

CATEGORY 4 PROJECT

RESOURCE FOR PARKINSON'S

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ABSTRACT

Resource for Parkinson's is a project which has produced 3 different resources as part of a resource package to spread awareness for Parkinson's Disease, which is the card game, the website and the documentary. The card game is a self-laminated set of cards with a simple attack-defence concept, with the attack cards being possible causes and effects of Parkinson's Disease, and the defence cards being methods of reducing the rate of development of the disease. The website is a platform which includes an introduction to our website, provides information on Parkinson's Disease, and also briefly elaborates on our products. The documentary is a 13-minute long clip which encompasses interviews with instructors at Parkinson's Society Singapore, a short interaction with a Parkinson's patient, and an insightful interview with a doctor from the National Neuroscience Institute. In order to increase its impact, Resource for Parkinson's has also collaborated with the Service Learning Group Project Novo and has participated in one of its large-scale events- Run for Parkinson's- as part of the organising team.

1. INTRODUCTION

1.1 Rationale

After a survey before proposal evaluations, we realised that very few people actually know what Parkinson's Disease is about, with 75% of respondents having no knowledge of the disease. Furthermore, Parkinson's Disease affects 3 in 1000 people aged above 50 in Singapore. The number of people suffering from the disease is high, and the knowledge the general public have regarding the disease is low, hence the need to spread awareness for Parkinson's Disease was great.

1.2 Objectives

The objectives of Resource for Parkinson's were to:

- Spread awareness for Parkinson's Disease
- Advocate for Parkinson's Society Singapore

- Encourage elderly PwPs to persevere and not give up hope

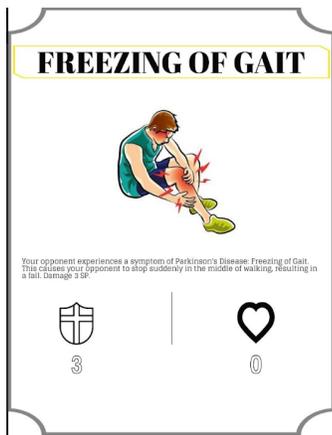
1.3 Target Audience

The target audience for all 3 resources is the general public, with the documentary specifically for the elderly with Parkinson's Disease.

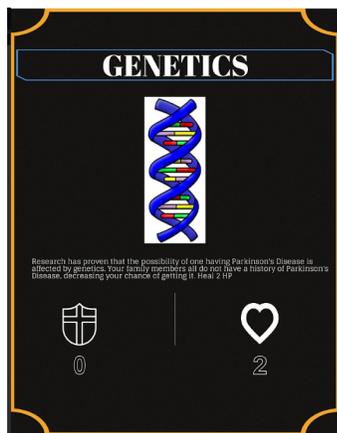
1.4 Resources

The resources "Resource for Parkinson's" developed was an interactive, educational card game, a bilingual website, and a 13-minute documentary.

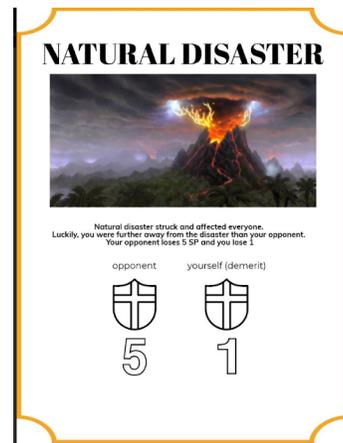
Attack Card



Defence Card



Special Card



Home page

Home | The Parkinsons Disease | Parkinsons Society Singapore | Our Products
Resource4Parkinsons

Resource4Parkinsons

A Project researching on Parkinsons

We are a group of students from Hwa Chong Institution embarking on a Category 4 Resource Development Project on Parkinsons Disease. The Parkinsons Diseases affects approximately 3 in 1000 people over the age of 50 in Singapore. To know more about the disease, do check out the other tabs on this website and our products.

Resource4Parkinsons

2. REVIEW

Based on research done by Parkinson's Society Singapore, 3 in 1000 Singaporeans above 50 years of age suffer from Parkinson's Disease, with the number increasing from 250 to 700 in recent years. The number of People with Parkinson's (PwPs) in Singapore is expected to increase further over the next few years due to our demographic landscape. According to a research paper named "Public Awareness and Knowledge about Parkinson's Disease: A National Population Based Survey", "Considering the increasing prevalence of Parkinson's Disease, the lack of awareness and knowledge regarding Parkinson's Disease may be barriers to the early diagnosis and the provision of optimal care to affected patients." Hence, the need to spread awareness for Parkinson's Disease is great and thus we decided to embark on this project to make a meaningful impact.

