demonstrate equivalence at the 5% threshold ($p=0.685$)
- Peri-procedural pain was significantly higher with virtual reality (3.3/10) compared to sedation (0.9/10) ($p=0.0006$), and anxiety during the procedure was also higher in the VR group (STAI 42.4/80 versus 40.4/80, $p=0.003$)
- Patient and gastroenterologist satisfaction, patient comfort, total procedure time, and polyp resection rates showed no statistically significant differences between the two methods
- The authors suggest virtual reality may be an alternative that eliminates sedation-associated risks while maintaining acceptable comfort for most patients, though equivalence in cecal intubation was not established

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