

BRAVE HEARTS

Name of Game: My Hard Choices

All Heart Failure Patients including:

- Females & Males
- Aged 21 and above.
- Has a smart device where Roblox can be downloaded.
- Able to read English.
- Received heart failure health education from a Healthcare Professional before.

To provide experiential learning for heart failure patients to better understand salt and fluid restrictions, as well as to familiarize themselves with early and late signs of water retention and self-management techniques.

<In-game Introduction>

"Life is full of choices! For individuals with heart failure, they are faced with an abundance of food, drinks, and condiments choices in the community, as well as health decisions that contribute to their overall well-being.

The goal of the "My Hard Choices" serious game is to equip patients in the community with the knowledge and skills related to self-management. Self-management includes daily checks and recordings of weight and blood pressure; adherence to dietary advice and fluid restrictions; making appropriate decisions when experiencing health situations at home."

To win the game, player needs to complete all three stages:

1. My Choices in The Community,
2. My Choices at Home,
3. My Choices During a Health Situation.

There will be in-game prompts to remind players to check weight and blood pressure at the beginning of stage 1 & 3. This is intended for players to engage in the motion of checking their weight, blood pressure and heart failure symptoms, in a bid to encourage cultivation of such habit in real life as well.

Stage 1 Goal:

- Game Goal: Purchase meals for Breakfast and Lunch
- Instructional Goal 1: Familiarize yourself with salt content of various common commercial foods and be aware of consumption to make wiser choices when eating out.
- Instructional Goal 2: Learn to plan fluid consumption within the limit when eating out.

Stage 2 Goal:

- Game Goal: Plan dishes to cook for dinner with salt content & fluid amount left for the day.
- Instructional Goal 1: Familiarize with salt content in daily household condiments to make wiser choices when planning homecooked meals.
- Instructional Goal 2: Learn to plan fluid consumption within the limit when at home.

Stage 3 Goal:

- Game Goal: Help Mr. X identify his symptoms and seek appropriate medical consultation.
- Instructional Goal: Assess player's knowledge of early and late signs (orange and red zones) of water retention and its respective self-management techniques.
- > In Stage 3, if the player makes the correct health decision, the player will gain an additional 500 points, and this marks the successful completion of the entire game.
- > In Stage 3, if the player makes the wrong health decision, the player will not be awarded any points. Correct health decisions will thus be prompted. After which, player can choose to replay from either Stage 1, Stage 2, or Stage 3.