

- Title:** **Group Exercise: Mystery Game**  
***Finding the Clues to Person Centered Care***
- Goal:** This exercise has three instructional objectives:
1. To provide a concrete application of person centered care.
  2. To provide participants with an experience of teamwork.
  3. To experience the value of learning from each other through a collaborative project.
- Description:** Divide into groups of six to eight people. Give each group a set of 42 clues. Have someone in each group distribute the clues, facedown, as they would deal a deck of cards. Everyone at the table should have several clues.
- The clues contain fragments of information about the person, Thomas McNally, who lives at the nursing home. Some of the information is clinical in nature, and some of it is personal. All the information is necessary to solve the mystery.
- After all the clues are distributed, ask that all members of each group share the information they have with each other in order to solve the mystery. They must answer the following questions:
1. How are facility routines contributing to the decline in Mr. McNally's condition?
  2. What clues do you have about Mr. McNally's strengths and interests?
  3. How can these strengths and interests be used as starting points to a person centered approach that reverses the decline?
  4. What changes in Mr. McNally's routine should be put in place?

5. What changes in the facility routine would need to happen so that Mr. McNally's person routine could be restored?
6. What additional information is needed?
7. Who else should be involved in the discussion?

Groups will need approximately 30 minutes to answer the questions.

In large group discussion, ask each group to share:

1. What they see as the cause of his problems.
2. What changes they would make to reverse the decline, and why.
3. What additional information they would need, and from whom.

Ask each group to work with the ideas they heard from the other groups to improve their approach. Allow about 15 minutes for this. Have the groups share again about what further steps they took after hearing from each other.

Discussion:

To pull together the learnings from this activity explore, as a group, the following pieces:

1. Application of Person Centered Care Concepts:

Introduce the word "iatrogenesis." It comes from the Greek, meaning "we caused it." The dictionary definition is "inadvertent and preventable induction of disease or complications by the medical treatment or procedures of a physician." It is a clinical term used to describe a clinical problem caused by clinical treatment.

Draw a parallel to the new understandings we came to about the use of restraints, that—while they were used for safety—they inadvertently caused harm.

Now we are seeing other ways that facility routines—meant to provide care for residents—inadvertently harm them. Centering care around an individual's routines, instead of the facility's routines, can reverse this harm and help individuals thrive.

Direct participants to the Change Ideas for Sleeping and Waking as a resource.

## 2. Experience of Teamwork:

Raise the following questions for discussion by the group as a whole:

What was their experience of working together as a team? Did everyone contribute? Why? Why not?

How does this compare with how teams typically work at their nursing home? What made this different? How did everyone having clues affect participation?

What insights does this provide for how they can expand their care-planning activities to make sure that they have the information they need to person center their care?

## 3. Benefit of Collaboration:

How did it help their thinking to hear what other groups had come up with?

This is how we'd like the collaborative to function, so that all participants are resources to each other.

**Time needed: Approximately 60-90 minutes, depending on amount of time allowed for discussion.**