

Dr. B. Sandroff on virtual reality's role in managing cognitive deficits in multiple sclerosis-Ep42

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- BANKS-SMITH 00:04** This is Kessler Foundation's Fast Takes, research that changes lives. And I'm your host, Joan Bank Smith. In this episode, Dr. Brian Sandroff, senior research scientist in our Center for Neuropsychology and Neuroscience Research, talks about his peer-reviewed article, *Developing the Rationale for Including Virtual Reality and Cognitive Rehabilitation and Exercise Training Approaches for Managing Cognitive Dysfunction in MS*, published in April 2022 in a journal *Neurosci*. Dr. Sandroff, can you share with us the main takeaways of this study?
- BRIAN SANDROFF 00:41** This was a review paper that sought to, like the title says, develop the rationale for why virtual reality might be an advantageous approach for enhancing the effects of cognitive rehabilitation and exercise training for improving cognition in persons with MS. And the main takeaways are that virtual reality might be particularly advantageous to increase the amount of multi-sensory input and real-world relevance to enhance the effects of cognitive rehabilitation, as well as doing the same for exercise training, but also allowing for exercise trials to incorporate elements of cognitive rehabilitation in the exercise trial through virtual reality to promote stronger cognitive improvements in those with MS.
- BANKS-SMITH 01:31** And what is the impact and next implications of this publication to the field?
- SANDROFF 01:36** The publication sought to provide a research map, so to speak, for how future research can go about implementing virtual reality in cognitive rehab and exercise training paradigms. And we present a framework for anybody interested in the field to test to see if we really can induce larger cognitive improvements in people who present with MS-related cognitive impairment.
- BANKS-SMITH 02:06** Learn more about Dr. Sandroff, the Center for Neuropsychology and Neuroscience Research, and his peer-reviewed article in the program notes. Tuned into our podcast series lately? Join our listeners in 90 countries who enjoyed learning about the work of Kessler Foundation. Be sure and subscribe to our SoundCloud channel, Kessler Foundation, for our research updates. Follow us on Facebook, Twitter, and Instagram. Listen to us on Apple Podcast, Spotify, SoundCloud, or wherever you get your podcasts. This podcast was recorded remotely on May 4th, 2022, and was edited and produced by Joan Bank Smith, creative producer for Kessler Foundation.