

## **ABSTRACT**

**Fatma Goksu, The Effect of Virtual Reality Headset that is used during blood drawal on the pain felt by the children. Bulent Ecevit University Institute of Health Sciences, Department of Children Health and Diseases Nursing, Master thesis, Zonguldak, 2017.**

This was a randomized, controlled experimental study that was performed to determine the effect of distraction technique which was applied by a virtual reality headset for decreasing the pain of the child during blood drawal.

The universe of the study was composed of children between the ages of 6-10 years old who admitted to blood drawal service in Zonguldak Bulent Ecevit University Health Practice and Research Center between May 2016-September 2016. A total of 80 children, 40 in the control group and 40 in the experimental group, were taken. Descriptive Information Form was used to determine sociodemographic characteristics of the children and their families, and Faces Comparative Pain Scale and Visual Comparative Pain Scale were used to determine the pain level experienced by the children during the procedure. Children in the experimental group were made to watch a video by a virtual reality headset during the blood drawal procedure. Data were assessed by SPSS 19.0 package program.

It was found that mean score of the children in the experimental group from “Faces Pain Scale” was  $1.02 \pm 1.12$  following the procedure and their mean score from “Visual Comparative Pain Scale” was  $1.87 \pm 1.97$ . For the children in control group, mean score from “Faces Comparative Pain Scale” was  $2.47 \pm 1.83$  and mean score from “Visual Comparative Pain Scale” was  $4.17 \pm 3.16$ ; and also, a statistically significant difference was found between two groups ( $p=0.0001$  and  $p=0.001$ ).

In conclusion, virtual reality headset was found to be an effective method in decreasing pain in children during blood drawal.

**Key Words:** Pain, Distraction, Blood drawal, Child, Virtual reality