3. METHODOLOGY

3.1 Needs Analysis

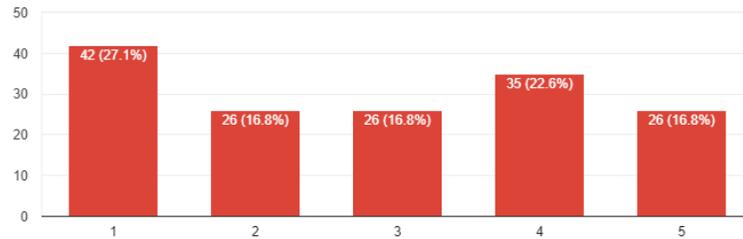
Our team carried out a Needs Analysis through Google Forms. From a sample size of 150, we gathered that very few people knew about Parkinson's Disease as three quarters of them did not even know that Parkinson's Disease is a neurological disorder. Furthermore, the survey also showed that many people believed the PwP would be discriminated due to their trembling limbs and freezing gait. Through the Needs Analysis, the top 3 products our respondents felt were the most feasible and effective in spreading awareness were a card game, a website and a documentary.

3.2 Survey Results

On a scale of 1 to 5, which methods do you think are the most effective in creating awareness for Parkinson's disease?

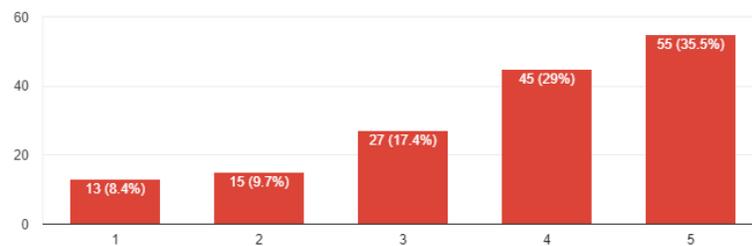
Card Game

155 responses



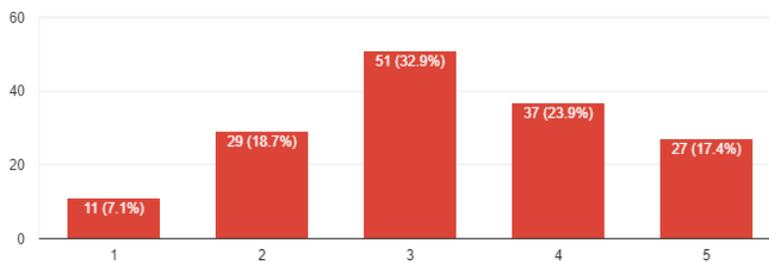
Documentary

155 responses



Website

155 responses



What is Parkinson's Disease?

What is Parkinson's disease?

157 responses

Idk (14)

idk (5)

Not sure (4)

not sure (3)

- (3)

I don't know (2)

I dont know (2)

no idea (2)

I don't know (2)

Disease that affects your brain and nervous system

Brain Injury?

dk

3.3 CONSTRUCTION OF RESOURCES

For the card game, Piktochart was used as the designing platform. For each card, an individual printable template was created. The card game was first tested by us, where we took into account the ideal time each game should take and also the effect of each card. The first round of balancing came before the printing of the cards. To manufacture the cards, a sheet of cards was first printed and cut out, laminated as a single sheet per 10 cards and then cut again. There were 2 versions created before mid-term evaluations with a difference in size.

Wix was used to create the website. The website consists of a home page, which introduces the project members, an information section, which takes the viewer through the stages of Parkinson's Disease in detail and provides some background knowledge, and the products section, which introduces our products. The website also contains infographics on facts about Parkinson's Disease, and it has a Mandarin version as well.

