Game of Life

1. To start (September 14th):
   1. Draw lab values
   2. Move 1 space if each of the following is at goal: Phos (3.5-5.5), K (3.5-5.5), Albumin (>3.6)
      1. Can move ahead up to 3 spaces
      2. If goals are not met then stay at start
      3. Provide education (Phos) at end of week
      4. Tally spaces moved
         1. Each spaces equates to $1
2. Give phos quiz (September 21st)
   1. Can move forward 1 space per each correct answer
      1. Move ahead up to 3 spaces
   2. If all answers incorrect stay at current space
   3. Provide education (K) at end of week
   4. Tally spaces moved
      1. Each spaces equates to $1
3. Give K quiz (September 28th)
   1. Can move forward 1 space per each correct answer
      1. Move ahead up to 3 spaces
   2. If all answers incorrect stay at current space
   3. No education
      1. Remind patients they can move forward based on labs
   4. Tally spaces moved
      1. Each spaces equates to $1
4. OFF (September 28th)
5. OFF (October 5th)
6. To move forward (October 12th):
   1. Draw lab values
   2. Move 1 space if each of the following is at goal: Phos (3.5-5.5), K (3.5-5.5), Albumin (>3.6)
      1. Can move ahead up to 3 spaces
      2. If goals are not met then stay at current spot
      3. Provide education (fluid/sodium) at end of week
   3. Tally spaces moved
      1. Each spaces equates to $1
7. Give fluid/sodium quiz (October 19th)
   1. Can move forward 1 space per each correct answer
      1. Move ahead up to 3 spaces
   2. If all answers incorrect stay at current space
   3. Provide education (albumin/protein) at end of week
   4. Tally spaces moved
      1. Each spaces equates to $1
8. Give albumin/protein quiz (October 26th)
   1. Can move forward 1 space per each correct answer
      1. Move ahead up to 3 spaces
   2. If all answers incorrect stay at current space
   3. Provide education (Ca/Vit D) at end of week
   4. Tally spaces moved
      1. Each spaces equates to $1
9. Give Ca/Vit D quiz (November 2nd)
   1. Can move forward 1 space per each correct answer
      1. Move ahead up to 3 spaces
   2. If all answers incorrect stay at current space
   3. Tally spaces moved
      1. Each spaces equates to $1
10. After all quizzes are submitted, tally up number of spaces each patient moved which is equivalent to number of dollars

Facts for Board

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| * Potassium is needed for basic muscle contractions and heart function | * Too little potassium will make you weak but too much can give you a heart attack |
| * Dairy is a good source of both protein, calcium, and phosphorous | * Since dairy has a lot of phosphorous, limit to 1 serving a day |
| * Phosphorous is used to give your body energy | * Too much phosphorous can lead to bone disease |
| * Fluid keeps the body hydrated and maintains blood pressure | * Excess fluid causes high blood pressure and swelling |
| * Regular exercise maintains heart health and muscle | * Not enough exercise can cause muscle loss and increase your risk for cardiovascular disease |
| * Choose fats high in omega-3s and 6s, like olive oil and flax seed oil | * Avoid fats high in saturated and trans fats, like Crisco and other forms of shortening |
| * Choose fresh herbs and spices to flavor your meals | * Salt substitutes like NU-salt have high amounts of potassium |

**Navigating Through the Game of Life**

Congratulations! You have been invited to play Circle Medical Center’s first Game of Life. Make your way down a healthy lifestyle path learning more about nutrition topics related to the kidneys. The dietitians and dietetic interns will be there to guide you along the way. Follow along to see how to play:

**Start!**

* Get a head start by moving 1 space for each of the following lab values at goal: Phosphorous (3.5-5.5), Potassium (3.5-5.5), Albumin (>3.6). You can move ahead up to 3 spaces.
* Each week, the dietetic team will discuss tips on specific nutrition topics to help you maintain your lab values at goal, as well as maintain your overall health and well being.
* The following week you be given a quiz based off of the previous week’s material.
* For every answer you get correct the quiz, you will move ahead one space. In addition, for every space you move you will be give one dialysis dollar.
* At the end of the game, your dialysis dollars will be tallied, and will be used to buy a prize!
* The schedule for the nutrition topics each week will be:
  + September 14th: Phosphorous
  + September 21st: Phosphorous quiz, Potassium education
  + September 28th: Potassium quiz, no education
  + October 5th: Off
  + October 12th: Move forward based on October labs, sodium/fluid education
  + October 19th: Sodium/fluid quiz, protein/albumin education
  + October 26th: Protein/albumin education, Vitamin D/Calcium education
  + November 2nd: Vitamin D/Calcium quiz, total all dialysis dollars earned and pick out a prize!