

Health care Innovations through games

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Abstract

I'm a nurse, entrepreneur and gamer. I'll take the audience through the story of how a nurse that ends up working for one of the biggest video games companies in the world, Blizzard Entertainment, decides to unite her hobby, video games with her passion, caring. I like to start with a game to break the ice, followed by the 3 lessons on how I create systems that turn stress into challenge, with a social factor (relatedness) and making sure the efforts are rewarded. In healthcare we constantly ask people to do things (eat well, go for long walks...) and stop doing things (adding salt, smoking...) and we've been doing it for many years the same way, but it's not very effective and we know it. Through my talk, I encourage nurses to see what they can do differently, and evaluate it with other tools to see how effective the intervention can be. With this 3 simple steps to keep in mind, we can design better systems for education and prevention in health. We'll finish with a Q&A, if possible I like to use SLIDO to do that so people can ask their questions when they have them, rather than in the end. This talk is based on my TEDx Barcelona talk, you can take a look at it here: <https://youtu.be/Wra6U5xEWsg>

Keywords:

Digital Health, Mental Health, Nursing Teaching



Biography:

Nurse, entrepreneur and gamer, Anna studied nursing and later Cognitive Systems and Interactive Media to specialize in e-Health. She has been working in the Digital Health and Gamification sector for over 7 years, leading teams in the ideation, creation and execution of digital products. She is also an associate professor and guest at several international universities (UB, UAB, URV, FUS Colombia, among others). She is the founder of PlayBenefit (www.playbenefit.com) and co-founder of ALVUM (www.alvumhealth.com).

Speaker Publications:

1. Purchase Decision Support with Internet of Things-Based Systems
2. "Computers and Games for mental health and well being" July 2018, DOI:10.3389/978-2-88945-496-9
3. "Editorial: Computers and Games for Mental Health and Well-Being" Apr 2018, DOI:10.3389/fpsy.2018.00141
4. "Six Tips on How to Bring Epic Wins to Health Care" Nov 2017, DOI:10.3389/fpsy.2017.00264
5. "The role of mHealth in mental health" Jan 2017, DOI:10.21037/health.2017.01.02

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