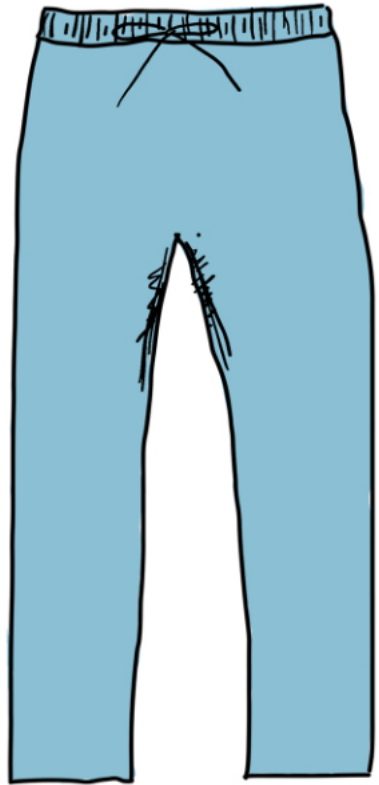


Lost & Found
GAMES

Based on the Lost &
Found game system



A SET OF SCRUBS

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Welcome to The Halfcut Hospital Trust!

Due to an unfortunate budgeting shortfall, we are sadly no longer able to provide separate uniforms for porters, nurses, doctors - or even patients! Everyone is now issued with daily sets of scrubs, which we can reuse again and again, saving the hospital lots of money which we can spend on management consultants patient care.

Sadly, the entire staff of our laundry department has recently gone on strike - they are asking for something called "holiday pay" - so please bear with us if the quality of our cleaning is temporarily less than satisfactory.

INTRODUCTION

YOU ARE A SET OF
HOSPITAL SCRUBS.

You will live as that single set of scrubs through a daily change of wearers. Witness the wonder, sadness and drudgery that is the hospital experience. Slowly experience your material becoming stained, ripped, repaired and eventually discarded.

Perhaps you will recognise a symmetry between your fragile cloth and the human lives around you?

ABOUT THE AUTHOR

The author is **CM Lowry**. He's an author and a doctor and he doesn't wash his scrubs enough. If you like this:

- Check out his other games at cmlowryauthor.itch.io
- Follow him on socials as [@cmlowryauthor](https://twitter.com/cmlowryauthor)
- Read his blog at allaboutchris.org

This game uses the "Lost & Found" SRD published by Jack Harrison. Give him a follow at [@mouseholepress!](https://twitter.com/mouseholepress)



STAY SAFE!

This game intentionally puts you in a depressing place, where depressing things happen to people. I work in a hospital, and they are either dull or exciting. When they are exciting, that usually means they are extra depressing. If you aren't ready for some dark content matter, don't read on. Please don't play with or near people who might find this stuff hard. Do not play it in a hospital; it may be incredibly atmospheric to do so, but it's also insensitive to those going through depressing things.

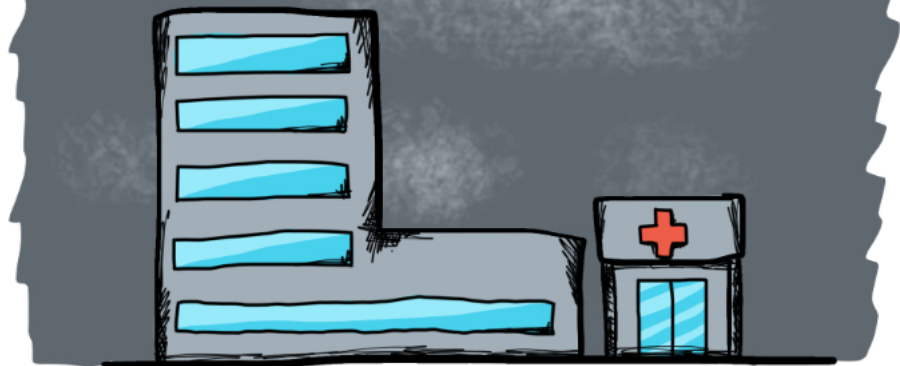
A Set Of Scrubs is designed to be played solo, which can be lonely. It involves periods of meditation. Lonely meditation on depressing content matter does not a joyous time make. Mental health charity Mind has useful resources if you are feeling lonely, but also, maybe avoid this game if you think it might upset you, and stop if it is beginning to.

