

Dr.Row's 555 Web App

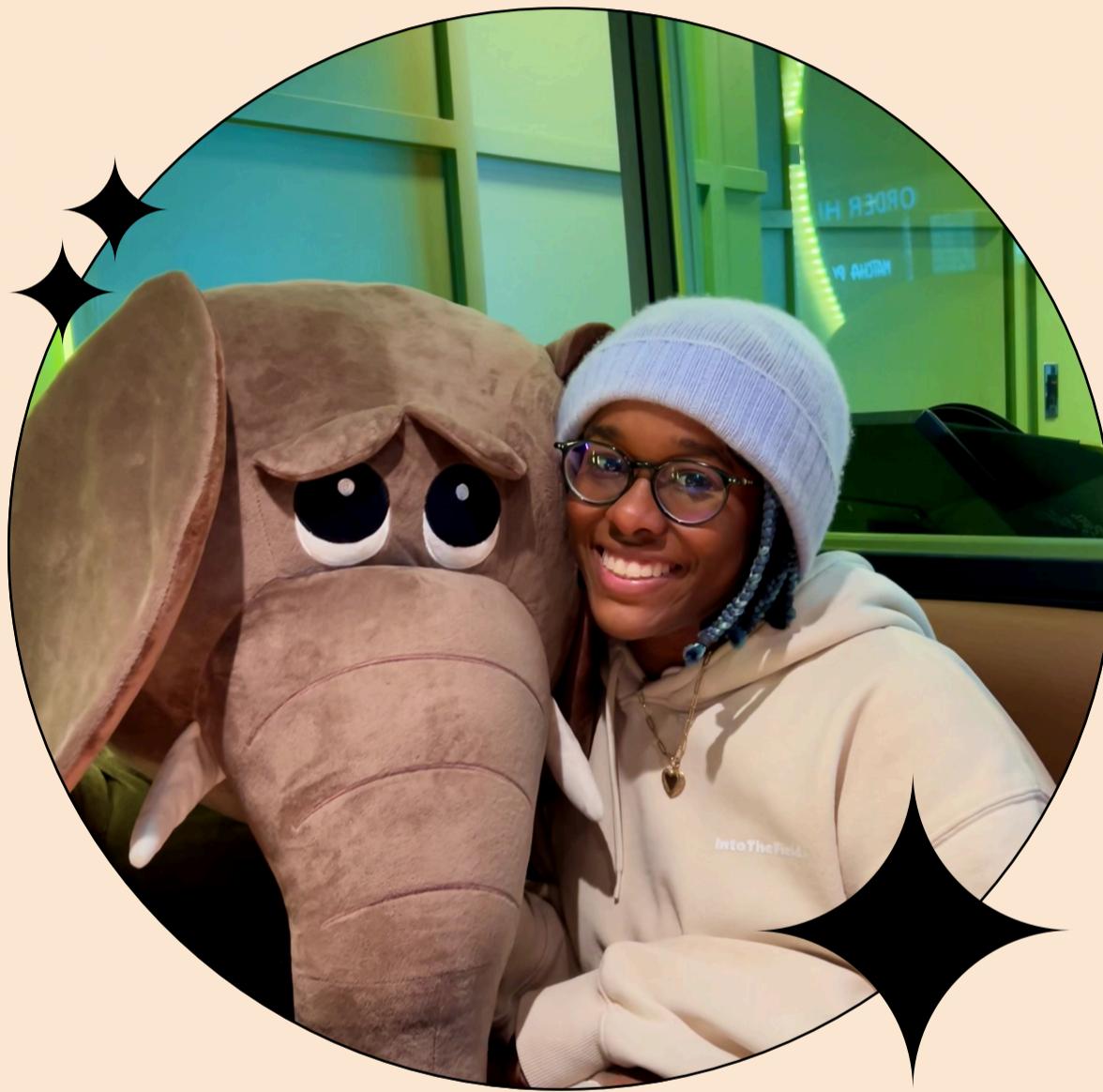
67-373: Information Systems Consulting Project

Gabi Augustin & Abby Amonett
Advised by Prof. Poepping
071024 - Demo Day

Our Team



Abby Amonett (she/her)
Software Consultant @ InfoSys



Gabi Augustin (she/he/they)
Design PM @ Microsoft

Our Community Partner

- Dr. Rowena “Row” Pingul-Ravano (she/her) is the head of Obstetrics at UPMC & director of the first accredited Centering Pregnancy group in Western PA.
- In this work, she has developed ‘Dr.Row’s 555’ - a breathing technique she created for her patients in order to increase wellbeing.
- She teaches her technique within the CP sessions, to her residents, and to those in her personal life.

