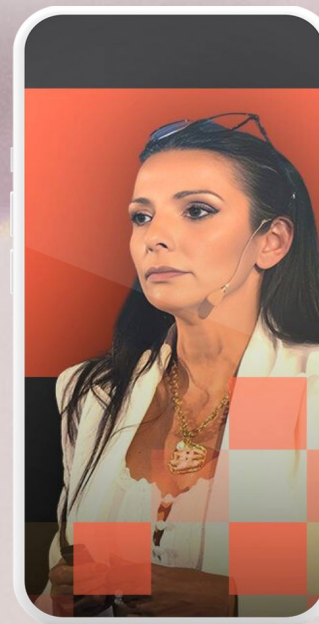


# GAMES FOR HEALTH EUROPE 2026



Lockdown  
**Treatment**  
*An Escape Room to  
Enhance  
Interprofessional  
Collaboration in  
Healthcare*

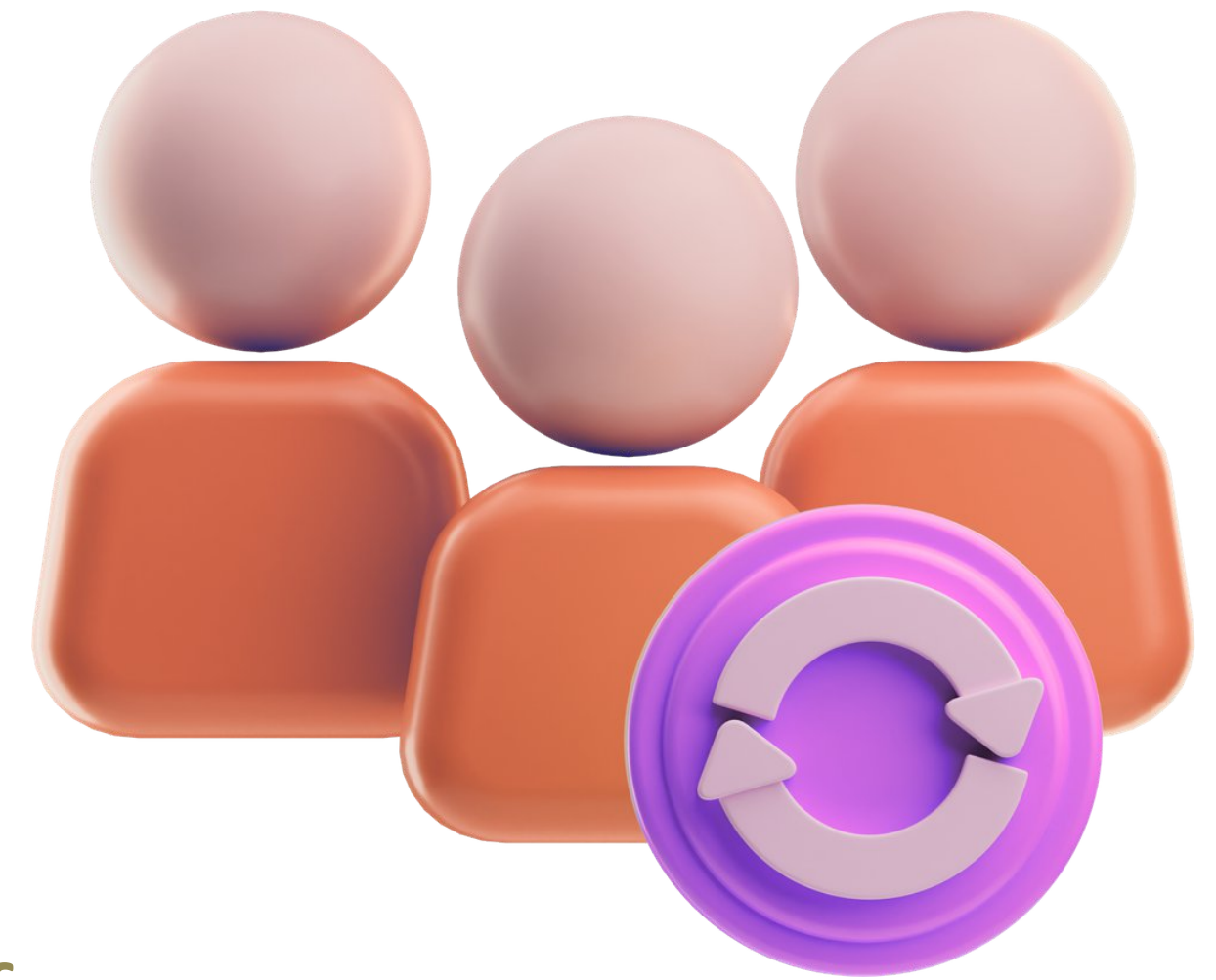
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**GAMES FOR HEALTH EUROPE 2026** CONFERENCE

