Beyond the Horizon of Traditional Care: Satisfaction and Innovation in Healthcare

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Editorial

*The new issue of Health and Caring is characterized by thematic diversity. In biology, diversity, known as biodiversity, is essential for sustaining life on Earth and for the health of ecosystems. In our journal, diversity also relates to health, but in a more human-focused context. Health is influenced by many factors, one of which is satisfaction. Whether it is the satisfaction of a patient with the care provided by healthcare professionals or the satisfaction of healthcare professionals with their work environment. Several parallels could be drawn here, but I will focus on the satisfaction of us, healthcare professionals, with our work. With the declining human resources in healthcare, those who remain in the system are increasingly overburdened, and it is only a matter of time before the system reaches its limits. It is therefore crucial to address this issue scientifically, identifying the factors that affect the satisfaction and well-being of healthcare professionals and promoting them positively in the workplace. This issue is precisely the focus of the article **Job Satisfaction Audit in Hospital: Qualitative Case Study**, which is part of the current issue. Those of you with a positive interest in 3D virtual reality will surely feel satisfaction when reading the article **A Pilot Randomized Crossover Study on Stress Responses in Paramedicine Students: Virtual Reality Versus Live Simulation**. This article led me to reflect briefly on the advantages and disadvantages of using 3D virtual reality in healthcare.*

Virtual reality has long surpassed the boundaries of the gaming industry and has now firmly established itself as a tool transforming the way we approach healthcare. From patient rehabilitation and healthcare professional education to psychological therapy, the possibilities of virtual reality in healthcare are virtually limitless. Virtual reality offers patients entirely new treatment methods. In rehabilitation, it helps restore motor skills after injuries or neurological diseases. Patients find themselves in environments that are not only functional but also motivating, playing a crucial role in long-term therapy. In the field of mental health, virtual reality has taken on a pioneering role. Therapy for post-traumatic stress disorder or phobias becomes more realistic and safer thanks to simulations. Virtual environments allow patients to gradually face their fears under the supervision of a therapist, thereby reducing stress responses (Maples-Keller et al., 2017). For doctors and healthcare staff, virtual real-

ity represents a revolution in training. Surgical simulations enable the practice of complex procedures without risk to patients, while crisis scenarios, such as mass casualty incidents, can be modeled down to the smallest detail. This way, healthcare professionals acquire not only technical skills but also the ability to make decisions under pressure.

Technology in virtual reality brings not only opportunities but also challenges. One issue is "cybersickness," a nausea caused by the mismatch between visual inputs and physical sensations. Prolonged use can lead to eye strain or psychological problems associated with losing touch with reality (Simón-Vincente et al., 2024). Another concern is accessibility. Although virtual reality is becoming more affordable, it is still not a standard part of healthcare, especially in less developed countries. Ensuring that this technology is accessible and safe for all patients will be crucial in the future. Virtual reality in healthcare is not just a technological novelty – it is a tool transforming the way we perceive health care. In the future, we can expect even broader applications of virtual reality, for example, in personalized medicine, diagnostics, or the development of treatment methods. This technology brings the opportunity to improve patients' quality of life and the efficiency of healthcare systems. It is up to us to maximize the potential of virtual reality. The key will not only be its practical implementation but also an open discussion about its limitations and impacts. Virtual reality allows us to see beyond the horizon – let us use this to build a healthcare system truly focused on people's needs.

References

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