In summary: this game is meant to be interesting and fun; don't play it if it sounds like it won't be.

STUFF YOU NEED

- About an hour of time to play.
- **Something to write on.** Paper, journal, hospital bedsheet, convenient piece of wall.
- **Something to write with.** Pen, pencil, crayons, felt tips, the melted end of a stethoscope dipped in mucous, etc.
- **A way to track time.** A watch, grandfather clock, or counting down the finite heartbeats resonating in your chest are all acceptable, although some are less practical than others.
- **A candle to light.** Or an old set of scrubs and a hospital incinerator, if you have all that to hand.

GETTING STARTED



STEP 1: THE HOSPITAL.

Make some notes, as you answer each of these questions. Those notes can take any form.

Feel free to draw pictures, sketch warning signs, write descriptive flowery sentences or simply scrawl one word statements.

WHAT IS THE HOSPITAL LIKE?

Is it a spanking, shiny new-build, or a stalwart Victorian relic? Well built or pathetically flimsy? Is it maintained appropriately or is everything one short step from utter decay? Is the management honest or dishonest? Are surfaces clean or dirty? What are the finances like? Are things steadily improving or inevitably getting worse? What is the motto of the hospital?

WHAT ARE THE STAFF LIKE?

Cheerful and aiming to do a good job, or miserable and barely holding on? Understaffed or overstaffed? Overworked or half empty? Are they notably professional and highly qualified or is there more of a purchased - a - medical - degree - on - eBay and suspiciously-vague-criminal-record vibe? What do staff think of the hospital and/or its motto? How do they celebrate/criticise/worship/despise it?

WHAT ARE THE PATIENTS LIKE?

Wealthy or poor? One dimensional or a rich slice of society? Surprisingly well or disturbingly ill? What do the patients think of the hospital, does it have a good reputation? Are they polite to the staff? Is there a global pandemic going on, or other reasons for increased patient numbers? Has something caused there to be less patients than normal?

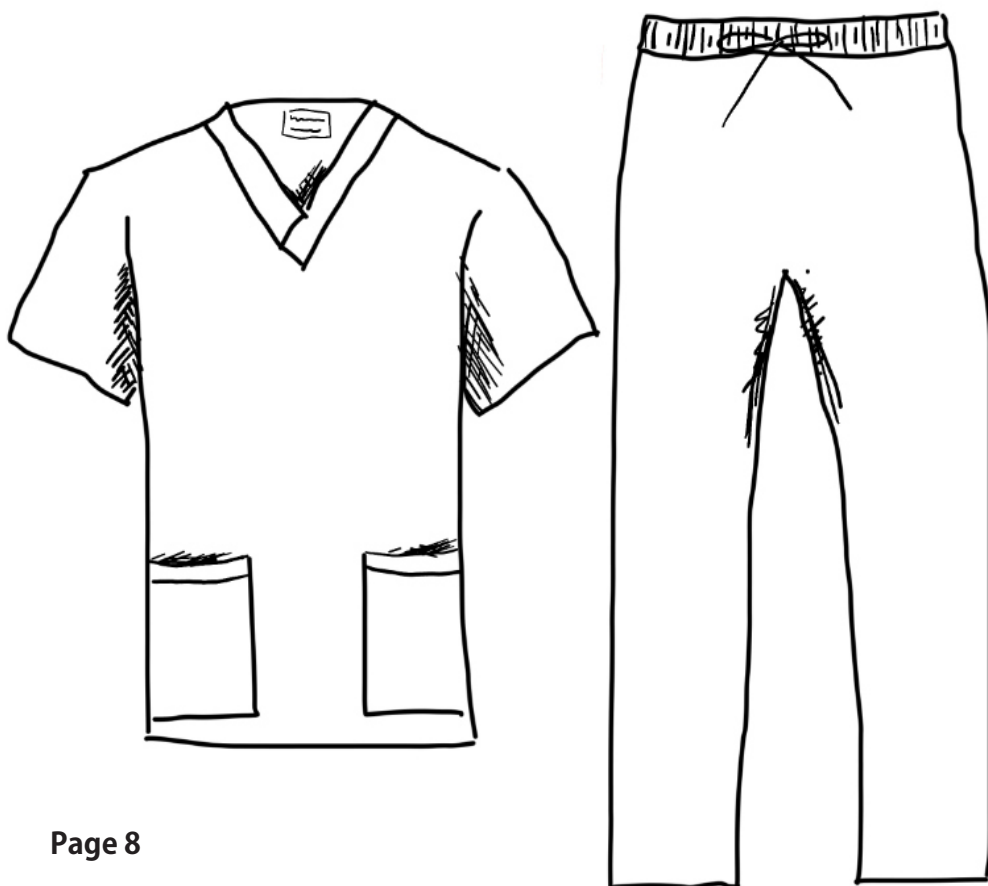
WHAT ARE THE SCRUBS LIKE?

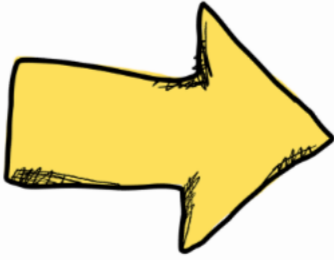
We know they are brand new, yes. But do they have trendy styles like low cut v-necks and polo necks - or have they been built to a 1970s home economics pattern. Well made or amateurish? Comfortable or uncomfortable? All one colour or many? Any logos or mottos? What material? Silk? Cotton? Polyester? Sackcloth? Plastic? Spandex? Layers of papier-mâché? Or are they the Emperor's-New-Scrubs?

STEP 2: DRAW YOUR SCRUBS.

This is not art, it's a tool to help you visualise the events happening around you. You will be decorating the scrubs with horrifying fluid mementos of its wearers, not winning a Turner prize. Take as much or as little pride in your drawing as you desire.

An example sets of scrubs are below, feel free to copy them, or draw your own. There is space on the right if you wish to draw in this booklet.





HOW TO PLAY

ACTS

This game has three Acts. Each can take as much or little time as you wish.

As scrubs you will pass through time with a new wearer donning you for a day in the hospital, then discarding you in the wash.

You begin the first Act as a bright new set of scrubs, ready to fulfil your role in the bustling world of healthcare! You then age through use as the Acts progress, ending with Incineration.

WEARERS

You will choose 2 to 3 Wearers in each Act - or a different number if it seems right to you.

Wearers are the humans who wear you. You find out who they are, answer their questions and then describe the permanent Mark they leave on you before they toss you in the laundry bin.

If you wish to repeat multiple Wearers of the same type, or revisit a previous Wearer in a later Act, feel free.

MARKS

Each Wearer leaves a mark on you.

- It might be a single pulled thread, a smudge of eyeliner on the leg, a coffee stain when they spat out their drink whilst laughing.
- Or it might be a string of bullet holes, gallons of blood and faeces and a sleeve torn off entirely during a fight with the police.
- Maybe it is something sensory; a roughness, an odour, a sound. It may be non-physical, a memory, a feeling, a aura, a haunting.

Every time you are Marked, write it or draw it on your scrubs diagram.

RESTS

Once a Wearer discards you, you choose a time period for the scrubs to rest in a cupboard. Turn off the lights or close your eyes. Consult the Rest Page (page 26) and imagine the scrubs as they wait, and then open your eyes and see who wears you next.

RANDOMISATION

You can intentionally pick wearers and items on tables, or feel free to roll dice to pick numbered options.

If you don't like an option, choose another, or make up your own.



ACT 1

BRAND NEW

You are shiny and new and clean. Wearers in this Act notice the crispness of your cloth, the freshness of your odour - "Is that vanilla?" - and this subconsciously flavours the start of their day. It can't change the events that follow, but its a momentary flash of goodness to begin with.

Choose a Wearer and answer their questions.

Note these down if you like. Draw them wearing the scrubs, if you like.

As they discard the scrubs at the end of the day, draw their Mark on you.

Rest. Then choose another Wearer (often two to three Wearers per Act, but you are in control). Continue **until the scrubs are no longer young**, then move onto Act 2.

A PATIENT

Why are they in the hospital?

Choose one question from the "Illness" table.

What event happens today that sticks with them for a long time?

How do they Mark you?

A NURSE

Why is today an important day for them?

Who do they wish was not on their ward today?

What nearly Marked you, but they narrowly avoided it?

How do they Mark you without realising?