I herewith confirm that there is not any conflict of interest with the conference organization or any of its sponsors.



## Interprofessional collaboration is essential in healthcare because it:

- Improves patient outcomes and quality of care
- Enhances communication between healthcare professionals
- Reduces medical errors and complications
- Increases patient satisfaction with healthcare services
- Promotes more effective and coordinated clinical decision-making

### BACKGROUND

## Interprofessional education is important because it:

- Allows students from different disciplines to learn together
- Promotes understanding of professional roles and responsibilities
- Improves communication and teamwork skills
- Supports collaborative decision-making in clinical practice
- Prepares healthcare professionals for real multidisciplinary environments



## Gamification strategies are increasingly used in healthcare education:

- Serious games create engaging learning environments
- Simulation promotes experiential and active learning
- Escape rooms encourage collaboration and problem solving
- Game-based learning improves motivation and knowledge retention
- Interactive activities help develop teamwork and communication skills



BACKGROUND

## Educational escape rooms are immersive learning activities where participants:

- Solve puzzles and challenges within a limited time
- Work collaboratively to achieve a common goal
- Develop communication and leadership skills
- Practice teamwork in simulated environments
- Apply knowledge to solve complex problems



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## METHODS

### The aim of this study was to:

- Describe the development of a virtual escape room
- Present the testing process of the prototype
- Explore its potential for improving interprofessional collaboration
- Evaluate usability and participant experiences



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## METHODS

# Study design: User-Centered Design (UCD)

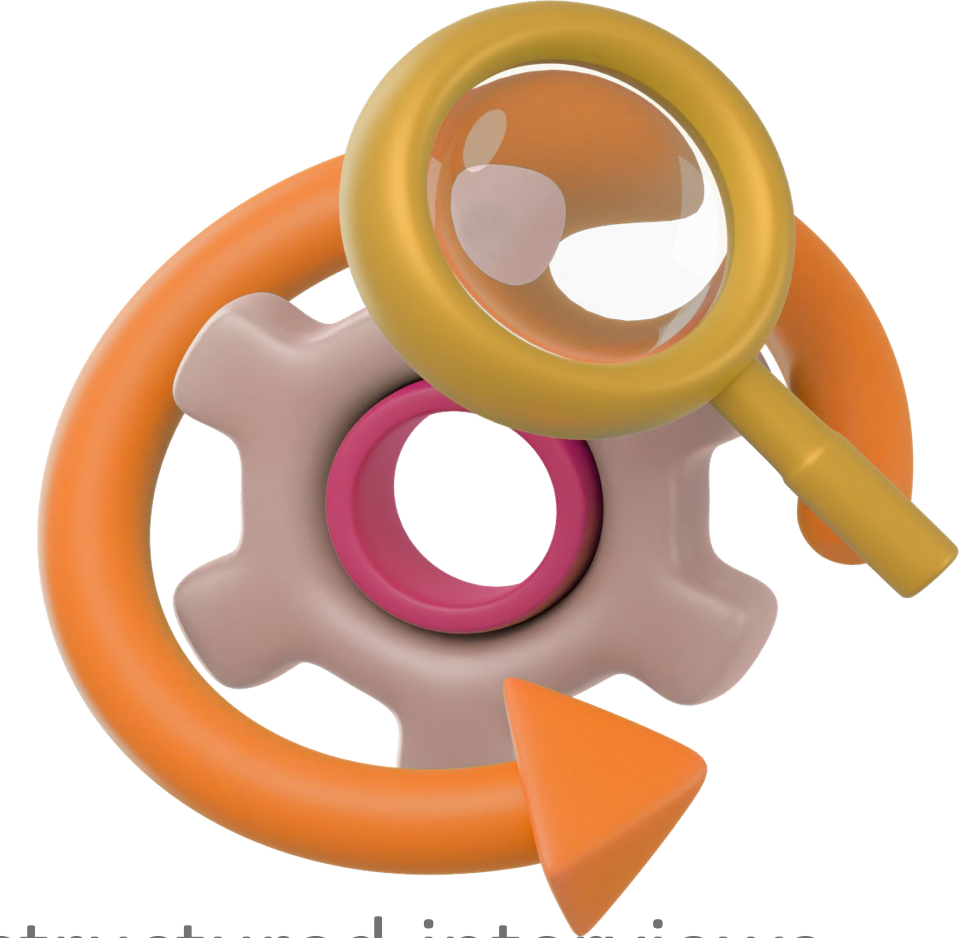
End users were involved throughout the development process.



