

THE DIABETES GAME

A game to help educate newly diagnosed type 1 diabetic patients with insulin and carbohydrate management

Ages 10 +
Up to four players

HOW TO PLAY

There are three types of card;

INSULIN CARDS:

Insulin cards represent units of insulin needed to balance glucose levels after having eaten food. The cards come in units of 1, 5 and 10. In the game insulin cards are like resource cards which you add up and exchange for meal cards.



CHANCE CARDS:

Chance cards include various real life circumstances that affect insulin and blood sugar in a positive or negative way. Activity, peer pressure, wellbeing, which all affect our our day to day choices. These cards need to be resolved as soon as they are drawn.

MEAL CARDS:

Cards contain various meals such as quiche or single item foods such as broccoli. Each card has a number of carbs with a requirement to be met by using the insulin cards. Each card is worth five victory points



Rules of play:

Shuffle the insulin cards and deal four cards to each player.

Combine the insulin cards with the chance cards and place them in the centre of the table.

Shuffle the meal cards and place them next to the insulin deck.

Reveal three meal cards and place them face up so all players can see them.

Starting with the first player, take turns clockwise by drawing up to three cards and playing any number.

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Exchange an equal amount of insulin to a meal carb number indicated. Claim the meal card from the display and place them in front of the player. This is to track victory points.



Rules of play (continued):

Chance cards are drawn at random from the player deck and need to be resolved as indicated on the card.

They need to be resolved immediately as long as there are unresolved chance cards.

Chance cards prevent a player from going about a normal daily routine.

When a meal card is claimed, replace the meal card with another from the top of the deck.

Unit exchange ratio; 10 carbohydrates : 1 unit of Insulin

The first player to score 20 victory points wins. If no player reaches this before the deck is depleted, the player with the most victory points wins.



CHANCE Went swimming with friends,blood sugar low(recoup by eating) Eat 40g	CHANCE Had half a can of Coke 40g carbs-per can	CHANCE Mis-calculated blood sugars and running low(recoup by eating) Eat 20g	CHANCE Went for a walk (recoup by eating) Eat 50g	CHANCE Played football with friends,blood sugar running low Eat 50g
CHANCE Grandma made me eat cake 20g carbs	CHANCE Had a orange 10g carbs	CHANCE Add a side order of lentils 20g carbs	CHANCE Fancied a sneaky chocolate bar 20g carbs	CHANCE Add two scoops of chocolate ice cream 10g carbs-per scoop
CHANCE Did nothing No change	CHANCE Feeling ill,blood sugars are running high Need 5 units	CHANCE Added tomato ketchup 10g carbs	CHANCE Add a side order of corn-on-the-cob 20g carbs	CHANCE Had some pudding 30g carbs
CHANCE Mis-calculated blood sugar and running high Need 5 units	CHANCE Insulin out of date,blood sugar running high Need 5 units	CHANCE Did nothing No change	CHANCE Did nothing No change	CHANCE Had a bad night sleep,blood sugar runnning high Need 4 units



INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT
INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT	INSULIN 1 UNIT
INSULIN 5 UNITS\$	INSULIN 5 UNITS\$	INSULIN 5 UNITS\$	INSULIN 5 UNITS\$	INSULIN 5 UNITS\$
INSULIN 10 UNITS\$	INSULIN 10 UNITS\$	INSULIN 10 UNITS\$	INSULIN 10 UNITS\$	INSULIN 10 UNITS\$