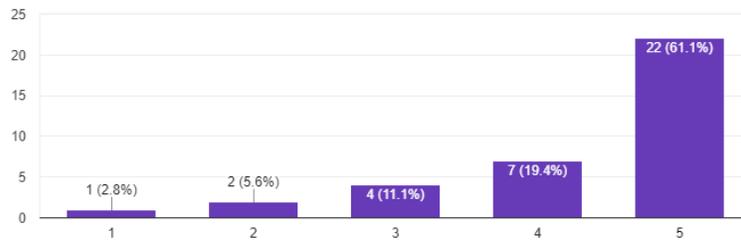
The documentary was created by After Effects 2018 and Premiere Pro 2018, which were the editing software. The audio was then fine-tuned using Audition 2018. Legal matters and copyright was settled by the Service Learning Group Project Novo, while Resource for Parkinson's took charge of the filming, interviews, and assisted in editing, and also the flow and segmentation. The filming of the footage was done at Parkinson's Society Singapore, Bishan branch. A Parkinson's patient was interviewed to provide better insight, the Tai Chi instructor and Chinese Calligraphy instructor at PSS also commented on their experience with Parkinson's patients, and Dr. Louis Tan, a senior consultant at the National Neuroscience Institute also elaborated on how the medical sector has progressed in terms of research on Parkinson's.

3.4 Pilot test

The first pilot test for the card game was administered to 36 students from 3A1 and 3P2. The students were paired up and each pair went through one game. Afterwards, a feedback Google Survey form was sent to them and their responses recorded. Some criticism given was that the font size was too small and that the game was a little unbalanced.

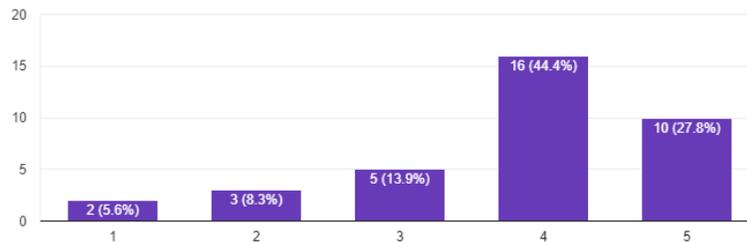
How enjoyable do you find playing our card game?

36 responses



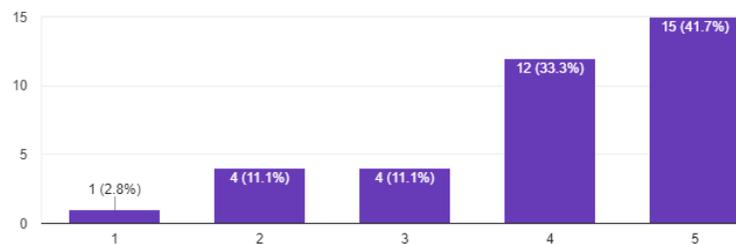
How would you rate the design of the cards?

36 responses



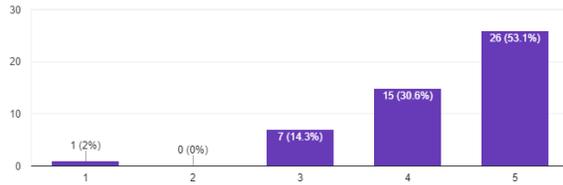
How effective do you think our card game is in educating the public on Parkinson's Disease?

36 responses

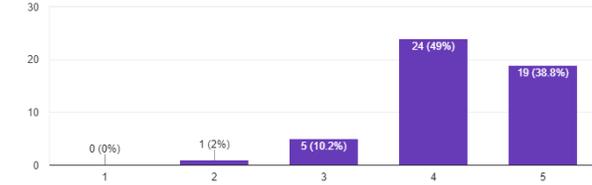


The first pilot test for the website was administered to 50 people from 3B1, 3P2 and 3A1. They were allowed to individually look through the website and feedback was given through a Google Survey form.

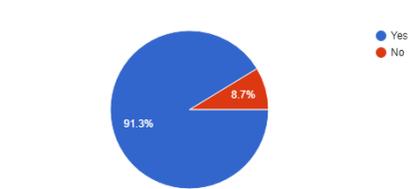
On a scale of 1 to 5, how informative was the website?
49 responses



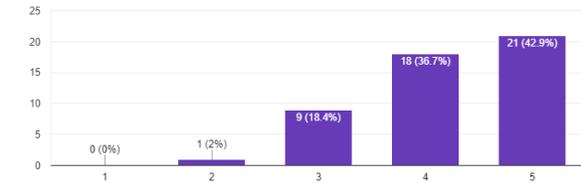
On a scale of 1 to 5, rate the clarity of the website.
49 responses



