

DET. JAY ECKLE →



&

MR. HYSTRESS →



You are Detective Jay Eckle who finds himself checking into a hospital for an unknown sickness.

Your energy level is low, and you feel like you've lost patience with the world. You soon find that many patients already there checked themselves in earlier but have not made progress and many are actually feeling worse. You share a room with one of those patients, though you've never seen him, the mysterious Mr. Hystress.

You begin your search for answers, searching the hospital rooms. In some rooms you find a syringe or serum in a strange spot suggesting someone knows what is going on here. Your search continues for the culprit, interrogating patients, doctors, and nurses as well as investigating rooms and anything else you can find to uncover clues and evidence.

Will you be able to save yourself and the others by finding a cure? Sure, you can, but time is of the essence! Follow the arrows and follow the clues.

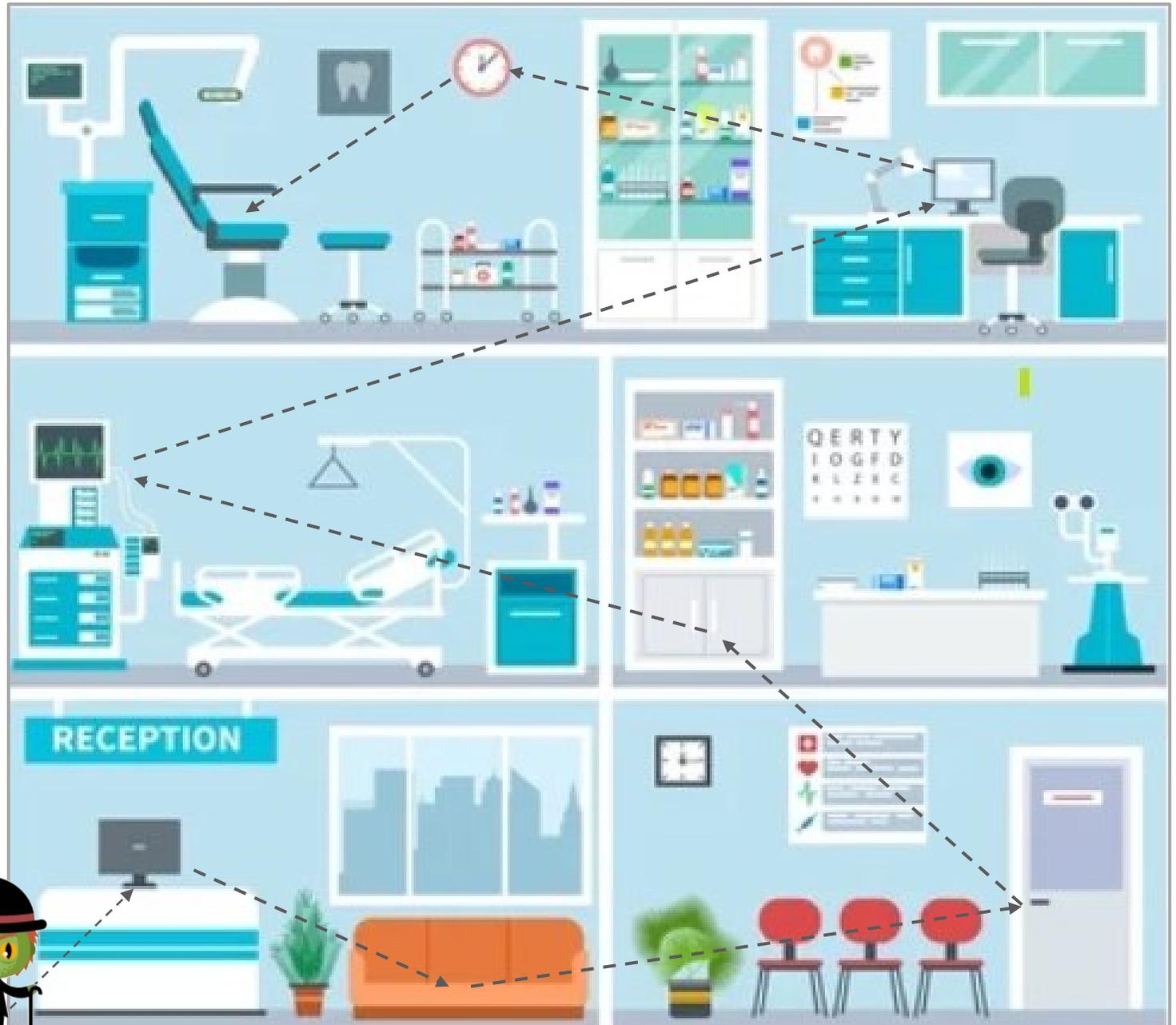
[CLICK HERE TO BEGIN YOUR JOURNEY](#) →



# DET. JAY ECKLE & MR. HYSTRESS

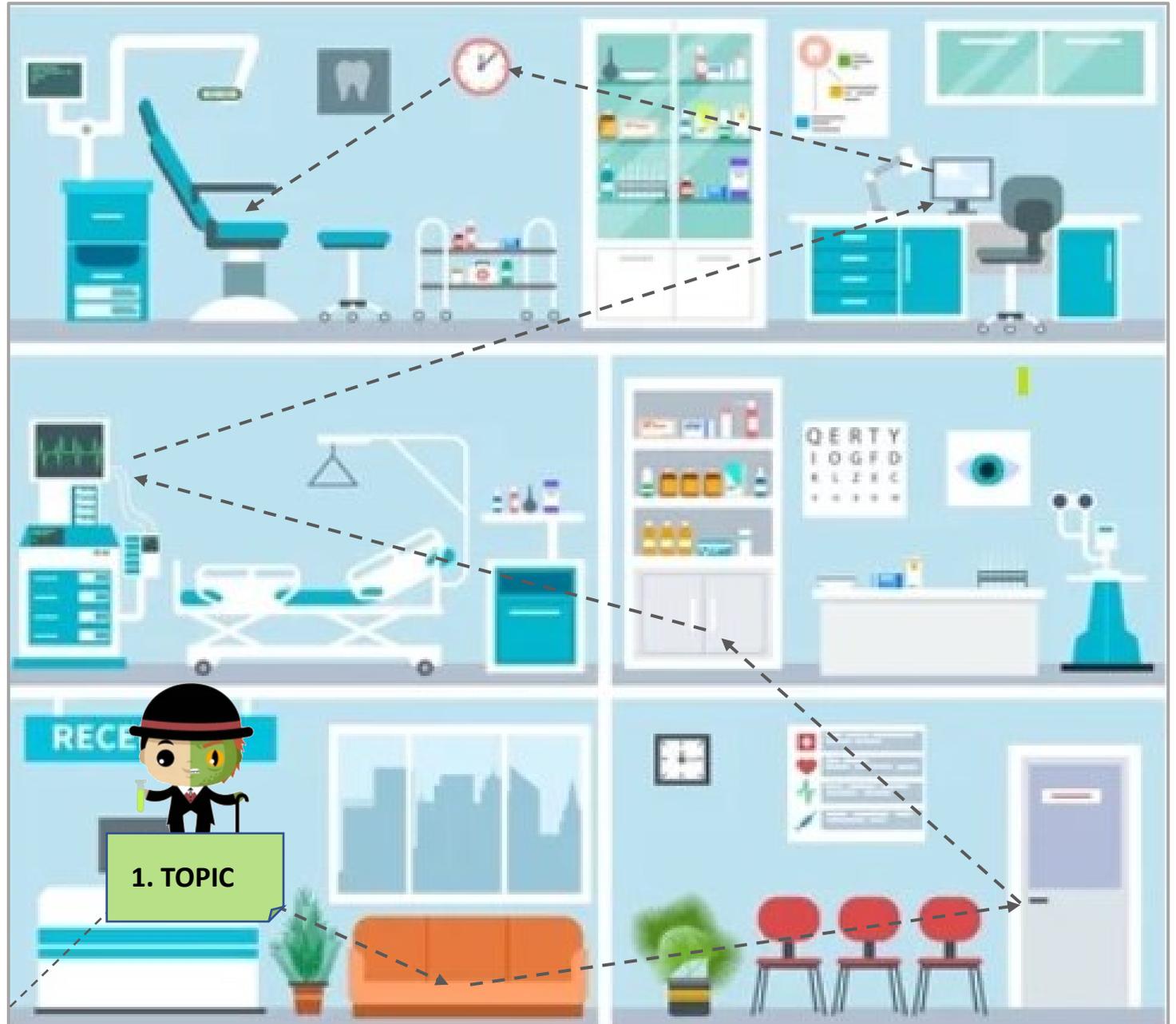
Det. J. Eckle progresses through the hospital, navigating each room to search for clues and solve scenarios to identify the villain(s).

