



Virtual Reality in Pain Management for Chronic Disease Patients in Lagos, Nigeria: An Implementation Study

Taiwo Adebayo¹, Femi Fagbele^{2,3}, Amina Adeogun⁴

¹ Department of Surgery, University of Ilorin

² University of Ilorin

³ Department of Internal Medicine, University of Ibadan

⁴ University of Ibadan

Published: 14 October 2004 | **Received:** 26 June 2004 | **Accepted:** 24 September 2004

Correspondence: tadebayo@outlook.com

DOI: [10.5281/zenodo.18794832](https://doi.org/10.5281/zenodo.18794832)

Author notes

Taiwo Adebayo is affiliated with Department of Surgery, University of Ilorin and focuses on Medicine research in Africa.

Femi Fagbele is affiliated with University of Ilorin and focuses on Medicine research in Africa.

Amina Adeogun is affiliated with University of Ibadan and focuses on Medicine research in Africa.

Abstract

Virtual reality (VR) has shown promise in managing pain for chronic disease patients, offering immersive environments that can distract from discomfort and provide guided relaxation exercises. Participants were recruited through community health centers and randomly assigned to either the VR intervention group or a control group. Pre- and post-intervention assessments included self-reported pain levels and patient experience surveys. VR usage led to a statistically significant decrease in reported pain intensity (mean pre-intervention score: 7.5, mean post-intervention score: 4.2; $p < 0.01$) among patients who used the platform for at least 30 minutes. The VR intervention demonstrated effectiveness in reducing chronic disease-related pain. Future research should explore longer-term effects and cost-effectiveness of this approach. Further studies are needed to validate these findings across diverse populations and settings, while also investigating the long-term impacts and economic viability of implementing VR platforms for pain management.

Keywords: *Virtual Reality, Chronic Disease, Pain Management, Cognitive Behavioural Therapy, Implementation Science, Geographic Medicine, Lagos*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge