
A WAY FOR NURSES TO RELEASE STRESS

EXPLORING INTERACTIONS 24012013
A PRESENTATION BY ESTHER DE WINTER

DESIGN GOAL

I WANT TO DEVELOP
A WAY TO RELEASE STRESS
FOR NURSES WORKING IN
DUTCH NURSING HOMES

*Job strain increases the risk on rheumatoid arthritis with 30%
Source: Psychotherapy and Psychosomatics



INTERACTION VISION

I WANT NURSES TO FEEL MORE
RELAXED BY DISTRACTING THEM
FROM THEIR STRESS BY MAKING THEM
ENJOY THE SPECIFIC MOMENT THEY
ARE IN AT THAT TIME



FIRST CYCLES

OBSERVATIONS



SENSITIZING BOOKLET



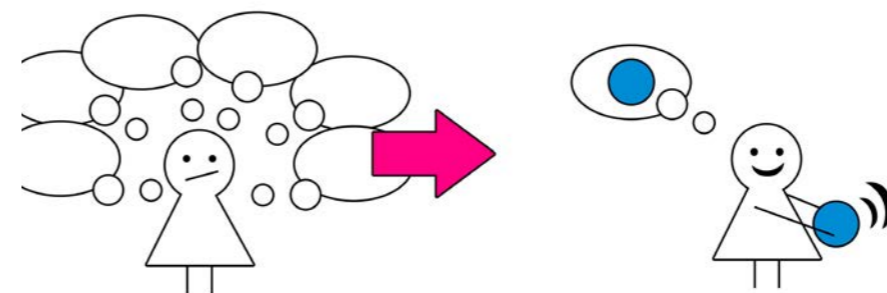
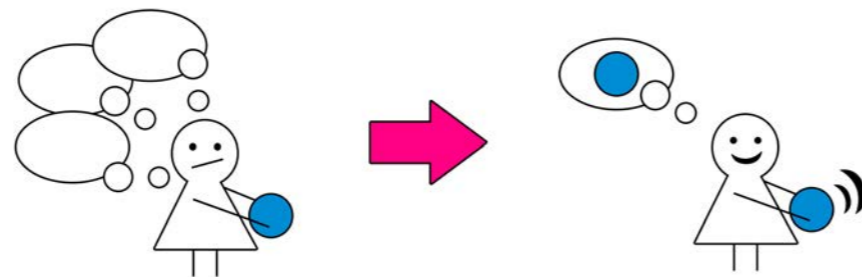
CONTEXT MAPPING



WANT TO DESIGN SOMETHING SO THAT NURSES CAN HAVE A MOMENT FOR THEMSELVES DURING THEIR DAILY ACTIVITIES

FIRST CYCLES

TWO PROMISING DIRECTIONS



Seems most promising - but how?

Might distract the nurses while they are working with the elderly

Might bother the elderly (the sound and/or smell)

BACK TO DOING RESEARCH

FIRST CYCLES

Looking at gamification elements: four elements that might be implemented in my concept best



