

HOW TO TAKE

Information for users:

Asystole® is a game intended for medical students and health professionals.
It is active ingredient is knowledge-imparting fun.
This pack includes 200 cards with 800 diagnoses to guess.

- Please read the following information carefully before taking. Be sure to keep this information leaflet. You may want to refer to it again later.
- If you have any questions, show the game to your local pharmacist or doctor. We would love to hear their thoughts.
- If you notice any side effects from playing the game, including any that are not listed in this information sheet (see Section 4), please do not contact your doctor and instead report them directly to: sideeffects@lujuu.com

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1. What is Asystole®, and what is it used for?

Asystole® is a fun, educational card game for students and professionals in healthcare. For four or more players.

2. What should you know before using Asystole®?

DO NOT use Asystole® if you have:

- existing asystole,
- an allergy to social activities,
- immunity to fun and enjoyment.

3. How should Asystole® be used?

Apply to the required area four times a day. Otherwise, use Asystole® according to need.

Warnings and precautions:

Please do not consult your doctor or pharmacist for medical advice prior to starting a packet of Asystole®. Only episodes of truly life-threatening events are contraindications to play.

Asystole® contains cards that are meant to be vocalized, not digested, so do not chew or swallow them. Keep out of reach of hungry and/or curious children.

Pregnancy and breastfeeding:

If you are pregnant, suspect you are pregnant, intend to become pregnant, or are a soon-to-be parent, we recommend starting with the purple and pink cards to test your knowledge of obstetrics and pediatrics.

To our knowledge, there have been no long-term studies exploring the use of Asystole® while pregnant or breastfeeding. Therefore, transplacental diffusion of medical knowledge, communication skills, or Asystole®-related fun cannot be definitively ruled out.

Concentrations in breast milk are also yet to be determined. Laughter in infants has been observed with Asystole® family fun.

Other considerations:

We expect no impairment to activities of daily living when Asystole® is used in the intended dosage, but operational abilities may become impaired if tears of laughter affect vision.

Cocktail mixers and bottle openers may have a synergistic effect on fun. Please note that operating heavy machinery or driving are not recommended while playing card games.

4. What are the possible side effects?

Like all games, this one may lead to adverse effects, although not everybody will experience them. The frequency of side effects are as follows:

Very often	More than 1 in 10 players
Often	1-10 in 100 players
Occasionally	1-10 in 1000 players
Rarely	1-10 in 10,000 players
Very rarely	Fewer than 1 in 10,000 players
Unknown	Insufficient data to calculate frequency

Neurological

Very often: temporary Wernicke's and/or Broca's aphasia

Cardiovascular

Often: tachycardia, hypertension, rash

Respiratory

Very often: breathlessness

Ophthalmological

Rarely: tears of laughter

Musculoskeletal

Very rarely: bruises due to outbursts of frustration from teammates

5. How should Asystole® be stored?

Asystole® does not need to be stored at a particular temperature, but should be kept somewhere dry; keep away from operating tables and sluices. Most climates are suitable for play - feel free to use Asystole® in the sun, at the beach, on a bedroom floor, or in the staff room.

Please be sure to keep the game in its original packaging to avoid losing any of the contents. Once you have learned all you can from the game, please don't dispose of Asystole® and instead pass it on to your junior colleagues.

By doing so, you are helping to protect the environment, promoting workplace companionship, passing on knowledge and fun, and showing off how much you know.

6. Contents of the pack and other information.

Asystole® contains 200 cards, each with four possible diagnoses to describe. Asystole® also contains a QR code to open an ECG/EKG timer. This is a leaflet that includes important game information.

The term groups are color-coded as follows: general (internal) medicine = yellow; surgery = light green; neurology = blue; pediatrics = pink; OB/GYN = purple; ear, nose, and throat (ENT) = dark green; urology = orange; ophthalmology = brown; dermatology = eggplant.