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## Development process included three stages:



- 1. Requirement definition** : were identified through semi-structured interviews with healthcare professionals and through a review of the state of the art, including studies on escape rooms and interprofessional collaboration in nursing education
- 2. Iterative prototyping:** progressive development and adjustment of the virtual escape room based on the defined requirements and feedback
- 3. Prototype testing:** evaluation of usability and collaborative experience with participants



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## RESULTS

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# Requirement definition :

**Journal of Interprofessional Care** >  
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Review Article

## Interprofessional Collaboration in Healthcare with escape room: a scoping review

Alberto Cunha, Maria Joana Campos, Marta Campos Ferreira  & Carla Sílvia Fernandes  

Pages 158-166 | Published online: 12 Jul 2025

 Cite this article  <https://doi.org/10.1080/13561820.2025.2530778>  Check for updates

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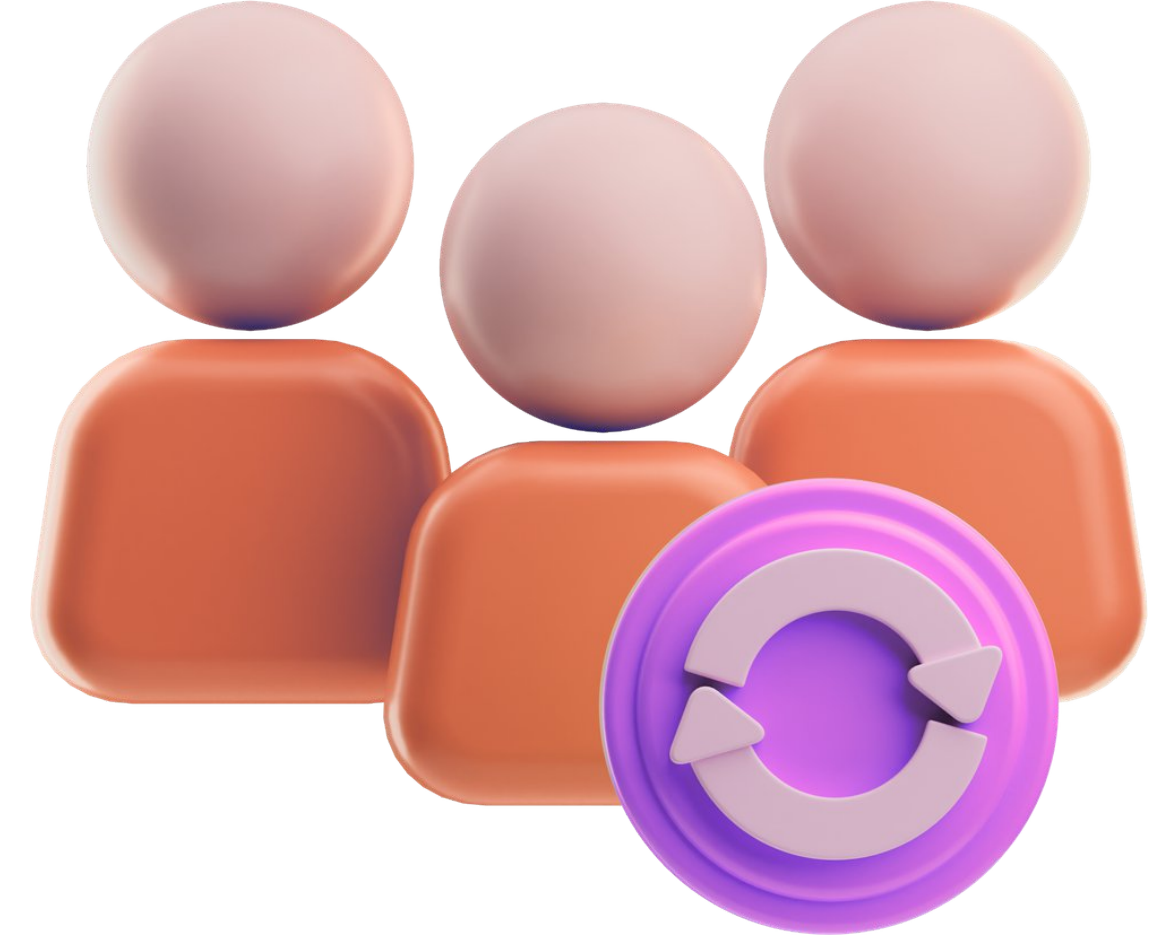
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**ABSTRACT**

