

ONC-MM-2407: The Effect of Virtual Reality Headsets on Pain and Anxiety in the Peri and Post Bone Marrow Biopsy Period

NCT07203534

Status	RECRUITING
Phase	Not Applicable
Sponsor	Wake Forest University Health Sciences
Enrollment	160 participants

Plain Language Summary

This study is testing whether using a virtual reality (VR) headset during and after a bone marrow biopsy can reduce pain and anxiety. Bone marrow biopsies are used to diagnose blood cancers, and they can be an uncomfortable and anxiety-provoking procedure. The VR headset provides an immersive, calming distraction.

****You may be eligible if...****

- You are 18 or older
- You are scheduled for a bone marrow biopsy and/or aspiration as an outpatient
- You have a suspected or confirmed blood cancer (such as leukemia or lymphoma)
- You can read and understand English
- You are not taking any pain or anxiety medication prescribed specifically for this procedure

****You may NOT be eligible if...****

- You have a known intolerance to virtual reality or severe motion sickness
- You have a history of seizures or vestibular (balance) disorders
- You have a pacemaker, defibrillator, hearing aid, or other implanted medical device (the VR headset contains magnets)
- You have unstable heart conditions such as recent heart attack or uncontrolled heart rhythms
- You have postural orthostatic tachycardia syndrome (POTS)

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (6)

- Ability to understand and willingness to sign an IRB-approved informed consent directly.
- Must be 18 years or older at time of consent.
- Scheduled for an outpatient bone marrow biopsy (BMB) and/or bone marrow aspiration (BMA). Note that this does not need to be the participant's first BMB/BMA.
- Participant should be suspected of or being diagnosed with a malignant hematologic disease (i.e., Acute or chronic leukemia, lymphoma, clonal plasma cell disorder, etc.) per the investigator.
- Ability to read and understand the English language.

... and 1 more (see full listing online)

Exclusion (4)

- Participant is prescribed analgesics or anxiolytics for the purpose of reducing pain or anxiety prior to the procedure.
- Participant with known intolerance to using virtual reality devices, significant motion sickness, history of seizures, history of vestibular disorders, or heart conditions (unstable angina, recent myocardial infarction within the last 3 months, decompensated heart failure, uncontrolled arrhythmias-ventricular tachycardia, a fibrillation with rapid ventricular rate), history of postural orthostatic tachycardia syndrome (POTS) per participant report.

<https://clinicaltrials.gov/study/NCT07203534>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).

- Participants with pacemakers, defibrillators, hearing aid, or other implanted medical device. The Meta Quest device contains magnets and components that emit magnetic/electromagnetic fields which could affect the operation of nearby electronics and medical devices.
- Planned to undergo the bone marrow biopsy/bone marrow aspiration via Interventional Radiology or as an inpatient admission.

Locations (1 total)

Levine Cancer Institute, Charlotte, North Carolina, United States