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HOW TO PLAY

Your patient is trying to describe their symptoms but can't find the right words... and their heart rate is getting faster and faster... It's up to you to diagnose them correctly before they go into asystole!

Two departments go head-to-head to diagnose the greatest number of patients.

A rivalry as old as time itself: internists vs. surgeons.

ORDER OF PLAY

Preparation:

Shuffle the cards. Split yourselves into two rival departments: "internists" and "surgeons". Everyone sits in a circle, alternating between internists and surgeons (see Figure 1 below).

Scan the QR code to bring up the online EKG timer on your device (for example - a smartphone) and test it; alternatively you can use a different timer with a time limit of 90 seconds for each round.

Game round:

The internists go first and choose someone from their team to be the first patient, who is given the pile of diagnosis cards face-down. The EKG timer is then started. The patient must describe the diagnosis shown in bold on the card without:

- showing the card to their team, or
- using any component of the diagnosis term, or
- using any of the forbidden words listed below the term on the card.

The history-taking process is closely monitored by the director of the rival team sat adjacent to the patient for any hint of negligence (ie use of any forbidden words).

If the internists correctly guess the diagnosis term being described by their patient, they win that card.

If the patient uses any of the forbidden words/phrases or their component parts, the card goes to the rival surgical team.

However, if a forbidden word listed on the card has already been said out loud by the internists during that round of guessing attempts, it may then be used by their patient to describe the diagnosis in question.

If the patient cannot or does not want to describe a certain diagnosis, the card also goes to the rival team.



Fig. 1, Round 1: Illustration of gameplay with 6 players.

The internists diagnose terms that the medical patient tries to describe. The director of the surgical department monitors the history-taking process by looking out for the forbidden words.

As long as the timer is still running, the patient can then pick up a new diagnosis card and continue to describe their list of ailments. Once the patient goes into asystole - a continuous tone on the EKG timer - the round is over.

At the end of the round, each team gathers up all the cards they have won. To continue the example above, the internists collect the cards that were diagnosed correctly, while the surgeons collect the cards that were not diagnosed or were subject to negligence (ie use of any forbidden words).

Next:

The responsibility of history-taking then shifts to the other team. The rest of the game proceeds in a clockwise direction (see Figures 1 and 2 for illustrative examples). The internists are now responsible for checking whether any forbidden words are used in the process.

The timer is started again, and play continues as before.

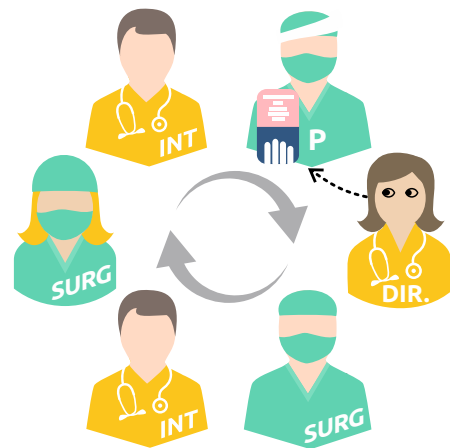


Fig. 2: Round 2

The surgical patient describes their diagnosis terms without using the forbidden words, and the team of surgeons must guess them correctly. The medical director is now in charge of monitoring the history-taking process by making sure none of the forbidden words are used

Expert difficulty variation:

Preparation and game rounds are the same as before.

In the expert variation, the guessing team has the ability to win extra points in each round. For these bonus points, immediately after correctly diagnosing the term being described by the patient, the doctors must name:

- a frequently used, closely related diagnostic technique (if the term is a disease), **or**
- an associated pathology.

There is a maximum of one additional point per diagnosis card - simply put the cards worth two points in a different pile to those only worth one.



EKG Timer: For commercially available devices with QR recognition software, hover the camera over the QR code and open the link to use the EKG timer. **Alternatively** copy the following link into a web browser: www.asystolegame.com/timer