



Use Case: Safe Spaces

To improve the health industry and to support medical staff, ellicom / LCI LX and OVA are collaborating with Northwell Health, New York's largest hospital network, to provide health professionals with a virtually optimized and immersive stress-reducing program to help prevent burnout—an increasing challenge in this highly stressful environment.

Together, using StellarX, ellicom / LCI LX and OVA have developed a contextually adaptive immersive space that combines guided meditation with Virtual Reality to reduce stress levels and foster a healthier working environment.



Client

Northwell Health

Industry

Healthcare

Technologies

Virtual Reality

Challenge

Reduce Stress

Solution

A Meditative Escape

Benefits

- Healthier professionals
- Better care
- Happier environment

To help health professionals reduce their stress levels, we collaborated with an interdisciplinary team of practitioners, which includes Doctors, Nurses, Physiotherapists, Cardiologists, and Human Resource professionals, to design experiences that would be readily accessible in the Intensive Care Unit and Palliative Care Unit of North Shore University Hospital (Northwell Health).

The relaxation experiences were designed in an adaptive way to suit the varying needs of each individual. Using our technology, StellarX, our team created three different immersive Spaces that would set the scene for a guided breathing or meditation experience.



The **Mountain Marvels Space** offers a relaxing forest landscape with summit views and an awe-inspiring horizon. The mixed forest of coniferous and deciduous trees paired with the spatialized nature sounds brings the Space to life in a delightfully soothing way.



The **Lakeside Shores Space** evokes calm and inner peace in an environment that rhymes with good vibes. The wooden dock, a red canoe and adirondack chair, are sure to bring back good memories while the gentle wind whirrs amidst the leafy Birch trees.



The **Tropical Island Space** is a visual getaway in itself. The white sand beach surrounded by a sea of turquoise waters is simply stunning and soothing. The spatialized wind audio rhythmically plays to the tune of the palm tree leaves swaying, and the ocean sounds move as the gentle waves brush upon the sandy shoreline.

To ensure each Space is optimal for relaxation and disconnection to focus on themselves, we made sure that the Spaces themselves could be easily and individually customized. For instance, too many trees may feel slightly overwhelming to some, but relaxing to others. And, while one person may appreciate the soothing wind sounds, another may find it annoying. Therefore, ensuring that each Space could be personalized was key to reducing the stress levels of medical professionals.

In addition, we collaborated with our partners at ellicom / LCI LX to integrate guided meditation and breathing exercises to the Space so that health professionals could learn to integrate breathing and relaxation exercises to their practice.

To measure the efficiency of our experiences, professionals were asked to track their heart rate before, during, and after the experience. Such data would indicate whether the experiences were successful in reducing the heart rate of practitioners working in such a high-stress environment.

Results

After 8 months, Northwell Health found that our immersive solution significantly helped health practitioners reduce their high stress levels. Many health professionals used StellarX on a daily basis over a period of 8 months and were struck by the impressive results.

After using the experience, health practitioners noted that heart rates dropped significantly, and the professionals themselves noted feeling better and more relaxed after having spent some time in the relaxation space.

This project also allowed us to take home the highly-coveted 2020 Brandon Hall Group Silver Award for Excellence in Technology, in the category Best Advance in Corporate Wellbeing Technology.

Testimonials

“ The most relaxing cup of coffee you’ll ever have... without the side effects. ”



- **Suzanne N. Ardito**, M.A., Research Coordinator, Division of Decision Science Center for Health Innovations and Outcomes Research (CHIOR) at The Feinstein Institute for Medical Research, Northwell Health, Department of Medicine

“ StellarX is a game changer when it comes to exploring the potential of VR.

With StellarX, my research team was able to develop an immersive mindfulness meditation training program to power a study on the effects of VR on health care employee burnout. We were able to get up and running quickly and our initial research is showing positive results. We would not have been able to jump into this exciting and important field of research without the capabilities and speed of StellarX. ”



- **Jeffrey Solomon**, Director of Clinical Information Systems, Department of Medicine at the Center for Health Innovations and Outcomes Research (CHIOR)

Related links

