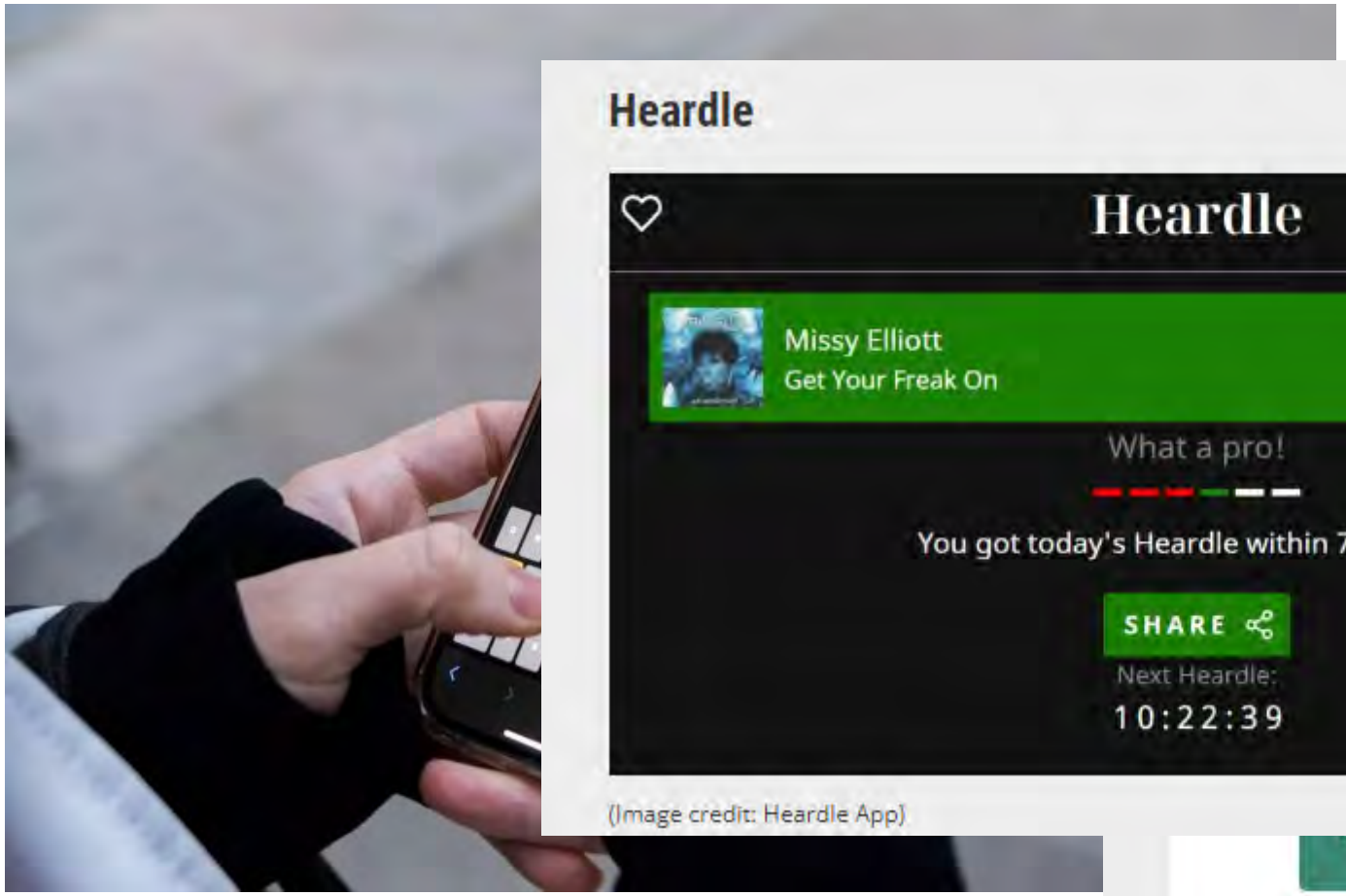
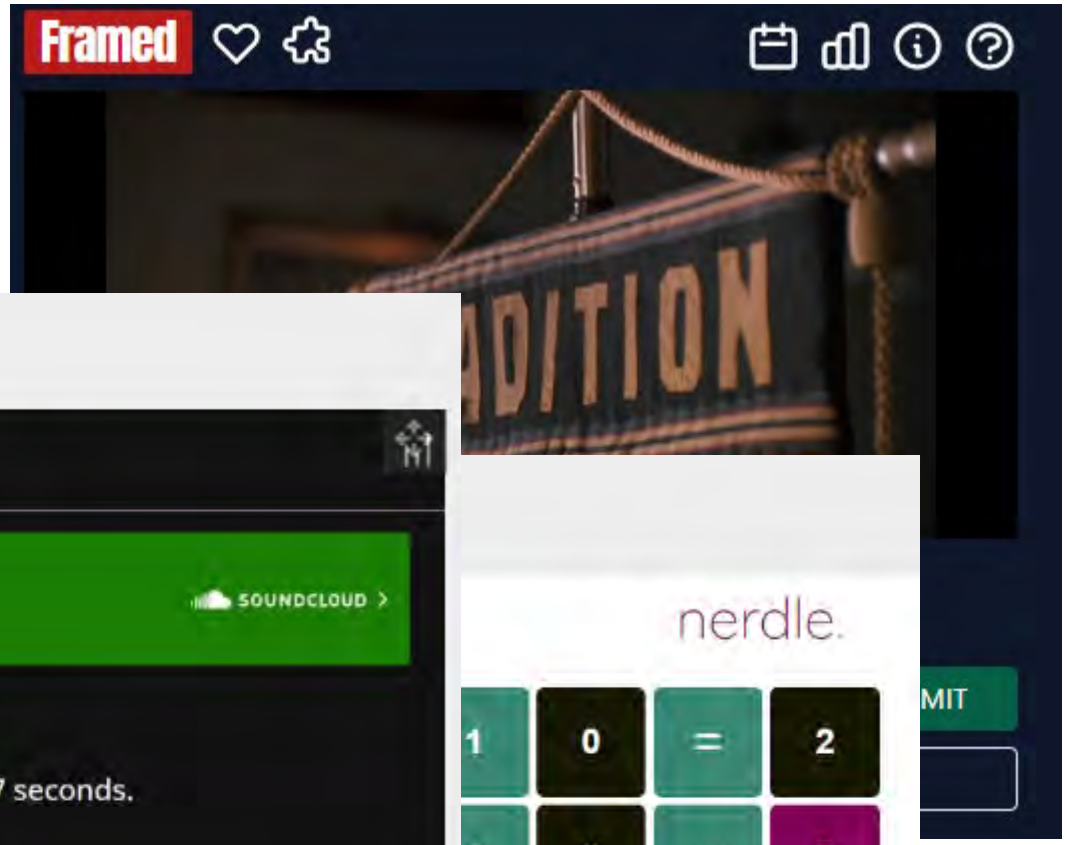
Laborland,
A patient-centered tabletop game experience:
How Bob Ross inspired a game about pregnancy