- Players explore every room searching for clues: syringes, serum vials and other things we don't like to see when we are sick.
- As clues are collected a little monster appears taunting the player with a scenario where a choice must be made.
- Correct choices result in the monster dropping a potion bottle and scooting away before it can be caught.
- If the player picks up the potion bottle, an empty vial fills up with the corresponding color.
- Incorrect choices result in the little monster smirking, snickering, and running away.
- As players traverse the hallways, they may overhear good stress advice. They may also find clues in posters, notebooks, and pamphlets that can be used to solve the curious mystery.



CLICK THE ARROWS ALONG YOUR JOURNEY

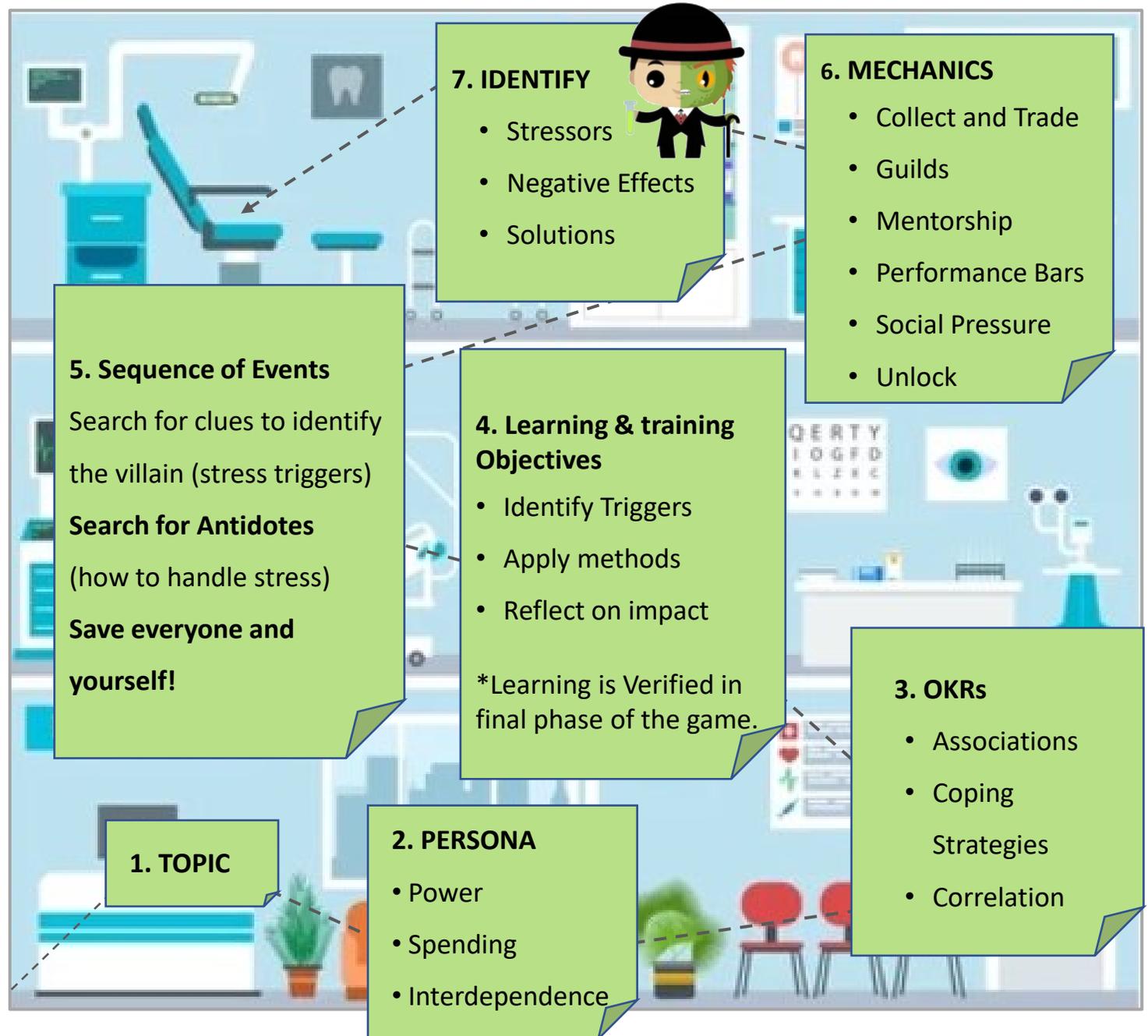
# DET. JAY ECKLE & MR. HYSTRESS



1. TOPIC

CLICK THE ARROWS ALONG YOUR JOURNEY

# DET. JAY ECKLE & MR. HYSTRESS



CLICK THE ARROWS ALONG YOUR JOURNEY

# DET. JAY ECKLE & MR. HYSTRESS



CLICK THE ARROWS ALONG YOUR JOURNEY

MUSCLE TENSION

BACK ACHE

SLEEPLESSNESS

CONFUSION

HIGH BLOOD PRESSURE

NERVOUSNESS

UPSET STOMACH

CHANGE IN APPETITE

LOW MOOD

SEXUAL DYSFUNCTION

FATIGUE

NEGATIVE THINKING

IRRITABILITY

EXCESSIVE BRAIN CHATTER

INNER TENSION

LACK OF ENERGY





# DET. JAY ECKLE & MR. HYSTRESS



*The mysterious case of the mysterious condition*

## 1. TOPIC

### Identifying individual stress triggers and learning how to handle them

Before the COVID-19 pandemic, hospitals already faced a nursing shortage. The repeated surges have made the situation dire, in part due to nurse burnout and moral distress. In a survey of over 6,500 critical care nurses from September 2021 by the American Association of Critical Care Nurses, 92 percent of respondents reported that that pandemic had “depleted nurses at their hospitals, and, as a result, their careers will be shorter than they intended.” Sixty-six percent were considering leaving the nursing profession because of their COVID-19 experiences; and 76 percent said that unvaccinated patients **“threatened nurses’ physical and mental well-being.”**

***Playing the Detective J. Eckle and Mr. Hystress game can help.***

## 2. PERSONA

- Power
- Spending
- Interdependence

The persona traits below, were selected to reflect a potential learner's motivations and personality style and thus improve the effectiveness of the learning experience.

- **Power** - to influence their surroundings
- **Spending** - currency, points or energy
- **Interdependence** - relying on others, sense of community, knowledge sharing etc.

