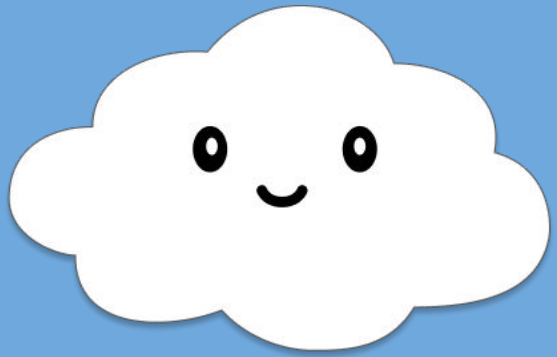
Presentation 02.03.21



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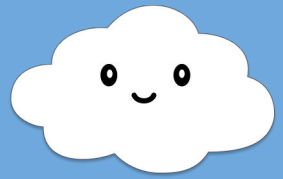
Camilla Christensen, Karin Ospina & Jakob Follesø Egeland

CASE



“How can we help ME patients to have a better everyday life by providing an increased understanding of their own situation and helping to communicate this to others?”

Goal

«To design an app that helps people with ME to better understand their own situation and illness, and help them communicate this to others.»

TARGET GROUP

Myalgic Encephalomyelitis (Chronic fatigue syndrom)

People in the early stage of the illness. Moderate stage.

- Disabling and complex illness
- People are often not able to do their usual activities
- Not improved by rest

Challenges

- Generalization
- Minimal interaction
- Sustainability

- Including and evaluating with the specific target group

→ The strain on a user can be great from attending a workshop

SUSTAINABILITY

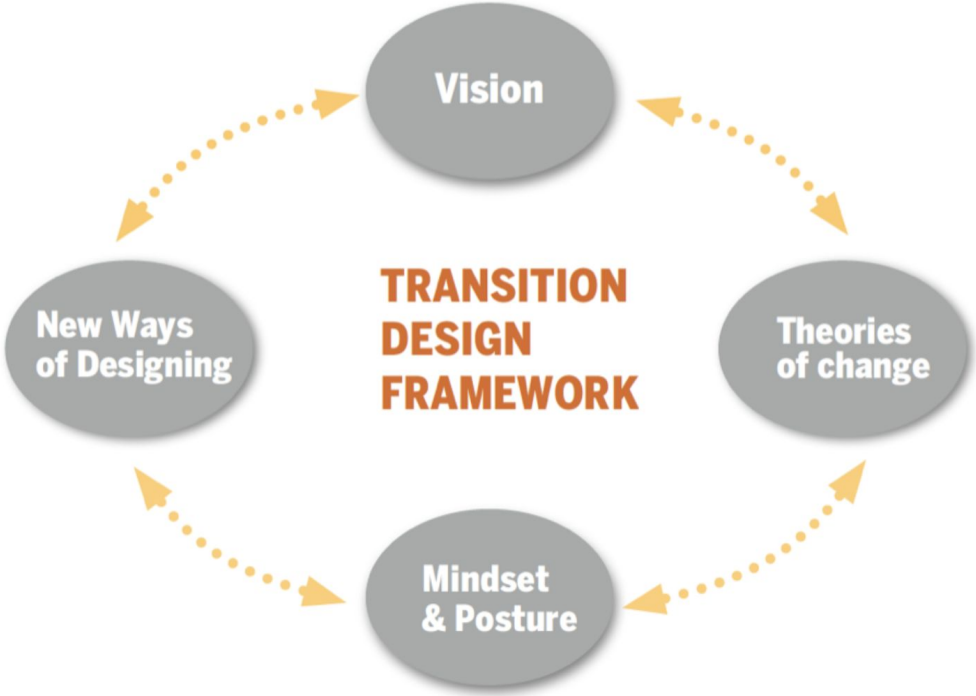
3 GOOD HEALTH AND WELL-BEING

UN sustainable development goals

"Ensure healthy lives and promote well-being for all at all ages."