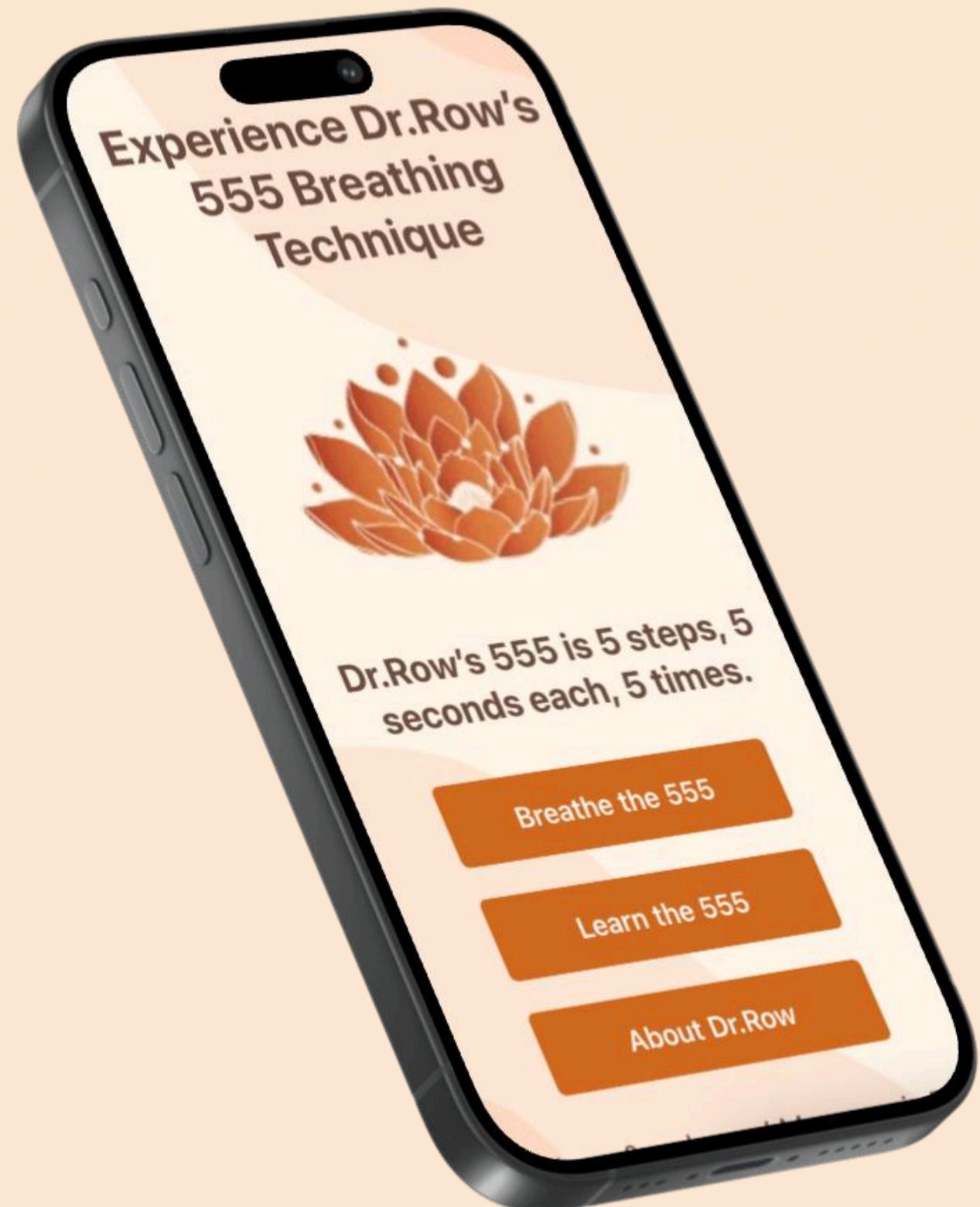


Our Solution

- We'd like to think of our project as more of an opportunity, than a solution, given that we are creating something completely new for our client.
- Mobile-enabled Web App
 - React, JS, Kotlin, CSS
- **Key goals:**
 - Increase the reach of the 555 technique beyond Dr.Row's immediate patients and community
 - Make a tool that Dr.Row can use to share and teach the 555 to her patients
 - Make a tool that can be easily utilized by her patients in day-to-day scenarios, both at home, and in public
 - Capture what Dr.Row's patients love about her & the warmth with which she practices.

Our Process thus far & our Demo

- Research, Initial meetings, attending CP sessions to understand users and use contexts
- Initial designs works leading into iterative rounds of Design and Development, Proposal Writing
- Development work, implementation, meeting with outside vendors, testing with end users, and preparing for final deployment



Our Plan going forward

- For the last stages of our project we are focusing on two areas:
 - Refinement of Hi-fi design and interactions after user feedback
 - e.g., Reassessing visuals, implementing post-MVP features
 - Ensuring we have a healthy deployment and hand-off
 - e.g., Deliverables & Documentation, Code Cleanup
- As of tonight, we'll be heading into our 6th & final Sprint prior to hand off (July 19th)

1	Task	Estimated time (hrs)	Assignee	Due Date	Priority	Completed?
2	User testing with CP Moms, Group3 users	1.5, 3-5	Abby, Gaby	7/10/24	High	<input checked="" type="checkbox"/>
3	Feedback Synthesis	1,1	Abby, Gaby	7/10/24	High	<input checked="" type="checkbox"/>
4	Paper hand-outs, magnets for Dr.Row's patients		1 Gabi	7/15/24	Medium	<input type="checkbox"/>
5	Finish conversations w/ Comm. Partner regarding cost analyses of vendors -- decide on final vendor	1 (in meeting) ; more on Comm. Partner end	Abby, Gabi	7/14/24	High	<input type="checkbox"/>
6	Final Design Revisions: Learn		1 Gabi	7/16/24	Low	<input type="checkbox"/>
7	Final Design Revisions: About Dr.Row	1,1	Abby	7/15/24	Low	<input type="checkbox"/>
8	Final Design Revisions: Home	1,1	Abby	7/15/24	Medium	<input type="checkbox"/>
9	Final Design Revisions: Breathe the 555	2,2	Abby, Gabi	7/17/24	Medium	<input type="checkbox"/>
10	Confirm connection and hand-off with Post-class developers	Dependent	Abby, Gabi, Dr.Row, Developer	7/19/24	High	<input type="checkbox"/>
11	Post-Deployment (internal) testing	2,2	Abby, Gabi	7/19/24	High	<input type="checkbox"/>
12	Documentation Writing	1,3	Abby, Gabi	7/19/24 (?)	High	<input checked="" type="checkbox"/>

Visual Refinement



Experience Dr.Row's 555 Breathing Technique

Hello there & welcome. My name is Dr. Rowena Pingul-Ravano!

Dr.Row's 555 is my meditation breathing technique. The 555 is a meditative technique that I created for myself and my patients during the COVID-19 pandemic after taking the Yale University 'Happiness Course', "The Science of Well-being," by Dr.Laurie Santos. The 555 technique is meant to help calm your nervous system, help you recenter, and restore a sense of balance.

Dr. Row's 555 is 5 steps, 5 seconds each, 5 times.

Breathe the 555

Learn the 555

About Dr.Row



[Animation Stand-In]

Inhale
Repetition 1/5

Breathe the 555 Method



About Dr.Row

Rowena D. Pingul-Ravano, MD, FAAFP (Dr. Row) is board certified by the American Board of Family Medicine and is a Fellow of the American Academy of Family Practice. She currently serves as the Chief of Family Medicine at UPMC Magee Women's Hospital and is an Assistant Professor at the University of Pittsburgh.

Originally from the Philippines and raised in Southern California, she is a graduate of the University of Southern



Instructions

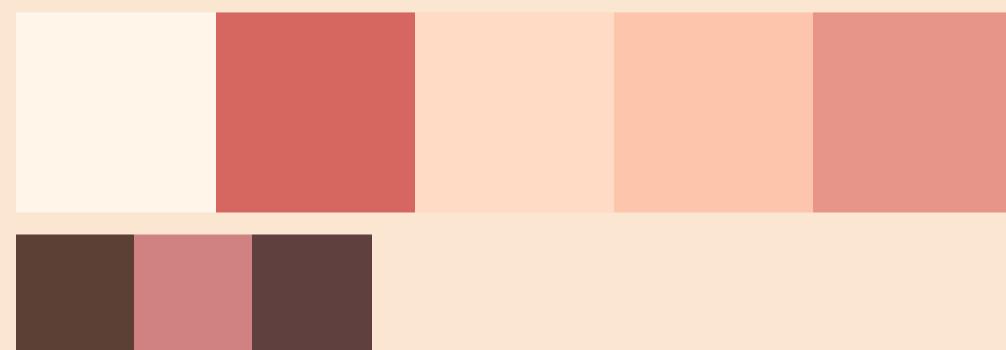
1. Inhale for 5 seconds
2. Hold your breath for 5 seconds
3. Exhale for 5 seconds
4. Hold your breath for 5 seconds
5. Relax your breath; breathe normally

Repeat 5x, or until calm.

Dr. Rowena Pingul-Ravano

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Thank you!

Any questions?