A DOCTOR

What secret do they hide in your pocket?

How many people do they truly help today?

What do they have for their meal? And do they eat it with anyone?

How do they Mark you?

A PORTER

How many years have they been working here?

What is their favourite aspect of the job?

And what is their least?

Why is it not their fault when they Mark you?



ACT 2

WORN IN

You have been worn many times - you are no longer new. No one is excited to pick you out, but neither are they disappointed. You are unremarkable; as is much of life, and to some degree, your Wearers are aware of this.

Choose a Wearer and answer their questions.

Note these down if you like. Draw them wearing the scrubs, if you like.

As they discard the scrubs at the end of the day, draw their Mark on you.

Rest. Then choose another Wearer (often two to three Wearers per Act, but you are in control). Stop when the scrubs are too old to be unremarkable any more, then move onto Act 3.

A NURSE

What happened to them before they started work today?

What difficult conversation do they have today?

How did they Mark you?

How did they try to undo the Mark? Did it make it any better?

A PATIENT

How did they get to the hospital? Ambulance? Helicopter? Walked in? Something else?

Choose one question from the "Illness" table.

Today they have been Marked in some way. How?

Did they Mark you at the same time that they Marked themselves, or in some other way?

A DOCTOR

How tired/rested are they today?

Does that affect their work? How?

What procedure do they attempt today? (Use the Clinical Procedure table if you need inspiration). Does it go well?

How did one of their patients Mark you?

A VISITOR

For hygiene reasons, visitors have been told to wear scrubs. Have they ever worn scrubs before?

Who are they visiting, and why is the patient not on the ward where they were expected to be?

What shock do they have today?

How do they Mark you?



ACT 3

WORN OUT

You are old. Used up. It is likely you are tatty, dirty, smelly; or many other unpleasant adjectives. No one wants to wear you anymore; you are worn because they have no choice. Running late, distracted, or simply there are no better scrubs available. Either way, your wearers do not enjoy this loss of freedom, and they do not enjoy you.

Choose a Wearer and answer their questions.

Note these down if you like. Draw them wearing the scrubs, if you like.

As they discard the scrubs at the end of the day, draw their Mark on you.

Rest. Then choose more Wearers. Stop **when the scrubs are ruined**. Unwearable. Then move onto Incineration.

A DOCTOR

What made it hard for them to get out of bed today?

How many times do they check their phone for an expected message today? Does it come? What does it say? Do their patients notice their distraction?

What mistake do they make today?

How does the mistake Mark you?

A NURSE

What household item ran out before they came to work, disturbing their normal rhythm?

A patient they care for has experienced an event from the "Illness" table. How were they involved, and how do they feel to watch the patient experiencing it?

They Mark you on purpose. How?

A PATIENT

They are meant to be nil-by-mouth today, but they sneakily eat something anyway. What is it, and does it Mark you?

What procedure do they have today? (Use the Clinical Procedures table if you need inspiration). Does the process Mark you?

What involuntary discharge of bodily fluid happens to them today? Does it Mark you?

Was today a day where you actually don't get Marked? If so, does that rare positive experience correlate with the patient's day, or contrast it?

A SECURITY GUARD

This is their last day on the job. Why?

What unexpected event happened today, and why was it the most dramatic thing they've experienced in all their years here?

Who did they want to say goodbye to today? Did they get to?

How did they Mark you?



THE END

INCINERATION

You are thrown into the hospital's incinerator, and burnt.

Take a moment.

Light a candle, and watch its flame.

Consider what has burnt, and what remains.

Breath in, then blow the candle out as you exhale.

The scrubs are no more and the game is over.

REST

How much time passes in the game after you are discarded? Choose an option below.

If the table tells you to rest, set a timer and wait with your eyes closed or light off.

While you rest, reflect on the wearer you just had, on your most recent mark, and then on your previous wearers; they've all marked you.

1. No time - the moment you are thrown down, a wearer from the next shift picks you up. If you were just worn on the day shift, it is now the night shift, and vice versa.
2. One shift - rest for 20 seconds
3. A day - rest for 30 seconds
4. A week - rest for 1 minute
5. A month - rest for 1 minute and 30 seconds. Choose on the "A Long Time" table.
6. A year - rest for 2 minutes. Choose on the "A Long Time" table.