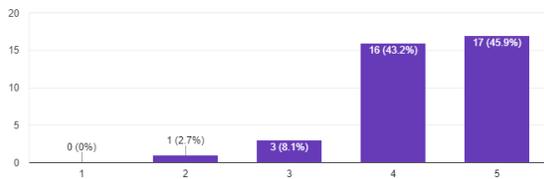
Do you think this website has included sufficient important facts on Parkinsons?
46 responses



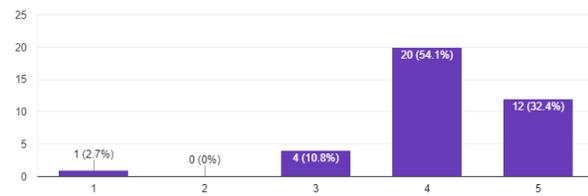
On a scale of 1 to 5, how aesthetically pleasing is the user interface design?
49 responses



How effective do you think our info-graphics are in educating the public on Parkinson's Disease?
37 responses



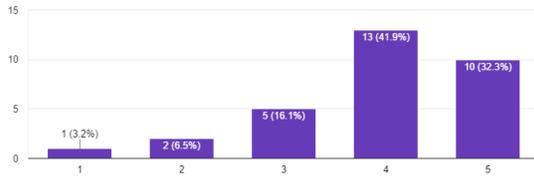
How would you rate the design of our info-graphics?
37 responses



The pilot test for the documentary was administered on 35 students from 3P1 and 3P2. The documentary was screened on the projector in class during the lunch break and their feedback was recorded via a Google Survey form.

On a scale of 1 to 5, how effective do you think our documentary is in educating the public on Parkinson's Disease?

31 responses



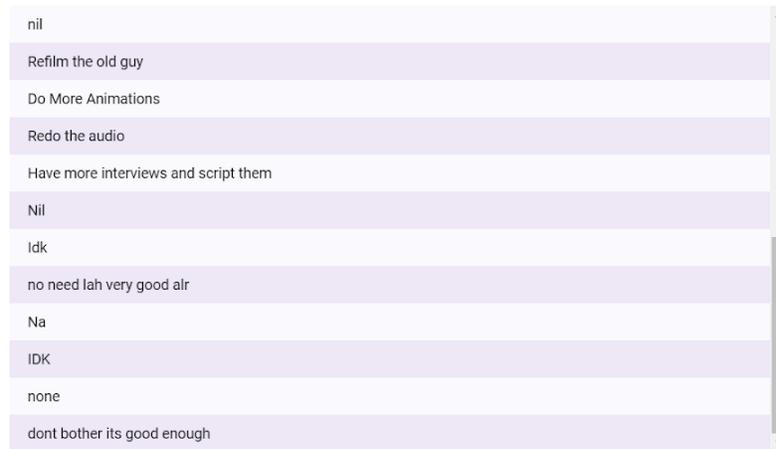
After watching the documentary, what have you understood? Check the boxes.

31 responses



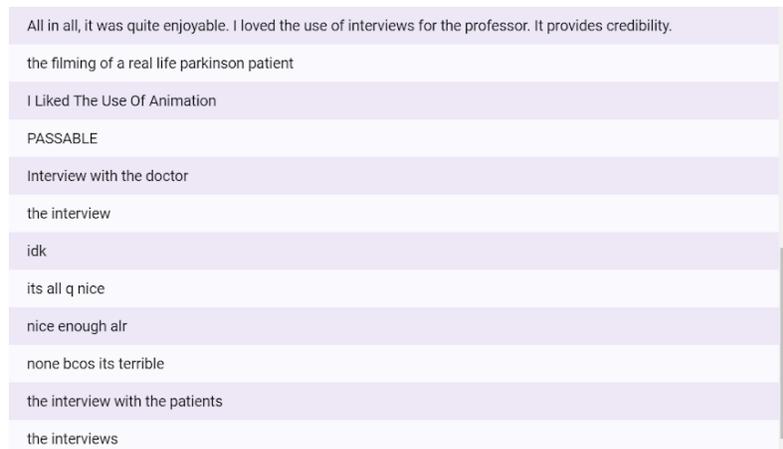
How do you think we can improve the documentary?

