

Brainstorm

Write down any ideas that come to mind that address your problem statement.

 10 minutes

TIP

You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!



Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

 20 minutes

Aathi

Nutrition guidance: Liver patients need to follow a specific diet to keep their liver healthy. As a healthcare professional, you can provide them with nutrition guidance and recommend the types of food they should eat or avoid.

Anilpriya

Exercise recommendations: Physical activity is essential for liver patients to maintain their overall health. You can provide them with recommendations for safe exercises that can improve their liver function and reduce the risk of complications.

Akash

Medication management: Liver patients often take medications to manage their symptoms or underlying conditions. You can help them by ensuring they understand how to take their medication, monitor their side effects, and avoid interactions with other medications.

Amuthavan

Emotional support: Living with a chronic illness like liver disease can be challenging. You can provide emotional support to patients by listening to their concerns, providing them with coping strategies, and referring them to support groups or counseling services.