11. Tag der Lehre 2023

## Living Lab 14

"How might we use digital technologies to improve health literacy for the prevention of cardiovascular diseases?"

Highlights from an interdisciplinary, interprofessional and international Design Thinking Lab in the E3UDRES2 project

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illustrations and presentation made with canva.com

## On the agenda:



E3UDRES2 and the ILLs



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Design Thinking for innovation





#### Rapid run through ILL 14

Learnings from the ILL

### E3UDRES2

Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions

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Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions

#### initiative launched by the European Commission

European University Alliance (9 institutions)

"co-innovate, co-ideate, co-create"

Hackathons, Bootcamps, I Living Labs (ILLs)

## Living Labs



*Learners:* students from different universities, fields etc.



Educational Entrepreneurs (EE): university staff for coaching



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*Challenge Owner*: stakeholder with a certain "problem"

5 phases of Design Thinking: weekly input, but self-managed by learners!

# Design Thinking

#### •creative method for participatory design



focus on solutions

usercentered iterative feedback and testing

#### 5 phases:

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"How might we use digital technologies to improve health literacy for the prevention of cardiovascular diseases?"



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Challenge Owner:

österreichische plattform gesundheits kompetenz •



The majority of CVD **can be prevented** by leading a healthy lifestyle

Low health literacy is a threat to healthy decision making

**Digital technologies** might contribute to improving health literacy for CVD prevention

# Rapid Run through ILL 14



Brainstorming, Six Thinking Hats etc.

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coached sessions and unsupervised teamwork Empathizing with target group

= develop an understanding of the challenge

- Literature search
- Interviews with friends, family, colleagues etc.
- expert input
- = gain basic knowledge on CVD= explore the understanding of CVD in society

#### Ideating possible solutions

= creating ideas for possible solutions

- education to tackle low health literacy
- gamification to promote activity
- services to accompany the users

[1] In public health terms, primary prevention can be understood as measure to prevent the onset of disease or injuries before they even occur, e.g., through leading a healthy lifestyle (WHO) = brainstorm as many ideas as possible= break it down to one idea

#### Defining the problem

= develop a problem statement

- lack of preventive knowledge/activity
- lack of reliable online information

= "How might we raise people's awareness concerning primary[1] prevention of CVD (risk factors, health checks, nutrition, exercise etc.) and empower them to make informed and healthy decisions?"



= reflect your idea from differentperspectives (*Six Thinking Hats*)= develop a prototype





Mural, poster and video: https://tinyurl.com/u5dn5wr5 Cardio 365 Ensuring a balanced and healthy life Daily mobile application Application that will help the user to have more balanced and nutritious food

DRES

Cardio 365 is an app for primary prevention of Cardiovascular diseases that can promote advices and an healthy lifestyle for the user. The future of the app will be discussed with stakeholders in public healthcare.

Contact: sadun.ahmed2012@gmail.com

How might we use digital technologies to improve health literacy for the prevention of cardiovascular diseases?

News, daily solutions and tasks and gamification

Cardio 365 **NEWS** (Statistics, **Casualties**, New technologies.

Solutions about CVD

#### Team ILL 14

Sadun Muhammad Rodrigo Pinto Mariella Seel Judit Tormási

Quick assessment of user's health literacy for tailored content

> earn more about **CVD** facts, news and prevention strategies!

Reminder for Health Checkups, **SMART Goals** 

> Small Tasks (Gamification) Smart watch **Synchronization**

#### CVD is the #1 cause of death and with this app you can prevent it

#### **Future Skills**

- Collaboration, Coordination and Communication
- Literacy
- Creativity, Ideation, and Innovation

#### **Design Thinking**

It was a mix of all ideas that helped us to build the "framework" of the app



# Prototype Testing

#### Feedback session

- challenge owner
- EEs

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- group of ILL 15 (digital technologies for elderly)
- = collect feedback from peers and stakeholders= make final adjustments to the prototype

E3UDRES2 Showdown Event



Design important Thinking skills expert input and methods learnings teamwork makes from an the interdisciplinary, dream work interprofessional and international course group success is digital everyone's meeting responsietiquette bility and team rules

hands-on approach

> health knowledge



#### safe space

# Ready for your questions!

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