Anita Bublik-Anderson, MD

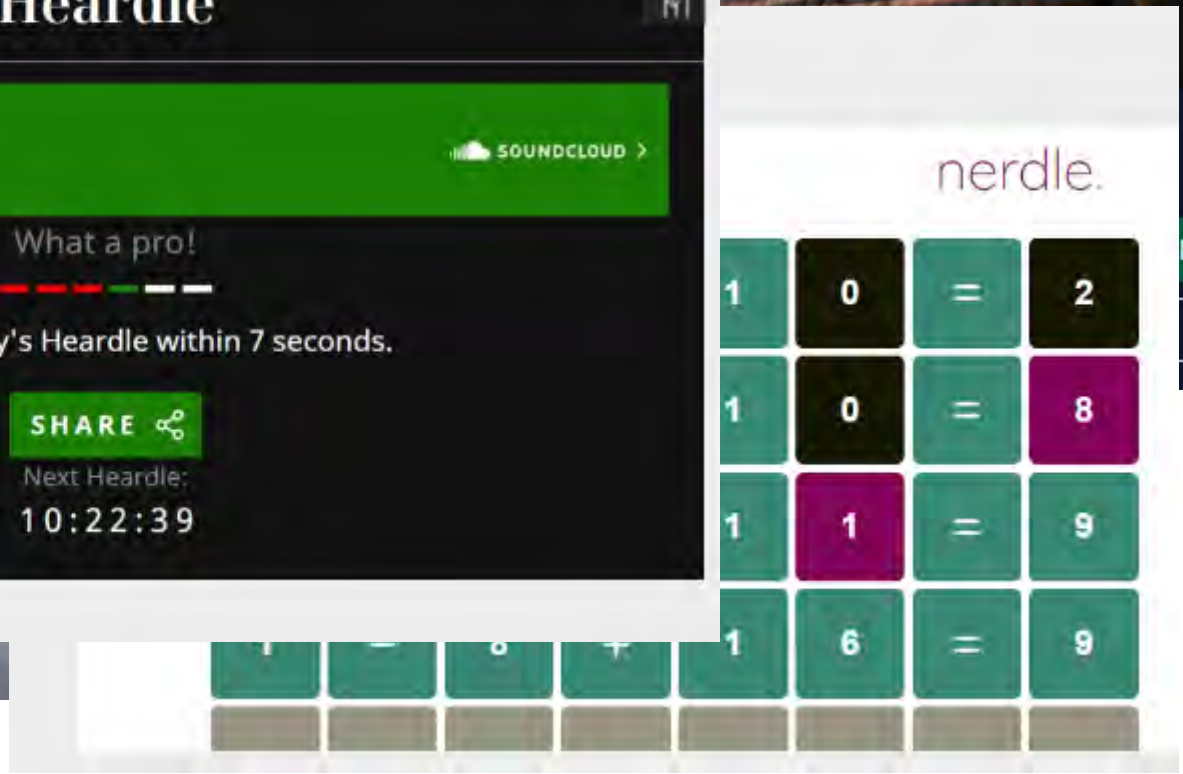
MCW-CW





Heardle

(Image credit: Heardle App)



- I was asked to develop the OB simulations to amplify student learning at our regional campus
- Started with vaginal delivery and Cesarean Delivery
- Ellen (clerkship director for our LIC) wanted more! For “commonish” complications
  - Shoulder and Induction of Labor

Covid taught us

- Connection is important- so I didn’t want to go digital- I wanted them to be in the room, together experiencing
- Play is important

OB Core Competencies

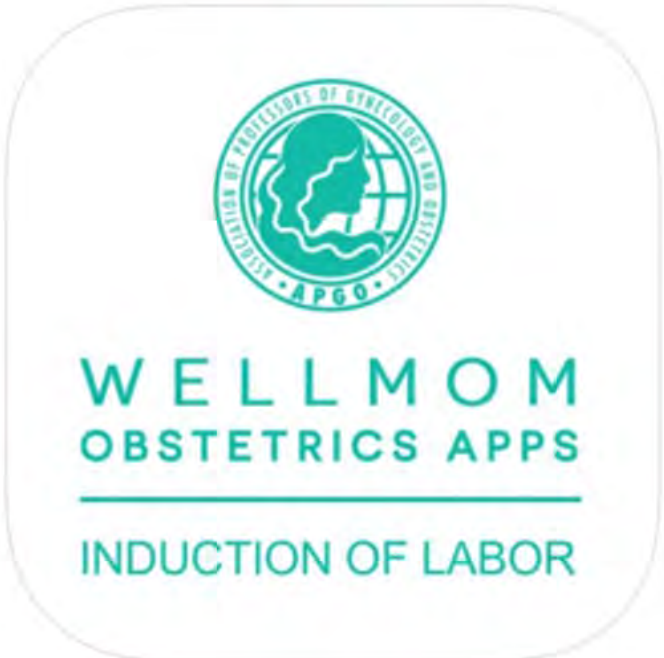
Discuss commonly asked **questions concerning pregnancy**, **labor** and **delivery**

Describe common outpatient and inpatient obstetrical **procedures** with **indications** and possible **complications** with consideration of **value-based care**… 3). **Induction of labor**

Objectives of the session

- 1 hour of prework.
  - Readings (10 pages of textbook, acog pdf iol, and afp., voice over ppt, APGO WellMom app)
  - Determine if a patient is a candidate for elective induction of labor at term
  - Compare different methods for induction of labor
  - Discuss the risks of early term delivery and benefits of delaying delivery beyond 39 weeks
- Reviewed key points at time of play session
  - Dating, Bishop's score (8), 39 weeks, NICU 11, induction as a key feature for a >30% CD rate

This app is available only on the App Store for iPhone and iPad.