[CLICK HERE TO CONTINUE YOUR JOURNEY](#)

### 3. OKRs

- Associations
- Coping Strategies
- Correlation



#### **Investigate the associations of stress triggers on negative health outcomes and/or illness/ injury symptoms in pediatric intensive care/ newborn intensive care nursing staff**

1. # of individual stress triggers (work-related burnout, work-related posttraumatic stress) nursing staff are able to identify
2. # of relationships found between work-related stress triggers and mental, emotional, physical health outcomes

#### **Investigate the use of specific stress coping strategies associated with symptoms of work-related burnout, and work-related posttraumatic stress**

1. Identify # of particular coping strategies systematically associated with stress triggers and negative mental, emotional, physical health symptoms
2. Reduce amount of Paid-Time-Off, Sick-Time/ Leave pediatric intensive care/ newborn intensive care nursing staff by 50% in 12 months
3. Decrease Pediatric intensive care/ newborn intensive care nursing staff turnover rates by 10% in 12 months

#### **Investigate the correlation between nursing managers' leadership styles and nurses' job stress**

1. Identify # of relationships found between transformational and/ or transactional leadership styles and pediatric intensive care/ newborn intensive care nursing staff turnover rates in 12 months;
2. Decrease pediatric intensive care/ newborn intensive care nursing staff turnover rates by 10% in 24 months.

#### **Improve patient and family experiences**

1. Decrease patient morbidity and mortality rates by 10% over the next 12 months.

[CLICK HERE TO CONTINUE YOUR JOURNEY](#)



#### 4. LEARNING & TRAINING OBJECTIVES

- Identify Triggers
- Apply methods
- Reflect on impact

**Learning is Verified in final phase of the game.**

Learners should be able to **clearly identify** at least five stress triggers and their personal impact

- Learned through interacting with the 'monster' characters throughout the game

Learners should be able to clearly **apply two stress reduction methods** to match each of the five stress triggers

- Learned through interacting with the 'healthy' characters throughout the game and collecting vials from healthy characters.
- Each vial earned represents one stress reduction method.

Learners should be able to **apply the methods in real life situations and reflect on their impact**

**Learning will be verified:**

**In the final phase of the game, participants match 5 stress triggers with the methods to manage each, then by relating them to real life situations.**

When the learner exits the last room, they are launched to the front door where the big boss stress monster awaits. To beat the big boss the learner must showcase what they've learned:

- When they enter the room there is a large colorfully dressed monster blocking the door.
- All the vials the learner collected appear in the middle of the screen. If the learner hovers over the vials, a label with their text with an answer pops onto the screen. Hopefully, the learner elected to pick them all up.
- A little monster appears with the same/or a similar stressor scenario to the one seen in the room you first met it in
- You remember what you learned so you pick the vial (the remedy) with the right answer (the color matches the monster)
- You chuck the vial at the monster; it splashes and melts him, he hollers in frustration and loses that color from his clothes
- Another little monster appears for the challenge. As you match stressors and remedies you are relating each combination to a real-life example and the big monster loses another color from his clothing.
- When you've reviewed what you've learned, you've beaten the big boss monster who is now black and white. Slowly the monster shrinks back into Mr. Hystress and the normal color returns to his clothing and face. He thanks you for saving his life and suggests the two of you head out to help others navigate stress. Community/collaboration

**CLICK HERE TO CONTINUE YOUR JOURNEY**

## 5. SEQUENCE OF EVENTS

Search for clues to identify the villain  
(Stress Triggers)

### Search Antidotes

(How to handle stress)

Save everyone and yourself!



A map is shown with the 2 types of rooms: those with sick patients and those who are healthy. The sick rooms house the monsters and clean rooms have the clues to match them with the monster to properly deal with them and obtain the antidote vial.

- This helps players develop a strategy such as collecting all clues first then going after the monsters or going after the monsters first and learn who they are, then match the clues.
- Players can learn what each monster is but may choose to run away and not confront it. If so, the monster will move to another room.
- Each room has a clue. Go through the rooms one by one to look for notebooks, pamphlets, books and notebooks to find clues to fight the monsters.
- As you go down the halls to choose another room you hear other patients talking about good stress advice their doctors/someone has given them.
- When each clue is found, players can go to a sick room where a little colored critter appears taunting you with a scenario to address (***stress triggers***).
- When you correctly navigate the scenario (***how to handle stress***):
- The little character drops a vial of a different color, and you receive a token with their stressor on the back.
- Once you collect the vial, *one of the empty vials fills up with that color*.
- When you don't answer correctly (***how to handle stress***):
- The little character snickers and sneaks off, he's gotten you again! Another room has gotten infected.
- A doctor comes into the room to give some guidance on what a better choice might have been.

