



Pharmacy A Day in the Life User Guide

Introduction

This guide will help you make the most of the Pharmacy A Day in the life programme and explain how to:

- access and view the app on a PC, tablet, smartphone, or VR headset
- assemble the Google Cardboard headset
- set up your smartphone for viewing the app in the Google Cardboard headset
- use the function icons in the app
- position yourself in the best way to enjoy the immersive experience
- deal with possible issues

How to access this resource

To stream the 360-video content smoothly you will need a good Wi-Fi signal. The programme can be accessed via a browser on a PC, tablet or smartphone. You can use the camera on any device to scan the QR code and select the URL to open it up.



Full 360 interactive programme – **1 hour 25 minutes**

How to view this resource



On a PC or tablet or smart phone

You can view and interact with the content in a standard browser on a PC or tablet.

You can drag the 360 image around, either with click and dragging your mouse, or on mobile or smart tablet by moving the device, just as you can with other 360 apps like Google Street View



On a smartphone with a Google Cardboard headset

Google Cardboard headsets are a cost effective way of having a VR experience, but make sure you use a headset that fits the type and size of phone you are planning to use (where you can see all of the image on the phone).

Full instructions on how to set up your phone are available later in this guide.

On a standalone VR headset



The programme can be accessed via the browser installed on a standalone VR headset. You can use the shortened app <https://tinyurl.com/NHSEPharmacy> to save on typing and then view it in VR by selecting the VR headset icon. We recommend you bookmark links so you can quickly revisit the app.

With these VR headsets you select a function by moving the laser pointer from the hand controller over it and then squeezing the trigger button. Pop up documents, photos and videos can be closed by squeezing the trigger with the laser pointed outside of the pop up frame.

Useful link to setting up a cardboard headset

This [video](#) also walks you through how to assemble a Panoramix VR V2S Google Cardboard headset.

Please note, other versions of google cardboard headsets are available, please check your version for the building guide.

How to set up your smartphone for Google Cardboard headset

When using the app on your phone make sure that it is fully charged, with brightness turned up to 70% or more, audio to 50% or more, and both auto-lock (lock screen) and orientation lock switched off.



To view the experience on a Google Cardboard headset, access the app in the phone's default browser.

Select the 2 eyed cardboard icon on the bottom right corner. Refresh the screen if this does not work first time.

Use Default

Choose the Use Default option and then drag the screen up with the phone horizontal to show the split screen image



Place the phone in the headset with the middle line on the screen lined up with the centre of the viewing area.



Close the phone securely in the headset and view the app through the lenses.

How to use the function icons in the programme

You drag the picture around in the apps using your finger or a mouse and interact with the app by selecting the function icons. Here is a brief description of what they do.



The **Menu** icon takes you to the Main Menu area where you can jump directly to different sections by selecting its name. Only use this after you have seen or interacted with everything in a section.



The **Play** icon will play from the point it was paused and replay any audio that has ended.



The audio or video for a section will usually play automatically. You can use the **Pause** icon to pause this.



The **close** icon will close the video or audio.

How to position yourself in the best way to enjoy the experience



You need to be able to turn your head and body freely to view and select interactions when experiencing the app in VR, so we recommend you do this in a standing position with a chair or stool nearby or seated on a stool or swivel chair to make it easier to turn around. Make sure your area is safe and free from any objects you might collide with.

Some people feel dizzy or nauseated when experiencing VR. This can be reduced by sitting down, and make sure you are in a safe place.

If you do find the experience unpleasant, revert to using a computer, tablet or smartphone without VR. You will still be able to access learning and interaction points.

How to deal with possible issues

Google Cardboard icon cannot be activated – make sure you are using the phone's default browser such as Safari on the iPhone or Chrome on an Android device. Refresh the browser page, change the orientation or close the browser and try selecting the icon again.

Google Cardboard split screen image isn't central on the phone – make sure you are using the phone's default browser. Try refreshing the browser and selecting the cardboard icon again, otherwise pull out one side at the back of the headset and move the phone to compensate for the off-centre view.

360 video sections will not play on an iPad – unfortunately you won't be able to play the 360 videos in the app on older (for example, Generation 5) iPads. Use an alternative tablet, PC, or smartphone instead.