APGO Induction of Labor 17+

APGO WellMom Educational App

Association of Professors of Gynecology and Obstetrics

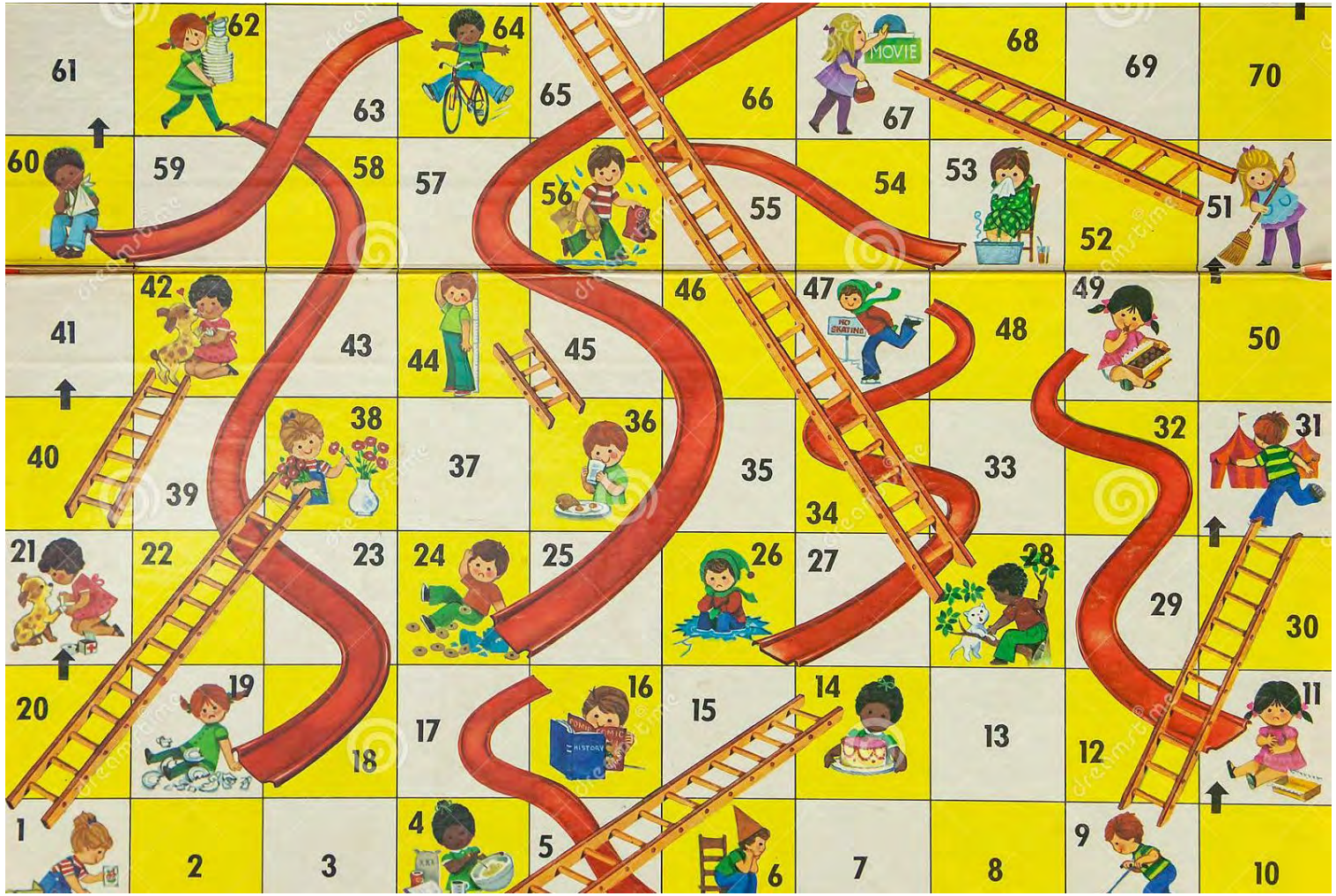
★★★★★ 4.9 • 23 Ratings

Free

Logic pathway

What led me down the pathway

- Layout
- Game pieces
- Colorful
- And doesn’t it look like fun!!



Chutes seemed relatable…but very linear and over too soon, not like the end of a pregnancy

Individual and competitive: it takes a village

Passing go made sense- like a reward for each week she gestates!

Mission of campus: community engaged

Community resources

Health system resources

Bob Ross is my muse!