https://sdgs.un.org/goals/goal3

TRANSITION DESIGN



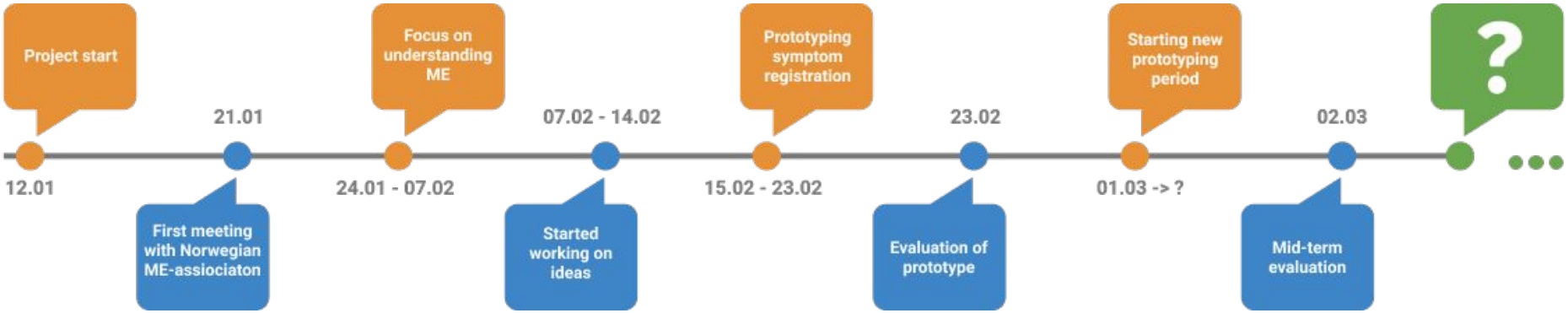
Terry Irwin (2015). *Transition Design: A Proposal for a New Area of Design Practice, Study, and Research, Design and Culture.*
https://medium.com/@yjnam100/design-research-studio-375d3ecd81e1

Vision ✨

«The app will be used over a longer period of time, adapt and evolve when it is needed.
It will make it easier to help people in all ages with overall better health and well-being.»

So... what have we actually done?

Timeline


Project start
12.01
21.01
First meeting with Norwegian ME-assiociaton
Focus on understanding ME
24.01 - 07.02
07.02 - 14.02
Started working on ideas
Prototyping symptom registration
15.02 - 23.02
23.02
Evaluation of prototype
Starting new prototyping period
01.03 -> ?
02.03
Mid-term evaluation
?

24.01 - 07.02

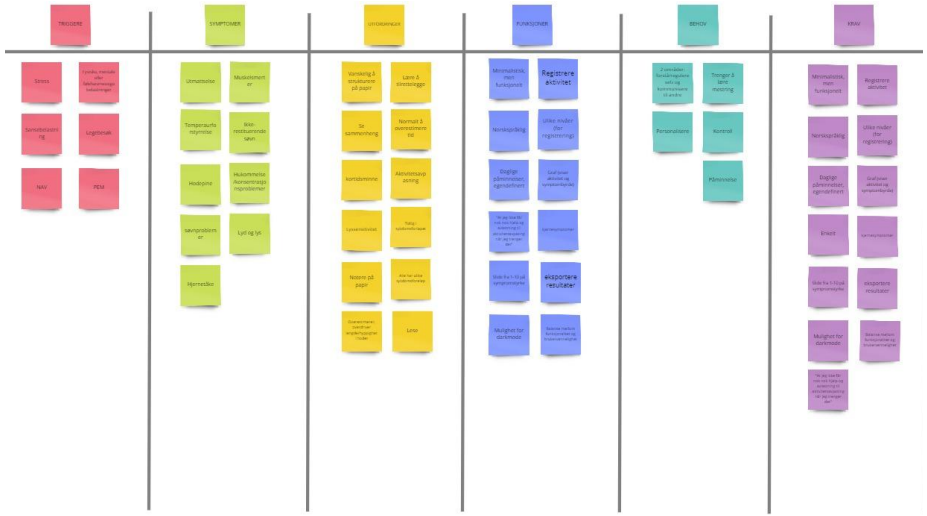
Focus on understanding ME

- Articles
- Reports
- Interview
- Survey feedback

→ With the collection of data, we wanted to know more about how difficult a life with ME can be for an individual, and their family.

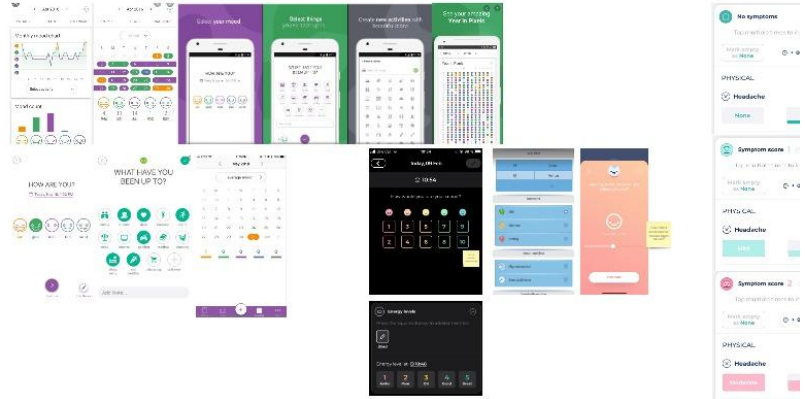
07.02 - 14.02

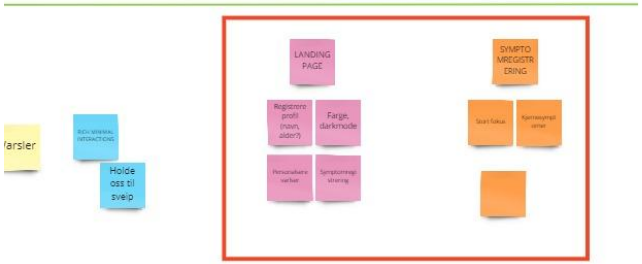
Ideas



Affinity Diagram

- *Trying to understand their requirements and demands to the functionality in the application.*
- *What do they actually need?*





Inspiration from known applications

- *Inspiration with pros and cons, reported by ME-association.*
- *Many interesting ways of interaction*

Ideas of interaction and functionality

- Minimal interaction
- Simplistic and minimalistic layout
- Registration of symptoms, activity and notes

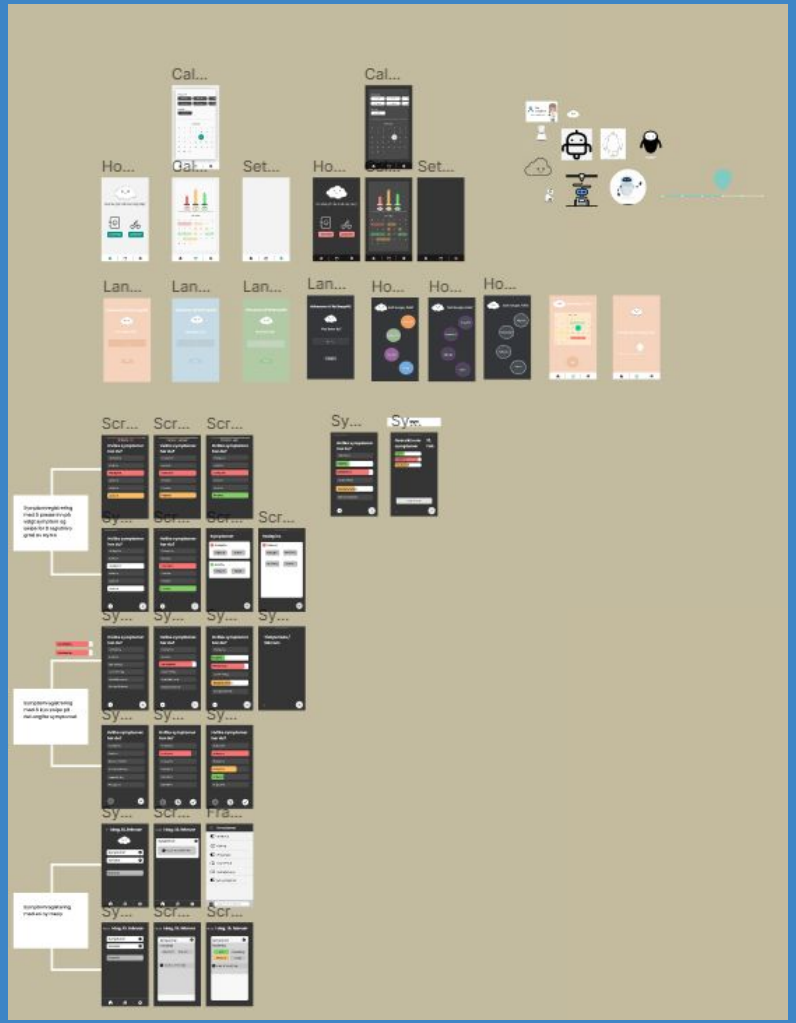
15.02 - 23.02

Prototyping

Prototyping symptom registration

- *As one of the most central functionality, we decided to prototype symptom registration with a focus on minimal interaction*
- *Three different ways of register a symptom and the intensity.*

