

Reimagining Learning Solutions for the Life Sciences Sector

Innovation (Providers) Award Winner

Summary:

The arrival of COVID-19 has created a fundamental need for performance support and tools to combat stress and burnout. We believe that mindfulness is the key that can drive cultural change towards employee wellbeing in the healthcare and life sciences sectors and foster high-quality learning as an integral part of learning curricula.

The solution:

LCI^{LX} (formerly ellicom) has created a **VR mindful meditation program in collaboration with Northwell Health and OVA**. The immersive experience program is helping healthcare professionals and learners balance their stress levels, by offering them mindful breaks, using immersive VR meditation. **The program offers urgent support to physicians at risk of burnout and creates the optimal environment for quality learning.**

Situation Analysis:



The need for **mindful** practices and **accessible** performance support in our new normal



The negative impact of stress on attention, cognitive ability and **high-quality** learning



The need for **rapid digital** implementation in times of crisis



A **human-centered** sustainable solution for continuous **cultural change**

Approach

Demonstrate how virtual reality meditation breaks can reduce symptoms of stress and burnout in healthcare staff, leading to better learning and a healthier work experience.



VR headsets (Oculus) and VR viewers (Google Cardboards) made available to healthcare staff at Northwell Health by LCI^{LX}.



Participants were given access to short VR meditation sessions (360-degree & multisensory) using VR scenery (beach, forest, lake) with the option to add guided meditation narration and calming music.



To facilitate and encourage the use of the tool, "mindful moment stations" have been set up in the Northwell Health facilities.

Evaluation:

The effective reduction of stress by decreasing heart rate and blood pressure in program participants

- » Greater decrease in average HR compared to baseline (at an average of -2.5 BPM)
- » Greater decrease in average BP compared to baseline (at an average of -6.5 mmHg)
- » Greater decrease in average BP at 1st regular session compared to baseline

"As research physicians, a key focus has been on finding ways to help healthcare workers manage the emotional stress that comes with their job. We have long suspected that mindfulness meditation blended with virtual reality could prove to be a valuable tool, and our partners at LCI^{LX} and OVA have been with us at every step as we've brought this exciting research to life." —Negin Hajizadeh MD, MPH (Northwell Health)

Conclusion:

Applying mindful practices allows companies and organizations to tap into employees' cognitive flexibility, their mental awareness and their ability to learn.

Giving learners and employees the tools to de-stress, rest and recharge can lead to a decrease in frustration, unhappiness and even burnout.

Mindfulness is an investment, reducing actual costs related to stress, burnout and fatigue.

"If you **dream it**, we can **build it**."

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