

Design Thinking

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Stage 1: Empathize—Research Your Users' Needs

Had a conversation with a friend whose sister is suffering from Type 1 diabetes.

- Has to take insulin dose 3-4 times a day.
- Has to test her blood sugar level & record her glucometer readings twice a day.
 - The more you check the better.
 - When blood sugar level stable, once in 3 days.
- Instead of playing and focusing on her studies, she now has to worry about taking her insulin dose and glucometer readings in time.
- The family is worried if she has taken her insulin dose at school or not.

Stage 2: Define — State your Users' Needs and Problems

- Records her readings on the paper. Tried some glucometer data logging apps but didn't continue for more than a week. Reasons:
 1. Good features were only available in the premium version.
 2. Glucometer strips are already expensive, don't want to spend extra money on data logging apps.
- Uses an alarm on her mobile phone for medicine reminders, but misses her insulin dose sometimes.
- Difficult to monitor and show your data to the doctor you are visiting.



9M

Affected worldwide

24% of people with Type 1 Diabetes **forget medication** at least once in 14 days



Forgetting insulin intake can lead to **blindness, kidney failure, heart attack** and even **death**.



Kidney



Heart



Sight



Brain



Feet



Ears

Source : who.int

Stage 3: Ideate — Challenges Assumptions and Create Ideas

Creating an app with

- **Medicine reminder system:**

Will be specific to Type 1 diabetic patients so that the patients don't have to worry about forgetting to take their medicines.

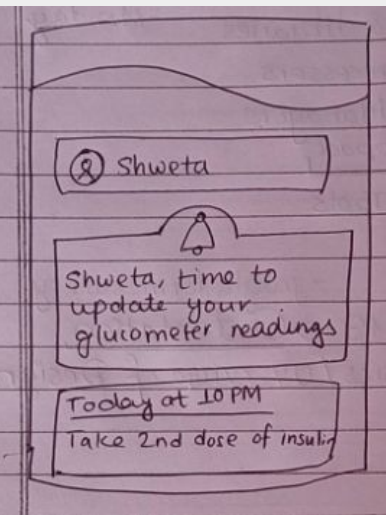
- **Notifying a trusted person:**

If the user misses that notification, an alert message will be sent to a trusted person that the user selects.

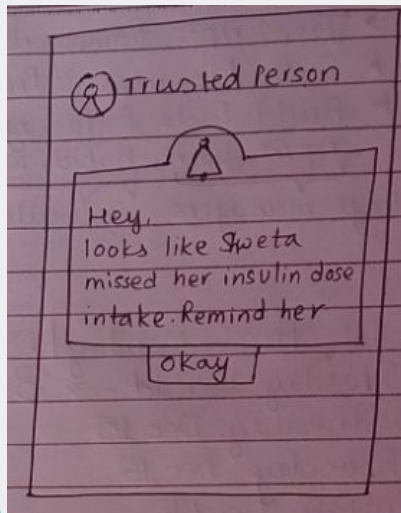
- **Connecting with the local doctor:**

When the user's blood sugar level goes extremely high, we will send an alert message to the doctor. The doctor can quickly open the patient's profile, see their blood sugar level trend & give timely suggestions.

Stage 4: Prototype — Start to create Solutions



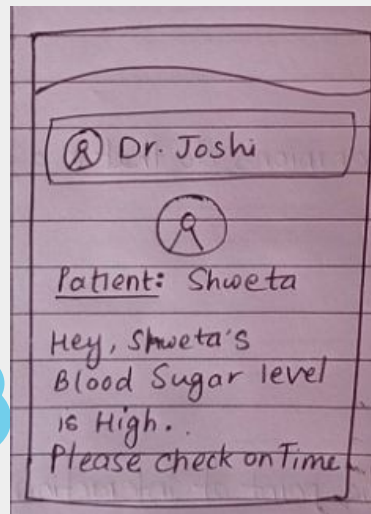
If patient missed reminder



Alert sent to trusted person



If sugar level is very high



Alert sent to doctor