Evaluation✅

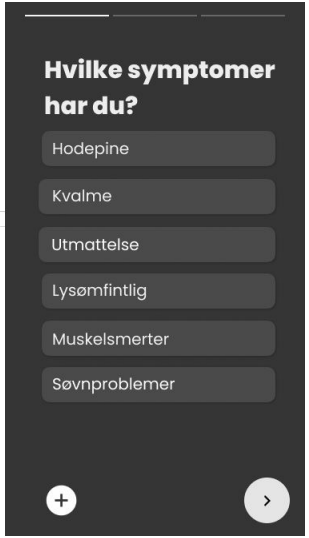


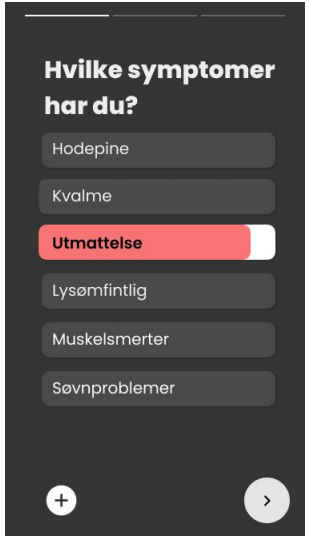
Evaluation and live prototyping

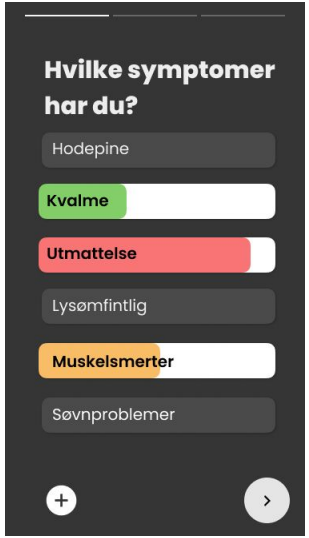
- Evaluated different thoughts about functionality and interaction.
- Live prototyped with the participant

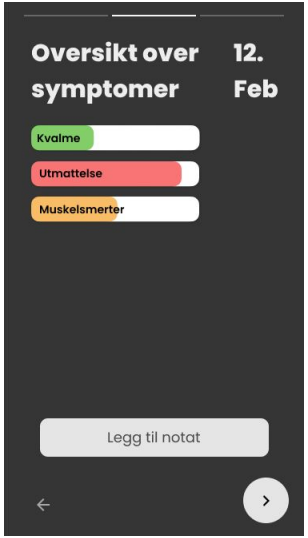
Symptom registration

Register a symptom and the intensity with a easy swipe, and a overview with ability to add extra note every time you register a symptom









01.03 → ?

Prototyping

New functionality in focus

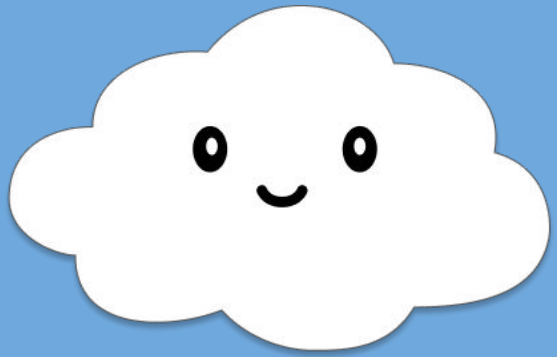
How can we register activity

- Take inspiration from already existing application and minimal interaction.
- Make room for personalization of activities.

What would we like to do next?

What does the future look like?

- *Interview with a physical therapist at Bærum hospital.*
- *Prototype activity registration and evaluating with participants.*
- *Prototype homescreen and settings*
- *Wireframing*



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