Art of Chill

A strategy game but encouraging and you can earn **Chill** points

Oconomowoc

Dungeons & Dragons

DUNGEONS & DRAGONS

Lake Geneva

Dungeons & Dragons

Dungeons & Dragons: 40 Years Of A Wisconsin Invention

After 40 Years, Fantasy Illustrator Says Role-Playing Game Is 'Mainstream'

By Galen Druke

D&D departs from traditional wargaming by allowing each player to create their own character to play instead of a military formation. These characters embark upon imaginary adventures within a fantasy setting. A Dungeon Master (DM) serves as the game's referee and storyteller, while maintaining the setting in which the adventures occur, and playing the role of the inhabitants of the game world. The characters form a party and they interact with the setting's inhabitants and each other. Together they solve dilemmas, engage in battles, explore, and gather treasure and knowledge. In the process, the characters earn experience points (XP) in order to rise in levels, and become increasingly powerful over a series of separate gaming sessions.[3][7][11]

DUNGEONS
DRAGONS

Patient empathy/ immersion

DIANA

Diana is a 23 year-old G1P0. She is dated by her LMP and confirmed by 20 week U/S. Her prenatal care has been unremarkable and she is interested in natural childbirth with limited intervention in her birth process. She has a birthing plan and plans on a doula to attend her labor and birth. She lives and works with her partner on an organic CSA farm and sells produce, bakery and eggs at the Saturday farmer's market. She recently launched a line of jewelry and scrunchies that was picked up by GOOP.

CELINE

Celine is a 22 year-old G1P0 and a student at the local university. She was late to present to prenatal care but it has been unremarkable and is dated by her LMP and a 20 week ultrasound. She is unpartnered and has support from her mother in her pregnancy and beyond. She feels prepared to be a single parent, just like her mom was, and feels deeply connected to the legacy of all mothers and sisters in the world.

MELINDA

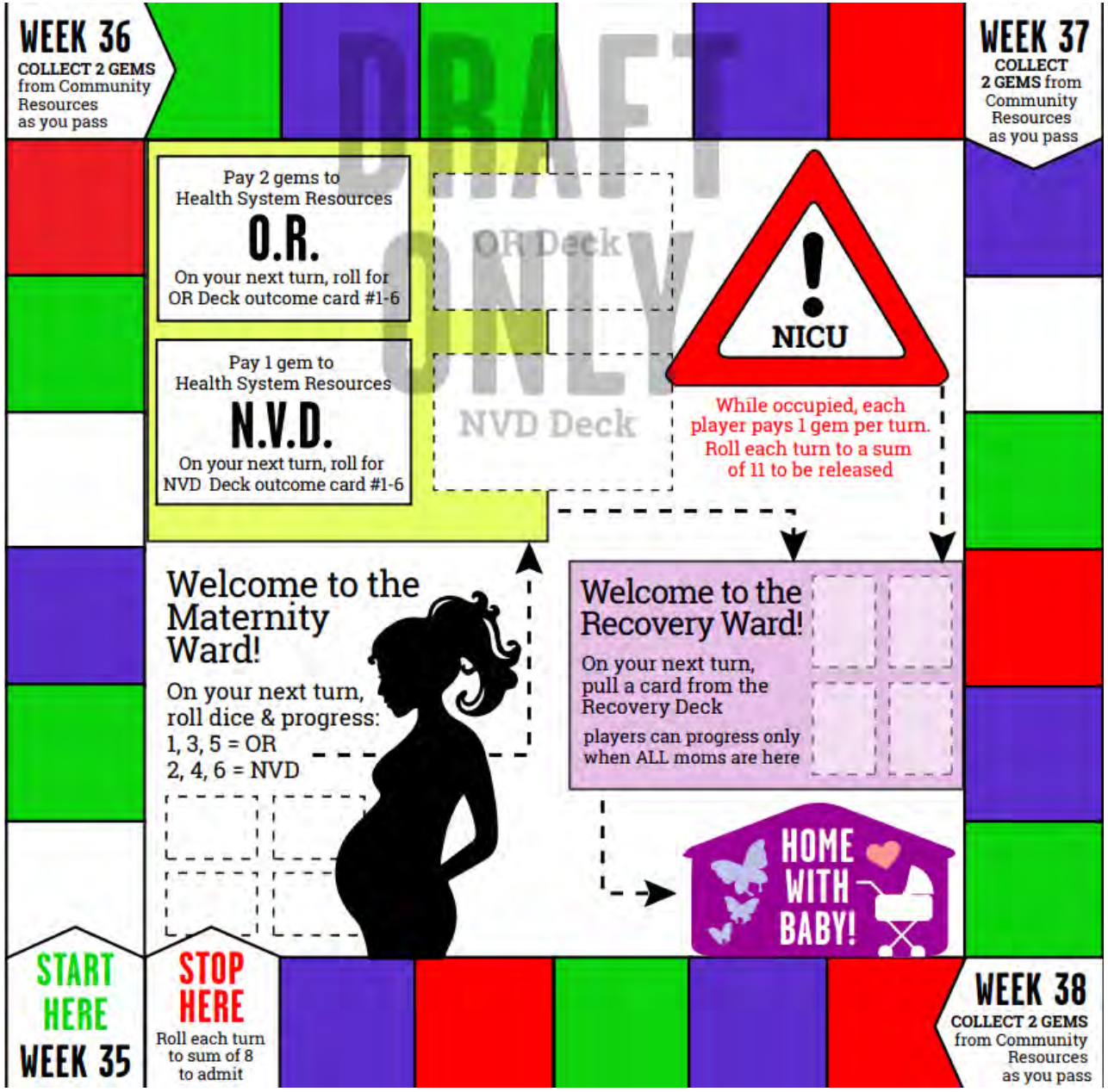
Melinda is a 35 year-old G3P0 and is unpartnered. She has had two miscarriages over the past 3 years and this pregnancy is the success of IVF with donor sperm. She is an MBA executive at a national chain of hardware stores and has had to advocate to update the company's policies of parental leave and insurance coverage for assisted reproduction. She plans to leave her job and pursue policy or government to be a change-agent for maternity care equity rights. She has benefited from the support of the other women in the birthing group and is thrilled to be a mom soon.