EXPLORING
COMPETITION
COOPERATION
SOCIALIZING



DESIGNING A PRODUCT FOR IN
THE ELEVATOR WITH A WAY FOR
THE NURSES TO LEAVE MESSAGES
AND RESPOND TO EACH OTHER

FURTHER EXPLORATIONS

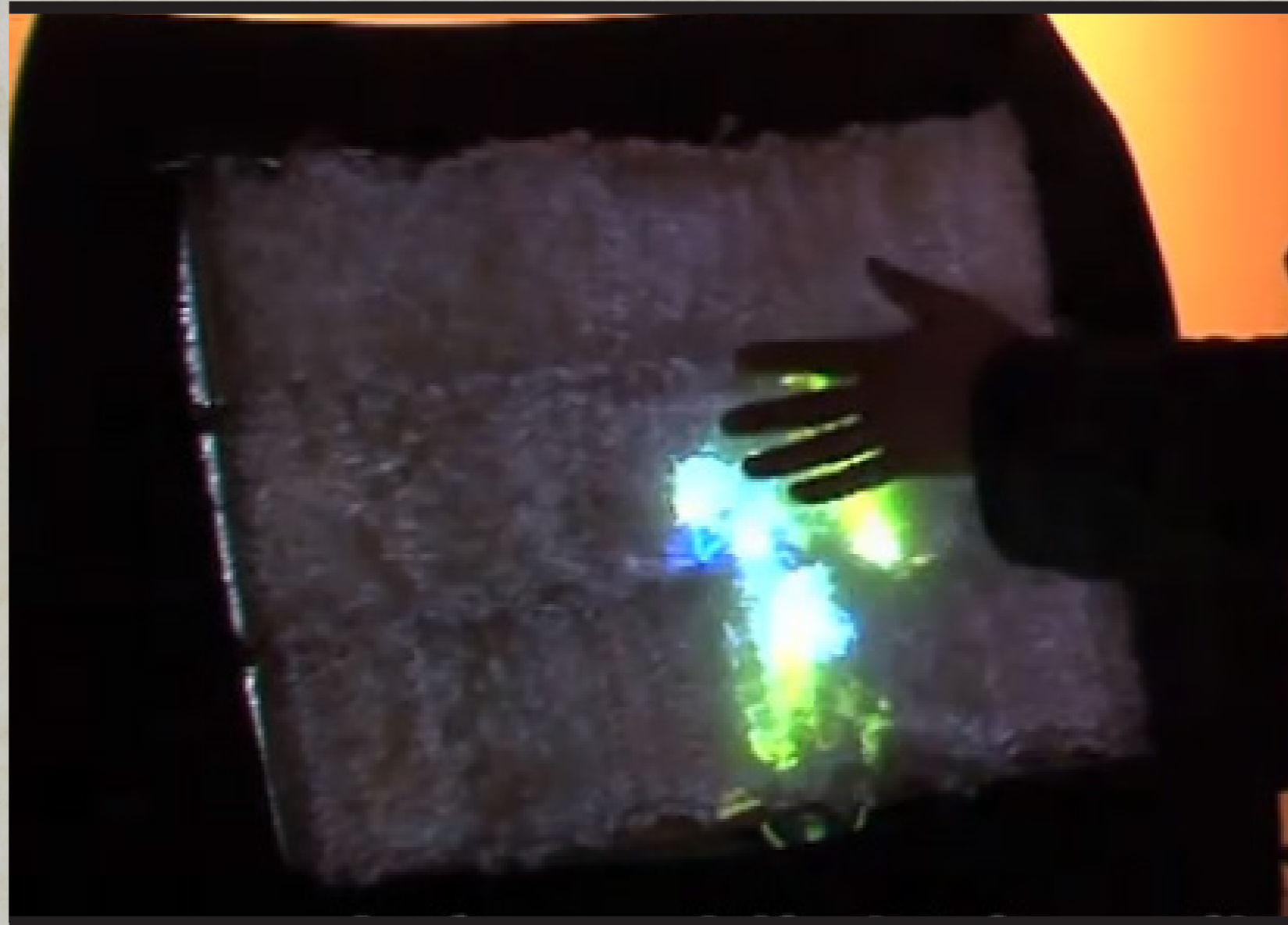


FURTHER EXPLORATIONS



