

Raising Death Awareness in Thailand, the Case of Life Unlocking Card Game

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Introduction

- Advance Care Planning (ACP) is an agreement of preferred care between patients, family, and the health care team that is utilised should the patient become incapacitated.
- ACP uptake and awareness is still low in Thailand due to the lack of practical tool to initiate ACP and cultural barriers to see death as a taboo and sensitive subject (1).
- The Life Unlocking Card Game is an intervention uses the gamified element to raise ACP awareness.
- This study explored the experiences of the Life Unlocking Card Game as a tool to raise death and ACP awareness in Thailand.

Life Unlocking Card Game

The questions were revised with experts and pilot games testing for six months. The final version had 45 questions grouped into 3 subcategories; 1) Emotional respite, 2) Death and Dying Issues, 3) ACP. Each session consisted of 4-10 players with one facilitator. Once a card was drawn, everybody took turns in answering the question and a new card was drawn until the game ended.

Figure 1. Life Unlocking Card Game



Findings

- 342 Thais aged between 18 and 72 years old joined 27 card game during January 2014 and December 2016. The game lasted 90 to 120 minutes.
- Three themes emerged (Table 1).
- Participants felt very positive about the game. They felt safe to talk about sensitive issues such as death and ACP in a friendly environment.

Discussions and conclusions

- The Life Unlocking Card Game is a useful tool to raise death and ACP awareness amongst Thais.
- Further study is recommended with other groups: patients, carers, and healthcare professionals.

Methods

- This evaluation study uses a convenience sampling method.
- Participants were recruited through social media and newsletters. Inclusion criteria were participants who were older than 18 years old.
- 20 sessions were held: 15 sessions were conducted in Bangkok, 10 sessions were in Southern Thailand, and 1 was in Khon Kaen province.
- Data from anonymised pre-game and post-game survey were used for participants' demographical data and their written feedback of the game. Thematic analysis with investigator triangulation method approach were used.

Main themes

Themes	Verbatim quotes
Closeness of death	"Death is everywhere and could happen to anyone at anytime, so we need to be mindful and ready."
Co-construction of the meaning of death	"Everybody has their past experiences, loss and suffering. It makes me realise that there are several truths in one thing and all of them are not wrong."
The realising obligation of ACP	"I need to prepare a lot of things before I die. My funeral, my will, where should my family hold the funeral and I never realised that until now."

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References

1. Phenwan T, Apichanakulchai T, Sittiwantana E, Life unlocking card game in death and dying classroom for medical students, MedEdPublish, 2018, 7, [3], 43, doi:https://doi.org/10.15694/mep.2018.0000181.1