**Patient Innovation of Portugal.  
  
Patient Innovation मा Portugal लाई किन Credit दिइयो?**

**1. Academic Innovation Leadership / शैक्षिक नेतृत्व**

Portugal ले Patient Innovation concept develop गर्न 3 unique contributions गरे:

**a) First Systematic Study:**

* Patient Innovation started as an academic research project aimed to study user innovation by patients and their non-professional caregivers, funded by The Portuguese Science and Technology Foundation (FCT), Carnegie-Mellon Portugal Program and Pieter Pribila Foundation Patient Care Innovation - Innovation | UCLA Health
* यो पहिलो systematic academic approach थियो

**b) Global Platform Creation:**

* In 36 months, over 850 solutions developed by patients, (non-professional) caregivers or collaborators from over 60 countries were submitted, curated and shared Patient Care Innovation - Innovation | UCLA Health
* यो केवल website होइन - यो validated global ecosystem बन्यो

**c) Medical Validation System:**

* All submitted solutions go through a screening by the project's medical team, who check whether for submission complies with the terms and services Patient Care Innovation - Innovation | UCLA Health
* Safety ensure गर्ने systematic approach develop गरे।

**Patient Innovation को process यो छ:**

1. **Submit** (free र easy)-online
2. **Medical screening & validation** (safety ensure)
3. **Community sharing** (global reach)-through fb, website
4. **Recognition opportunities** (awards, bootcamp)
5. **Real impact** (thousands benefiting)

**Patient Innovation का वास्तविक उदाहरणहरू:**

**1. COVID Face Mask Ear Guards by Craig Wiles**

**समस्या:**

COVID pandemic मा healthcare workers हरूलाई दिनभर mask लगाउनुपर्थ्यो। यसले गर्दा कानको पछाडि pain, blisters, र marks भयो।

**समाधान:**

* Craig Wiles ले simple "Ear Guards" design गरे जसले Mask को strap लाई ear बाट हटाएर head को पछाडि राख्छ। यो घरमै बनाउन सकिने खालको थियो।

**Game-Changing Impact:**

* Thousands of healthcare workers लाई relief
* Global DIY pattern share भयो
* Mass production हुन थाल्यो।

**2. Breast Cancer Detection Bra by Julian (Teenager Boy)**

**समस्या**

Julian सिर्फ 13 वर्षको केटा थियो जब उसको आमालाई breast cancer भयो। Late detection को कारणले nearly died। उसले सोच्यो: "How can we detect it earlier?"

**Innovative Solution**

उसले smart bra डिजाइन गर्‍यो जसमा:

* **200 biosensors** fitted छ
* **Temperature mapping** गर्छ breast surface को
* **Shape र weight changes** monitor गर्छ
* **Mobile app** connected छ
* **Alert system** suspicious changes को लागि

**Science Behind / विज्ञान:**

Cancerous tumors may turn skin a different temperature due to increased blood flow - यो simple principle use गरेर revolutionary device बनायो।

**Impact: Early detection = Life saved**

**4. Undercover Breast Pump "Gala Pump" by Susan Thompson**

**समस्या**

Susan जब Johns Hopkins University मा student थिइन् तब उनी एउटा बच्चाको आमा पनि थिइन्। त्यस समयमा उपलब्ध breast pump बाट उनलाई public places मा breast pumping गर्न embarrassing र impractical लाग्थ्यो।

**Creative Solution / रचनात्मक समाधान:**

Fellow student Adriana Blazeski सँग मिलेर breast pump बनाइन्:

* **Undercover breast pump** - invisible हुने
* **Shirt मुनि easily attach** हुने
* **Discreet pumping** - जहाँ र जब चाहियो

**Freedom of movement** - normal activities continue गर्न सकिने

**6. Thick Spoon Solution**

**Problem:**

Arthritis patients लाई thin spoon handle grip गर्न गाह्रो हुन्थ्यो। care giver ले खाना खुवाइदिनुपर्थ्यो।

**Solution:**

**Care giver ले** Foam padding wrap गर्दा चम्चाको handle मोटो भयो र handle लाईgrip गर्न सजिलो भयो। यसलाई internet मा सेयर गरियो। अन्य विरामीले र caregiver ले यसलाई देखे र अनुकरण गरे। धेरैले लाभ लिए। **Impact:** Independent eating restored.