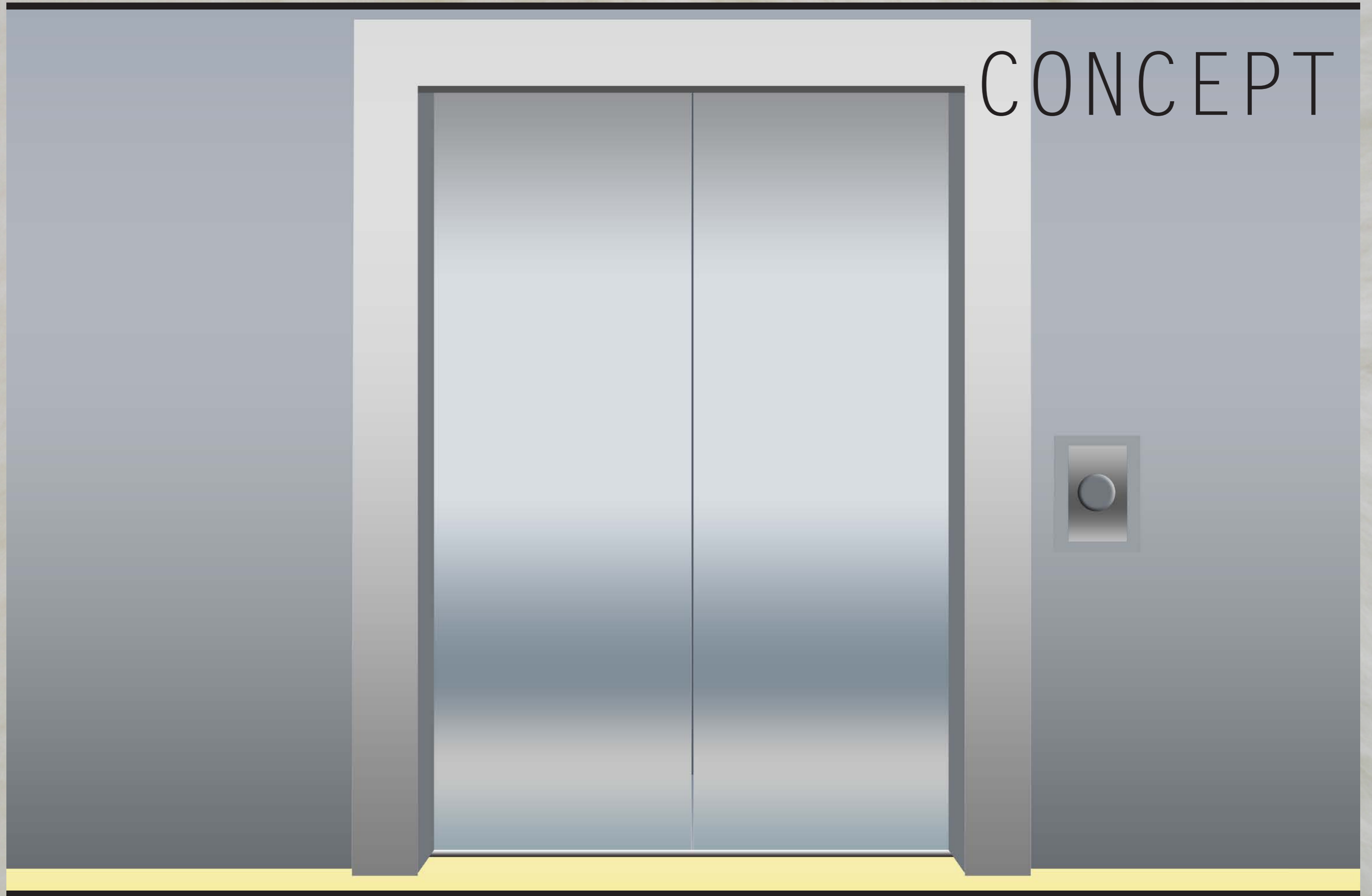
DESIGN DILEMMA

DESIGN ~~DILEMMA~~

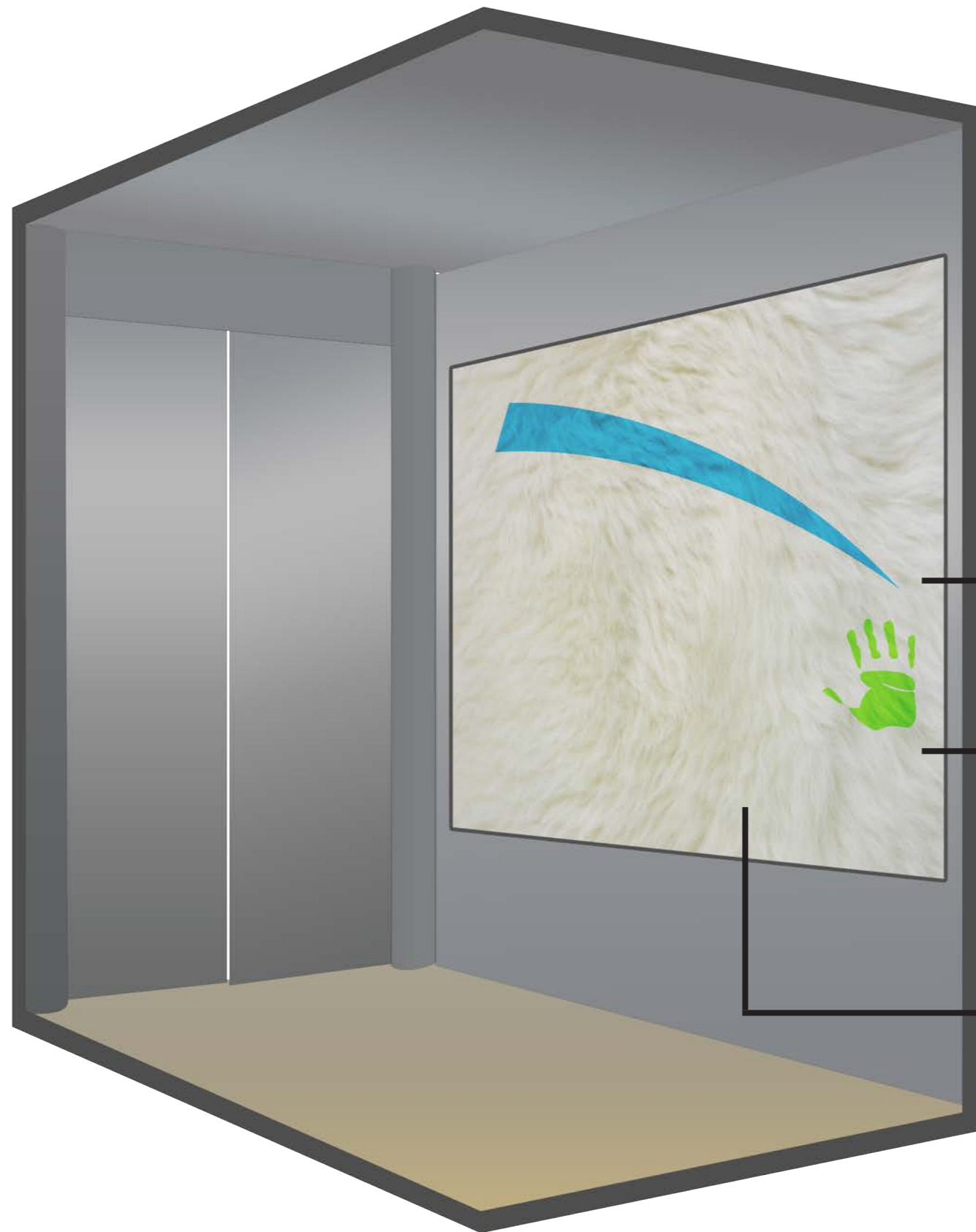


FUR MULTI-TOUCH DISPLAY

CONCEPT



CONCEPT



MULTI-TOUCH FURRY
DISPLAY FOR NURSES
TO PLAY WITH

THE TEXTS AND
FIGURES STAY ON
THE DISPLAY SO
NURSES CAN LEAVE
MESSAGES

SUPER SOFT -
STROKING THE FUR
WILL FEEL RELAXING

TESTING THE CONCEPT

COULDN'T TEST WITH THE NURSES / INTERVIEWED TWO NURSES / TESTED AT TWO LOCATIONS AT IDE /
NINE PARTICIPANTS / SOME STROKING THE FUR, OTHERS WALKING BY



