



The Effect of Go Wish Card Game in Patients with Alzheimer’s Disease

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Purpose:

- To determine what effect, if any, the Go Wish card game has on participants over the age of 60 with early Alzheimer’s disease.

Hypothesis:

- There will be no adverse effect from the Go Wish game. Participants will consider the process to be valuable in their approach to advance care planning.



Background:

- Patients and physicians find difficulty in initiating end-of-life (EOL) discussions.
- The Go Wish card game was designed to initiate the EOL conversation in a stress-free manner to allow patients to begin thinking about their wishes.
- Each Go Wish card lists a wish commonly brought up in EOL talks that patients can rank based on personal importance.
- Having end-of-life discussions that include patient goals and wishes are important when considering quality of life.
- Timing of these discussions is imperative for persons with increasing cognitive impairment.



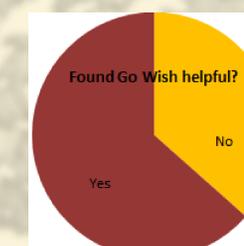
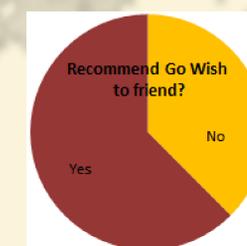
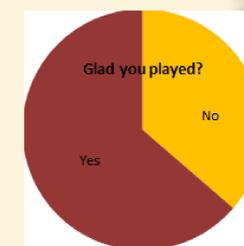
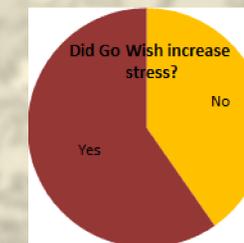
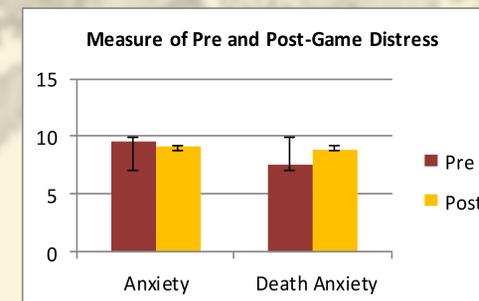
Methods:

- 8 participants were recruited from the community.
- Participants completed the Montreal Cognitive Assessment (MoCA) to test their cognition.
- The researcher met individually with each participant, administered the MoCA, explained the Go Wish game, and had the participant complete the Anxiety-Depression Screen before and after playing the Go Wish game.
- The study used a pre-post design for stress and death anxiety measurements.

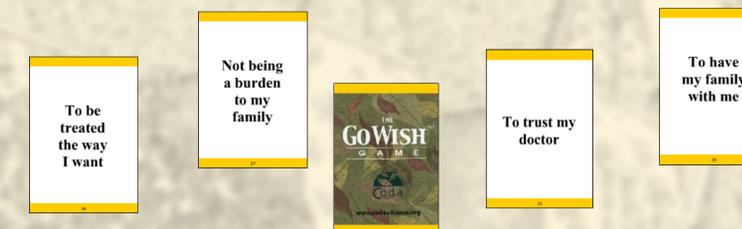
Sample Characteristics		
No. participants		8
Age range, years		63-92
Gender		
	Male	7
	Female	1
MoCA score		15-26
Living arrangement		
	Private home	7
	Assisted living	1

Results:

- No participants reported depression.
- A paired-sample t-test was conducted to compare anxiety levels before and after playing the Go Wish game. There was no significant difference in neither anxiety ($p=0.71$) nor death anxiety ($p=0.11$).
- All of the participants reported they were glad to have played the Go Wish game. Their level of stress concerning end-of-life issues however increased.



Top selected “Very Important” cards by participants:



Limitations:

- The small sample size is not representative of the population with AD.
- No participants scored for depression.

Conclusion:

- Based on the results of the study, most participants were glad to have played and would recommend the Go Wish game to a friend although it caused increased death anxiety levels. The game increased stress but there was no significant difference in before-and-after anxiety and death anxiety levels in participants from playing the Go Wish game.