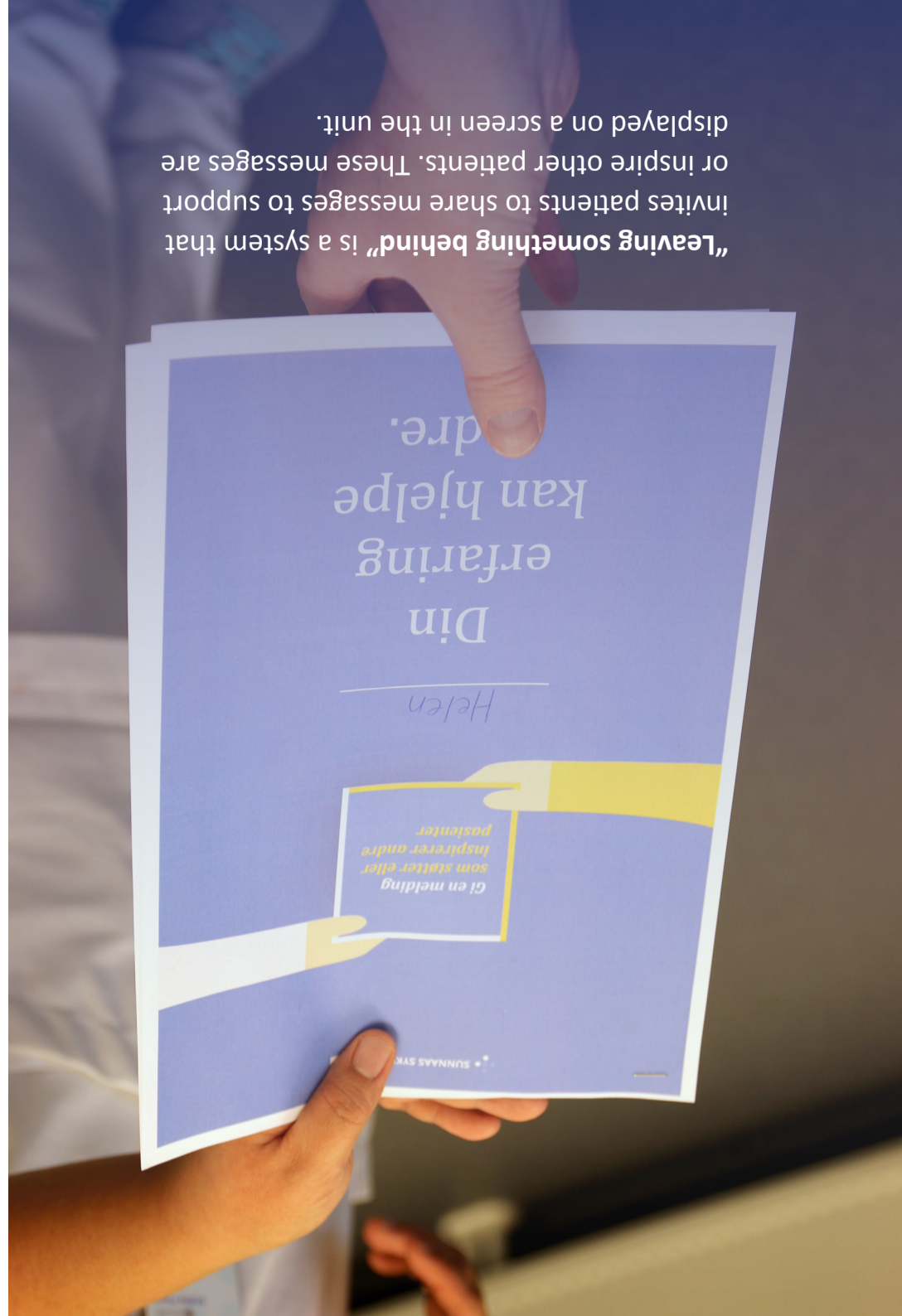


“Leaving something behind” is a system that invites patients to share messages to support or inspire other patients. These messages are displayed on a screen in the unit.