Interprofessional collaboration is an essential competency for healthcare professionals, and escape rooms have emerged as an innovative strategy to enhance teamwork and communication. The purpose of this scoping review was to identify and summarize how escape rooms are used in the teaching and

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## Requirement definition :



### **PARTICIPANTS**

- 5 healthcare professions (nursing, physiotherapy, medicine, social work)
- Age range: 26–52 years
- Professional experience: 3–30 years

### **Main themes identified**

- Collaboration skills
- Gamification experience
- Escape room design

## Development characteristics:

- Developed using Unity, with online multiplayer functionality
- Designed to simulate a healthcare scenario in a patient's home
- Players work as a multidisciplinary healthcare team



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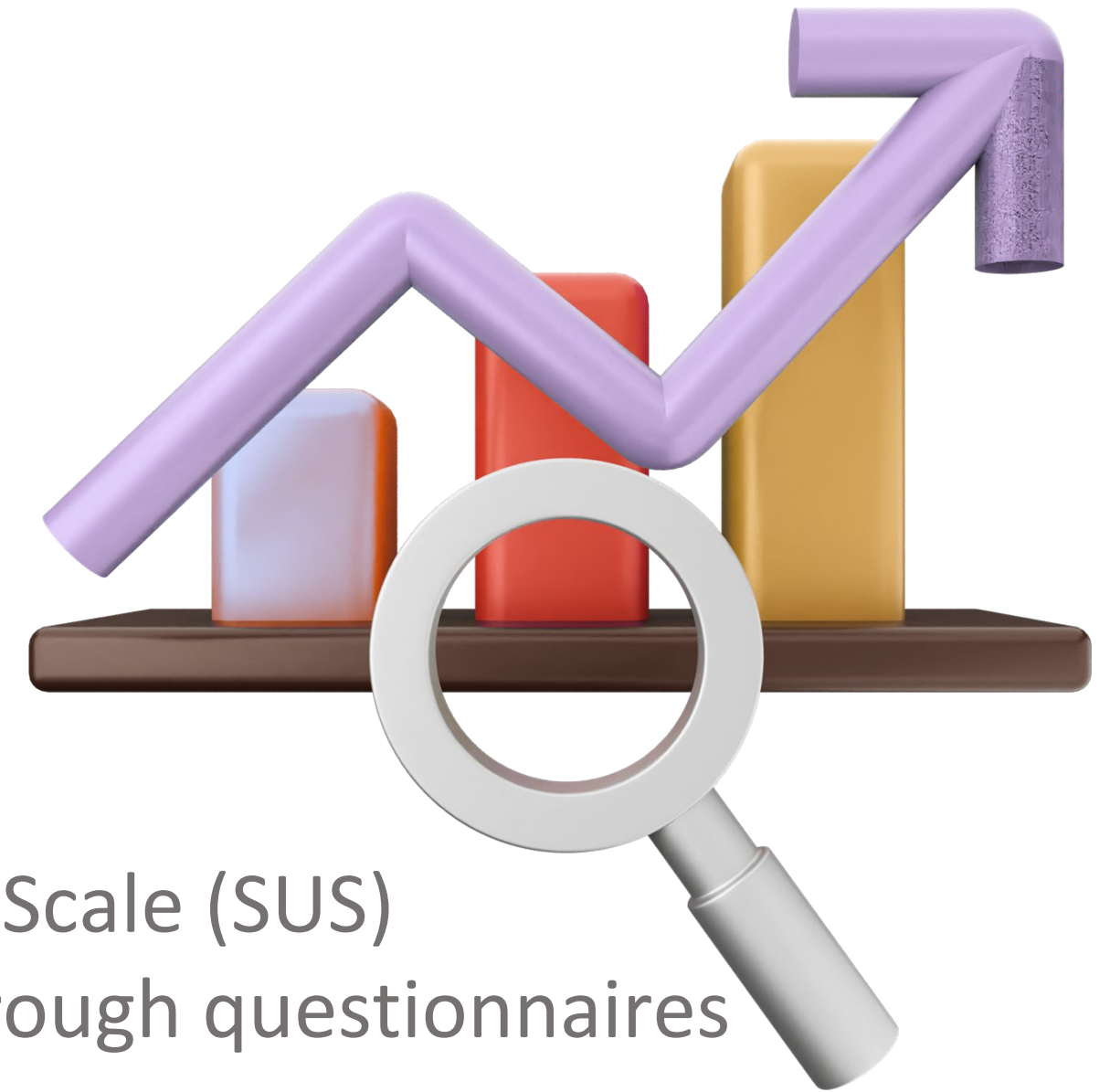
## RESULTS

### Prototype testing included:

- Six healthcare students aged 19–27 years
- Evaluation of usability using the System Usability Scale (SUS)
- Assessment of interprofessional collaboration through questionnaires

### Main findings:

- Positive teamwork and collaboration experiences
- Improved recognition of professional roles within teams
- Average usability score: 67.08, indicating acceptable usability
- Participant feedback led to further improvements in the escape room design

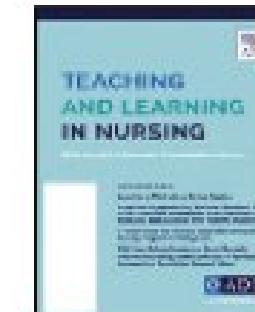




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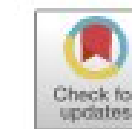
## Teaching and Learning in Nursing

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### Research

## Prototyping an escape room to enhance interprofessional collaboration in healthcare: Pilot study



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### ARTICLE INFO

#### Article History:

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User-centered design

### ABSTRACT

**Background:** During their training, nurses must develop interprofessional collaboration skills, which are essential in clinical settings.

**Aim:** This study aims to describe the development and testing stages of a virtual escape room, named "Lockdown Treatment", to enhance interprofessional collaboration.

**Methods:** The User-Centered Design methodology was used, involving users from requirement gathering to iterative prototyping. Requirements were established through interviews with 6 healthcare professionals, and a prototype was developed and tested for final assessment.

**Results:** The results identified key areas for improvement, particularly in terms of timing and support during the game and demonstrated the effectiveness of the escape room in promoting interdisciplinary collaboration. This study proves that tools like escape rooms can significantly enrich nursing education.

**Conclusion:** It is essential to integrate innovative methods into interprofessional training, making it more engaging and interactive. However, it is crucial that such tools are meticulously planned and validated to ensure their suitability through a rigorous validation process. Future research should evaluate the 'Lockdown Treatment' to assess its long-term effectiveness and applicability in clinical practice and patient outcomes.

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