31 responses



What was your favourite section of the documentary and why?

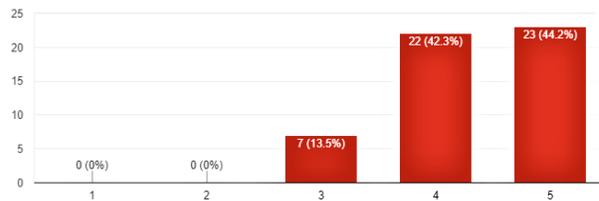
31 responses



The second pilot test was conducted at Run for Parkinson's at Punggol Waterway, 12 August 2018. Run for Parkinson's was an initiative by Project Novo, where we signed up as Organising Team and had a booth to showcase our products. Overall, we had over 50 participants who tried our card game and viewed our website.

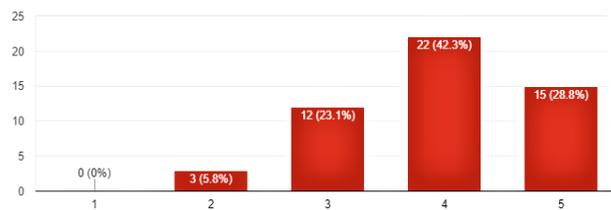
How effective do you think our card game is in educating the public on Parkinson's Disease?

52 responses



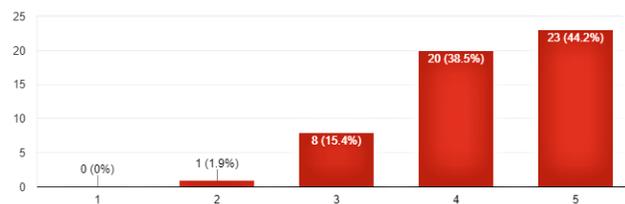
How would you rate the design of the cards?

52 responses



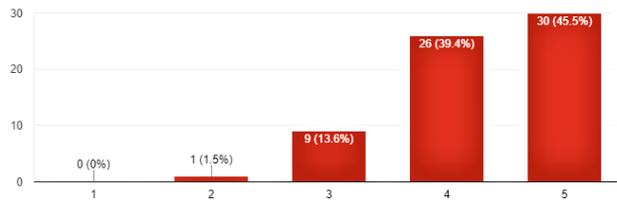
How enjoyable do you find playing our card game?

52 responses



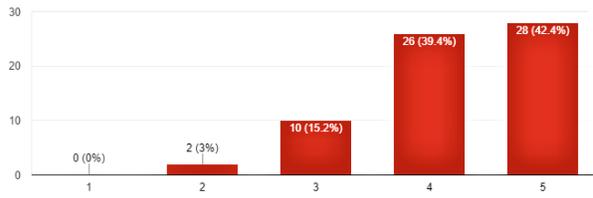
On a scale of 1 to 5, rate the clarity of the website.

66 responses



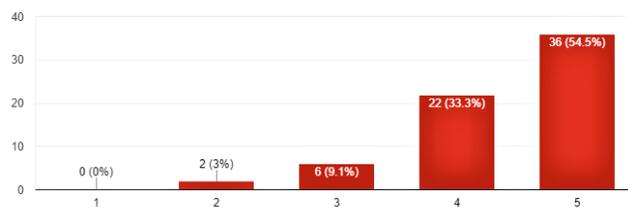
On a scale of 1 to 5, how informative was the website?

66 responses



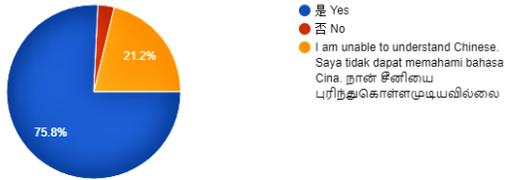
On a scale of 1 to 5, how aesthetically pleasing is the user interface design?

66 responses



中文版有帮助您更了解网页的内容呢呢? Is the Chinese version of the website useful?

66 responses



Do you think this website has included sufficient important facts on Parkinsons?