The concept aims to give patients a nudge that could help them to overcome the challenge of the disability through the insights, advice and inspiration from persons that have experienced a similar situation.

(Trieschmann, 1988, p.1)

A spinal cord injury could happen to any of us. It is a traumatic experience that changes the course of life.

This project was developed during the service design master thesis of **Simón Sandoval** in the autumn of 2017 (from The Oslo School of Architecture and Design). This concept was designed together with different patients, caregivers and staff who participated and collaborated during the process:

- Anne Karine Dihle**
- Yvonne Dolonen**
- Lene Mosberg**
- Raymond Murberg**
- Kristine Eide Sørland**
- Anne Daae Sæle**



Leaving something behind

A system to enable patients to share messages to support each other

Spinal cord injury unit

HOW DOES IT WORK?

One week before a patient is going to be discharged...

Deliver an invitation

The **team coordinator** delivers (together with the survey to evaluate Sunnaas) a document that invites the patient to share a message to support or inspire other patients.

The patient has approximately one week to write something if he/she wants.

Pick up the invitation

A **nurse** picks up the document from the patient's room.

Bring it to the lead nurse

The nurse delivers the document to the **lead nurse**.

Selecting messages and update the slides

The **lead nurse** selects messages to put on the slides. After this, the invitations are eliminated.

Export the slides and save them on a USB stick

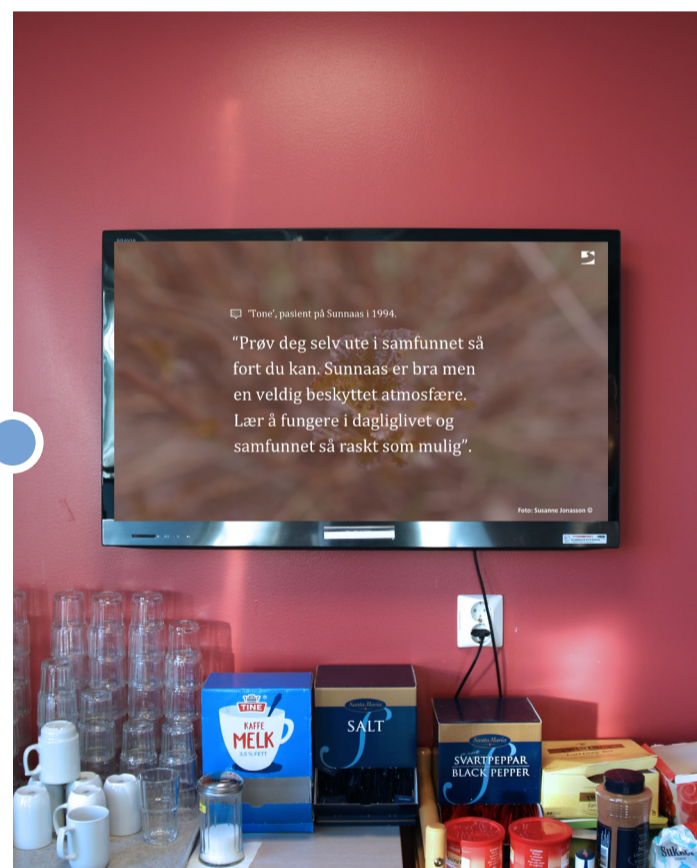
The **lead nurse** exports the slides into images (JPG files) and save them on the USB stick.

Plug the USB on the TV in the coffee room

The **lead nurse** plugs the USB on the TV and leaves the slides running.



REMEMBER TO WRITE THE PATIENT'S NAME ABOVE THE LINE BEFORE DELIVERING THE INVITATION.



REMEMBER TO PLAY THE IMAGES AS A SLIDESHOW WITH SLOW SPEED.