A LONG TIME

1. Changing room gossip says that the hospital management has changed. In what way did it change, and how is it likely to affect your wearers?
2. The hospital is so busy, and yet you remain here, unused. Reflect on the cycle of night and day, on shift and off shift, lockers banging, and conversations flickering. You are only a set of scrubs, but there is something both unchanging and ephemeral about life. How does this period of Rest make you aware of that?
3. The storage cabinet is wet. Something is leaking from the room upstairs, and running down onto the scrubs shelf. What is up there? What has happened to cause the leak? How does it mark you?
4. Fashion is a fickle beast, and it has changed once again. Are you less fashionable now, or more so? How will that impact those wearing you?
5. You have been stored next to an air vent. You are marked by an odour. What is the odour from? Will people think when they smell the odour on your next wearer?
6. The Rest has been so long because the hospital was closed. Why was it closed? And, now the hospital is open again, has the problem really been fully resolved?

ILLNESS

1. The diagnosis they have been given is very different from the one they expected. How do they respond?
2. A mistake has been made! Has this harmed them, or is it a relief to discover?
3. Someone in the next bed has just died. How does the patient feel about this?
4. How long have they been in the hospital? Do they feel rushed, or forgotten?
5. Are they going to get better? Are they honest with themselves about this? Are they honest with their loved ones?
6. Their condition is self inflicted in some way. Will they try to change their behaviour? Is it too late?
7. They don't need to be in hospital, not really. Why are they here?
8. Once, a long time ago, they worked here. What job did they do?
9. They are very angry, with their diagnosis, with their symptoms, with their management, with their bank balance, with their addictions, with something. How does this manifest?
10. Somehow, a peace and a joy radiates from them. How does this impact on others around them?

CLINICAL PROCEDURES

1. **Measuring temperature** (using a thermometer in the mouth or ear) - 10 seconds
2. **Sphygmomanometry** (measuring blood pressure with an inflatable cuff) - 2 minutes
3. **Phlebotomy** (taking blood sample from a vein) - 5 minutes
4. **Arterial blood gas** (taking blood from an artery - significantly harder) - 5 minutes
5. **Venesection** (removing at least a pint of blood) - 10 minutes
6. **Lumbar puncture** (A.K.A. Spinal tap, taking fluid from near spinal cord) - 10 minutes
7. **Rectal decompression** (inserting a flatus tube up the rectum to release gas and loose faeces) - 10 minutes
8. **Gastroscopy** (poking a camera down the throat to view the stomach) - 15 minutes
9. **Colonoscopy** (poking a camera up the rectum to view the bowels) - 20 minutes
10. **Uroscopy** (poking a camera up the urethra to view the bladder) - 20 minutes
11. **General anaesthetic** (putting someone to sleep)

- As long as the operation takes.
- 12. **Circumcision** (surgically removing the foreskin from the penis) - 30 minutes
- 13. **Appendectomy** (operation to remove an inflamed appendix from inside the abdomen before it bursts) - 1-2 hours.
- 14. **Laparoscopy** (A.K.A. Keyhole surgery, using a camera to operate inside someone) - 1-2 hours
- 15. **Caesarian section** (removing a baby via cutting open abdomen) - 1-2 hours.
- 16. **Liver transplantation** (open the abdomen with a large incision, removing the old liver, putting in a new one and connecting all the vessels and ducts) - 6-8 hours
- 17. **Coronary artery bypass graft** (open the chest, divert the blood out of the body into a machine that pumps and oxygenates the blood for you, stop the heart and repair a blood vessel, before putting the blood back in and sealing things up) - 3-6 hours
- 18. **Corpus Callosotomy** (Opening the skull and severing the two halves of the brain) - 8 hours.
- 19. **Resuscitation** (Attempting CPR to restart the heart) - until it works, or you accept that it hasn't.
- 20. **Internal cardiac massage** (Advanced CPR technique that involves cutting opening the chest cavity and grasping the heart itself with your hand) - until it works, or you accept that it hasn't.



Thank you for reading and playing!
I hope you had as much fun reading it as I had writing
and illustrating it!



If you enjoyed my writing, please consider checking out my upcoming book of microfiction: **The Die Decides**.

You can pre-order it at beyondcataclysm.co.uk. It would move me deeply if people read and enjoyed it.