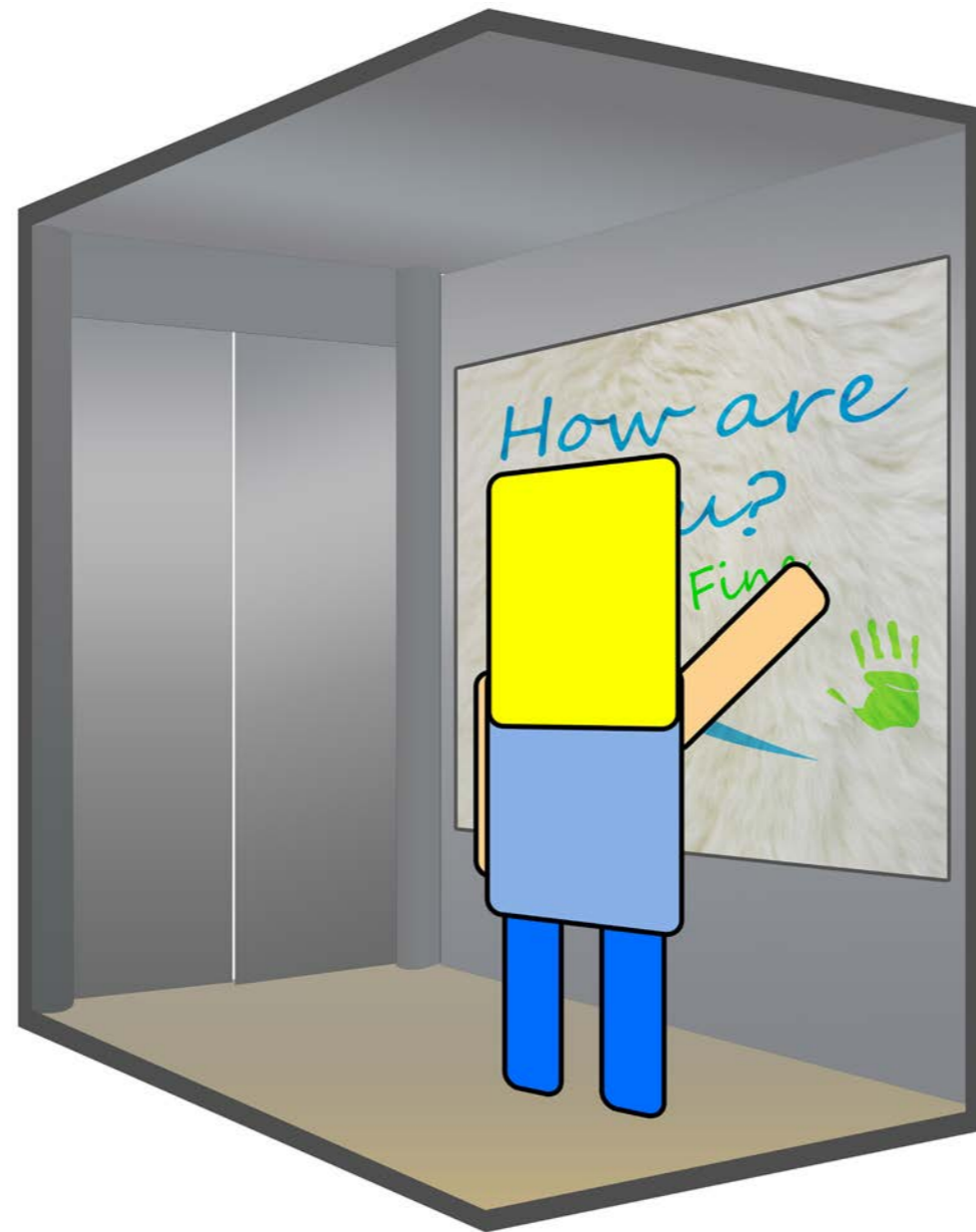
DOES THE CONCEPT FIT THE INTERACTION VISION?

ATTRACTIVE?
RELAXING?
ENJOYABLE?
DISTRACTING?



ADAPTATIONS AND RECOMMENDATIONS

TEST THE INTERACTION WITH THE NURSES / TO MEASURE THE EFFECTS, A LONG TERM STUDY IS
NECESSARY / DON'T DISTRACT FROM THE ANNOUNCEMENTS WHILE STILL BEING NOTICABLE / TEST THE
RESPONS OF ELDERLY AS WELL



I BELIEVE THIS PRODUCT WILL DISTRACT THE NURSES FROM THEIR STRESS, CAUSING THEM TO FEEL MORE RELAXED. THE FUN INTERACTION WITH THE PRODUCT WILL MAKE THEM FOCUS ON THE MOMENT

ESTHER