FIRST PILOT & EVALUATION

Project leader: Raymond Murberg

● POSSIBLE MOMENTS WHEN PATIENTS COULD LEAVE NEW MESSAGES AND SLIDES COULD BE UPDATED

27/11/2017
Implementation



27/02/2018
First evaluation

Caregivers - specially nurses - can gather feedback from patients through conversations.

Have patients read it so far? What do they think about it? Have they found something interesting? And based upon this feedback you can discuss: What is it working and what it is not? Should we display the messages different? Are patients sharing messages? Should we invite them to share messages in a different way?

rehabilitation process. therapists use photographs to make visible the patients' achievements through their



The concept aims to help patients to acknowledge their own progress through the use of photographs and messages, and by this, also trigger motivation.

Occupational therapist in the spinal cord injury unit at Sunnaas.

"I think a problem patients often have is that they don't necessarily acknowledge their progress, even sometimes they just see they are going backwards";

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- Anne Karine Dihle**
- Anne Birgitte Flaaten**
- Marianne Larsen-Lund**
- Raymond Murberg**
- Hanna Sandve**
- Kristine Eide Sørland**
- Hege Synnøve**



Step by step

Using photographs to help patients to acknowledge their progress

Spinal cord injury unit

HOW DOES IT WORK?

Whenever the therapists see that the patient is doing a progress they feel is important to recognize...



Capture the moment

The therapist takes a photo with the polaroid snap camera to capture the moment. The photo will be printed instantaneously.



Write a message

The therapist writes the date and a message on the backside of the photo. Then the photo is given to the patient.

