GETTING KIDS ENGAGED IN THEIR HEALTH

BC CHILDREN’S HOSPITAL (CYSTIC FIBROSIS CLINIC) & UNIVERSITY OF BRITISH COLUMBIA
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Lack of engagement in healthcare is a key problem in chronic disease management and contributes to poor adherence. This is particularly true of cystic fibrosis (CF) because we place a large treatment burden on young children.

Initial Concepts

CarePal is a mobile game which promotes self-efficacy so that patients may make more effective decisions about their own health.

Foxy has CF. He gets hungry and goes to kitchen to make a sandwich. Players learn through the sandwich ingredients about healthy CF food choices (vegetable, protein and fat). Foxy gets to eat the sandwich but only after he takes his enzymes.

Collaboration and Focus

WHAT: Integrating a custom made PEP MASK with electronic bluetooth barometer with a gaming experience to improve adherence in 6-12 year old patients during chest physiotherapy.

WHY: Adherence to chest physiotherapy has the largest impact on CF health.

Expiration into PEP mask moves avatar forward allowing it to collect points and prizes, unlock new levels, and learn nutrition tips along the way.

CHALLENGES AND NEXT STEPS

• Still need to implement proposal
• Learning and understanding game mechanics and user experience (how do we get kids to learn without teaching? How do we keep them engaged for in a repetitive activity?)
• Integrating an hardware (PEP Mask) with software
• Objectively measure adherence through research study

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