YER

Yer is a 25 year-old G1P0. She is dated by LMP and was confirmed by an 8 week U/S. Her prenatal care has been unremarkable and she presents with her sister to most of her appointments. She is the first daughter in her family of 5 siblings to have a baby and she was married last year. The first grandbaby is much anticipated and her family is very involved in the health and outcome of her pregnancy. She works as an insurance manager and is a dog-mom to Barney, her Retriever mix that they rescued last year.

And sometimes Life can be random and unexpected

cards


WEEK 36
COLLECT 2 GEMS from Community Resources as you pass
WEEK 37
COLLECT 2 GEMS from Community Resources as you pass
DRAFT
ONLY
Pay 2 gems to Health System Resources
O.R.
On your next turn, roll for OR Deck outcome card #1-6
OR Deck
Pay 1 gem to Health System Resources
N.V.D.
On your next turn, roll for NVD Deck outcome card #1-6
NVD Deck
NICU
While occupied, each player pays 1 gem per turn. Roll each turn to a sum of 11 to be released
Welcome to the Maternity Ward!
On your next turn, roll dice & progress:
1, 3, 5 = OR
2, 4, 6 = NVD
Welcome to the Recovery Ward!
On your next turn, pull a card from the Recovery Deck
players can progress only when ALL moms are here
HOME WITH BABY!
START HERE
WEEK 35
STOP HERE
Roll each turn to sum of 8 to admit
WEEK 38
COLLECT 2 GEMS from Community Resources as you pass

WEEK 36
WEEK 37
D.R.
N.V.D.
Welcome to the Maternity Ward!
Welcome to the Recovery Ward!
HOME WITH BABY!
START HERE WEEK 35
STOP
WEEK 38

Who wins?

Community

Babies!!!

WEEK 36
WEEK 37
D.R.
N.V.D.
NICU
Welcome to the Maternity Ward!
Welcome to the Recovery Ward!
HOME WITH BABY!
START HERE WEEK 35
STOP
WEEK 38

logistics

- **Prework-** voice over ppt, review of L&D, induction and risks of iol and CD
- Allow **1.5 hours** for **entire** session- first go over **key points** (answers to many of the trivia cards here). Actual play is about 35-40 minutes with 4 players.
- **Postgame debrief**: What was that like? Who won? What did you notice about community resources and health system resources? Who had a vaginal delivery? A c section? Any complications? Any babies in the NICU? Twins?

- Compare & contrast with prior experiences or ‘typical classroom’
- For both faculty & students…

Lessons Learned

- What I learned
- Strengths/weaknesses
- What I might do differently next time
- Lessons for others

Future study design

Publish?

Play and study at 2-5 schools/ departments

Applications within our curricular design/ case-based learning

Discussion