After defeating all 5 monsters and collecting the 5 vials, you hear that a huge monster is seen upstairs, and you rush there to deal with it.

- To defeat it, you must match the monsters (stressors) with the vials and notes from items and doctors (stress management) and reflect on them with real situations.
- Once done successfully, the final boss is defeated, and you win!

[CLICK HERE TO CONTINUE YOUR JOURNEY](#)

## 6. MECHANICS

- Collect and Trade
- Guilds
- Mentorship
- Performance Bars
- Social Pressure
- Unlock

### **Collect and Trade - Spending**

Represented as vials, monsters and items to be collected. Stressors and their solutions should be combined, traded in, then reflected upon with real situations to defeat the final boss and win.

### **Guilds - Interdependence**

Alliances will be formed with the monsters you defeat and doctors you meet, this is represented by their tokens, the players collect.

### **Mentorship - Power & Interdependence**

Pamphlets, posters, notebooks, books, or overheard advice are found during investigations and doctors will give guidance for a wrong answer when confronting monsters.

### **Performance Bars - Power**

5 empty vials filling up as you win against the monsters by matching stressors to stress management methods showcased through a progress bar with a greyed-out image of each vial to be replaced by the full vial once collected.

### **Social Pressure - Interdependence & Power**

Applied by relating the stress handling exercises to a real scenario you experience.

### **Unlock - Power**

Going after the final boss once you have all the vials. You hear that a huge monster is seen upstairs, and you rush up there to confront it



[CLICK HERE TO CONTINUE YOUR JOURNEY](#)

## 7. IDENTIFY

- Stressors
- Negative Effects
- Solutions

**Stressors:** Anxiety, Grief, Financial Stress, Injury/Illness, Manager-Employee Relationship Problems, Work Overtime

**Negative Effects:** Negative Self Talk, Feeling Overwhelmed, Not Eating Well, Not Exercising, Not Seeping Well

**Solutions:** Be kind to yourself, Take time for Self-Care, Mindful Breathing, Emotion Regulation, Focus, Improving your Negotiation Abilities, Work toward a Higher Salary, Develop Skills Valuable to Employers, Cognitive Agility, Build a new Social Circle, Make New Friends and Social Connections, Keep a Journal to Process your Feelings, Engage with a Mental Health Professional via Talk Therapy/Exposure Therapy, Eat Well, Limit Alcohol and Stimulants

## 8. EMOTIONS INVOKED IN THE TRAINING

- Relief
- Relaxation
- Hope
- Curiosity



## TEAM 1 GAME PROPOSAL

SUBMITTED 10/14/2022

### Members:

- ❖ Sarah Crawford [scrawford@acwajpia.com](mailto:scrawford@acwajpia.com)
- ❖ Jacqueline Jrolf [JJrolf@judge.com](mailto:JJrolf@judge.com)
- ❖ Barre Morris [bmorris2711@live.com](mailto:bmorris2711@live.com)
- ❖ Jamil Shatila [jamil\\_shatila@hotmail.com](mailto:jamil_shatila@hotmail.com)
- ❖ Shawna Stushnoff [shawna.stushnoff@colorado.edu](mailto:shawna.stushnoff@colorado.edu)

CLICK HERE TO VIEW  
THE DRAMATIC CONCLUSION OF  
DET. JAY ECKLE & MR. HYSTRESS

*The mysterious case of the mysterious condition*



ANXIETY





**POOF!**





**ANXIETY  
ANTIDOTE:  
EAT WELL,  
LIMIT  
ALCOHOL &  
STIMULANTS**



YOU WIN!!!

