



Official Rules and Instructions

Brought to you by:
The BOSS

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Our Mission: Through our game, *Who Wants to be a RD*, we hope to refresh and refine clinical dietitian skills. This game asks questions regarding 20+ topics that a clinical dietitian should know. Through practice of this game, players will have refreshed their knowledge of various diseases—ARDS, renal disease, crohn's disease, cirrhosis, atherosclerosis, cystic fibrosis, anemia, and more—relating to nutrition in order to be a better dietitian in their current clinical setting.

Playing time: 30- 45 min.

Players: 2+

Contents: 300 cards (50 cards in each level), 3 lifeline tokens, 5 level markers, game board, official *Who Wants to be a Clinical RD* rules and instructions



Objective: Be the first player to win the Clinical RD status or be the player closest to winning the title after an agreed number of rounds. The number of rounds is decided at the beginning of the play.



Preparation:

Separate the question cards by levels (100, 200, 300, 500, 800, & 1000) into 6 piles and place them on the outside edge of the game board. Shuffle each of the 6 piles and place them face down. Place the three lifeline tokens on their corresponding squares. Place the level marker on the 100 level rectangle on the game board.

Game Process:

1. Play individually or in groups. If you play in groups, you will want to play multiple games, or you may want to alternate questions between the players in the group.
2. Start the game by choosing a 100 level question. The host will read the question and the four possible answers to the player in the hot seat.
3. The player will determine the correct answer to the question by stating "final answer". (You may want to include a time limit but it is not necessary.) There will be an answer sheet given to the host or by another individual not answering the questions to determine if their answer was correct.
4. If the answer is correct, move the level marker up to the following level. If the player is not sure of the correct answer they may use a lifeline (50/50, call a Registered Dietitian or ask the audience). If used, remove the token from the board and follow the specific instructions for lifelines below.
5. When the correct answer is selected by the player, a new card of the next level will be chosen.
6. As questions are answered correctly, marker pieces will be moved to identify which level question the player is currently answering. Once the question is answered correctly move the marker piece to the next level.



7. The game is over when a question is missed or a player/team reaches the 1000 level mark.



Lifelines

Lifelines are used at the player's discretion. Players may use none or all of their lifelines after hearing a question. Lifeline tokens must be given to the host at the time of use and no more will be given for the players/groups turn.

50:50 Lifeline:

When using the 50:50 lifeline, a player hands their token to the host. The host or person with the answer sheet will tell the player/group which 2 answers are correct leaving one correct answer and one incorrect answer. The player may choose to use another lifeline or to answer the question.

Ask the Audience:

When using the Ask the Audience lifeline, a player hands their token to the host. The host will then read the question again to the audience (employees who are watching the game but are not involved in that round). The audience members will put their head down and take a vote for which answer they believe is correct. The player/group may use the audiences answer or answer differently than the audience. If the answer is still unsure, they can choose to use another lifeline.

Phone an RD (Registered Dietitian):

When using a Phone an RD lifeline, a player hands their token to the host. The player/group selects an RD to assist them in answering the question. The chosen RD may be the dietitian in charge of the meeting or they may call another dietitian within the facility. Once the question and answers have been read to the RD, the RD has 30 seconds to give the player an answer. The player/group may use the RD's answer, choose a different answer, or proceed to use a different lifeline.