66 responses



Comments for Website:

The website looks good with appropriate designing and typography - Swee Kiat

The website is quite informative and useful for people who do not know anything about Parkinson's - Mark

Maybe add in some expert's advice? Other than that the website is quite good - Bernard

I like the fact that there is a Chinese version as my relative who has Parkinson's is not good at English - Jennifer

Comments for Card Game:



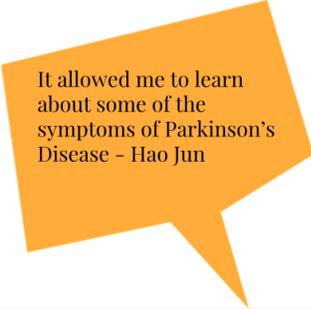
*Interesting card game
idea - PSS Staff*



Although the
words are small, i
like the overall
designs of the
cards - Clarice



**It's quite long, try to change the
length of each game so the
duration is quite appropriate -
Darren**



It allowed me to learn
about some of the
symptoms of Parkinson's
Disease - Hao Jun

4. OUTCOME AND DISCUSSION

4.1 Final Products

Our final products included an original educational card game which proved to be popular with the target audience, having gone through many changes, such as decreasing the average duration of each game and reducing the number of defence cards. Another product was an informative website with relevant information on Parkinson's Disease and Resource for Parkinson's. Finally, a 13-minute long documentary with interviews of various credible individuals to provide many perspectives of Parkinson's Disease

4.2 Limitations

As Piktochart was used to design the cards, when the font size was enlarged, the resultant card sample looked very messy and disproportionate. Hence, this would pose a serious inconvenience to elderly who play it. In fact, some older people at Run for Parkinson's also commented on the small wording.

Due to our lack of expertise in the medical area, the website does not include professional care for those suffering from Parkinson's Disease. Also, as no one from Resource for Parkinson's can reliably translate English to other languages besides Mandarin, the project could not provide for those who only speak 1 language that does not include English or Mandarin.

4.3 Possible Further Works

The cards can be downloaded as PNG files and placed up on the website for viewers to download and play according to the rules already on the on the website. Due to connections with the National Neuroscience Institute, Information on Parkinson's including the use of medicine on Parkinson's and other tips such as the more detailed causes of Parkinson's can be gotten easily. Connections with Parkinsons Society Singapore and Project Novocan also allow us to be able to introduce the website to the public. The website will then connect the public to us so as to allow the public to know

more about our resources and contact us to procure the card game and watch the documentary.

5. CONCLUSION

5.1 Skills acquired

A key skill acquired from designing the card game was creativity. In order to create something enjoyable for people to play, thinking critically and having the imagination to think about what people would look out for in a card game. For example, the duration of each game could not exceed 30 minutes so as to sustain players' interest. We also honed our creativity skill through designing a website with aesthetic appeal and improved our ability to source for reliable information. As for the documentary, we picked up important interpersonal skills while trying to liaise with individuals from different backgrounds and to coordinate the filming, editing under a tight time limit. Our resilience and perseverance were our asset in completing this project.

5.2 Challenges

During the sourcing of information, it was extremely difficult to find a reliable source of information as there were plenty of blogs and even Wikipedia which provided sources of information. However, it was deemed unreliable. We eventually used our connections with Parkinsons Society Singapore to obtain these sources of reliable information.

Technical Difficulties from the use of APP2018 was a challenge because of its complicated designs. Another challenge faced was when the coordination with Project Novo's core team. On one of the filming sessions, the camera ran out of battery and the batteries the Service Learning Group could not be used. As a result, it slowed down our progress and it was a challenge for us to find another date where PSS and the interviewees were free.

6. ACKNOWLEDGEMENTS

We would like to acknowledge and extend our deepest gratitude to the people who made the success of our project possible.

Ms Jane Tan, the Parkinson's patient, who showed genuine interest in sharing her day-to-day challenges with us for the documentary

Mr Ma and Ms , the Chinese Calligraphy and Tai Chi instructors, who provided their valuable insights on their regular interaction with the PwPs

Dr Louis Tan, the senior consultant at the National Neuroscience Institute, who enlightened us with his comments regarding the medical aspect of Parkinson's Disease

Project Novo 2.0, who helped us with legal issues pertaining to our documentary, and also giving us a platform to pilot test our final products a second time

Mr Lim Chuan Chia, for trying out our products at Run for Parkinson's and giving us his feedback and suggestions for improvement

Last but not least, our mentor, Ms Ong Bee Young, for advising us on the many challenges we faced throughout the project, and encouraging us constantly throughout our difficulties.

7. REFERENCES

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