LOGO OF THE PROJECT

 **STEGFORSTEG**



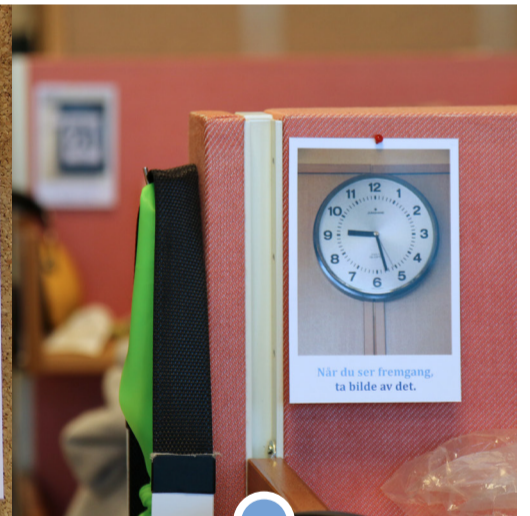
POSTER OF THE PROJECT IN THE THERAPISTS' OFFICE



CAMERA'S PLACEHOLDER IN THE THERAPISTS' OFFICE



REMINDERS OF THE PROJECT TO THE THERAPISTS IN THEIR OFFICE



FIRST PILOT & EVALUATION

Project leader: Hege Synnøve

● FREQUENCY OF THIS PRACTICE WILL VARY AND IT WILL DEPEND ON HOW THE PATIENT IS PROGRESSING

20/11/2017
Implementation



1^o MONTH

Conversation

2^o MONTH

Conversation

3^o MONTH



20/02/2018
First evaluation

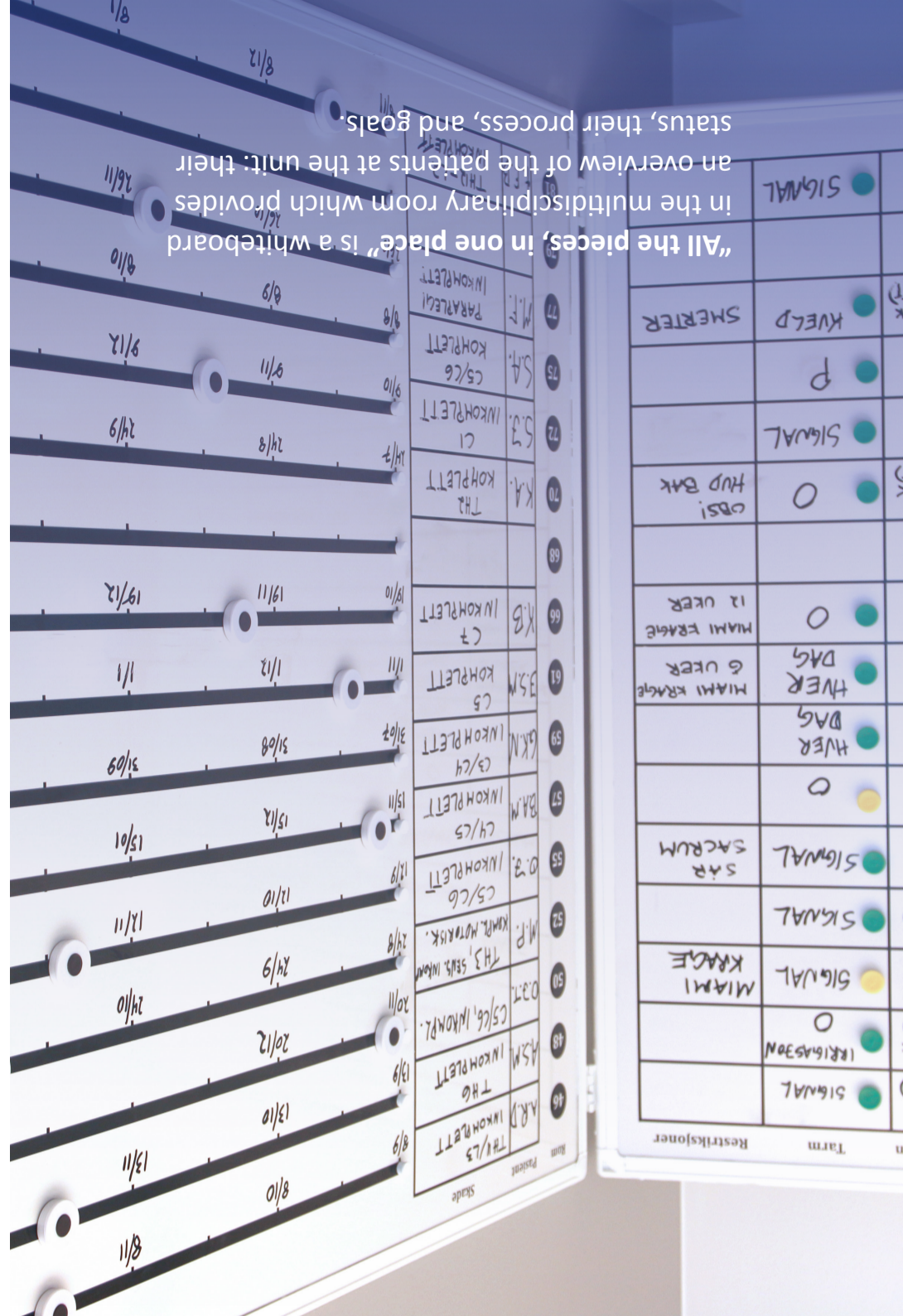
Therapists can have a conversation about the project each month, so they can share their experiences when using the camera with their patients. **How has been the impact of the project on patients so far? How often should we use it, what are the best moments? What can we do different?**

“The physiotherapist is in an island, then there is a small bridge to the therapist’s island and then more bridges to the rest of the team. Sometimes I feel I have to walk over the bridges to update each other.”

at Sunnaas, 2017.

Patent in the spinal cord injury unit

The concept aims to enrich the knowledge, awareness and understanding that the different caregivers have about the patients.



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- Sophia Broberg**
- Anne Karine Dihle**
- Anne Birgitte Flaaten**
- Thomas Glott**
- Helene Høye**
- Anne Cathrine Hellberg**
- Raymond Murberg**
- Gro Myhrvold**
- Sarah Amey Pedersen**
- Kristine Eide Sørland**
- Hege Synnøve**

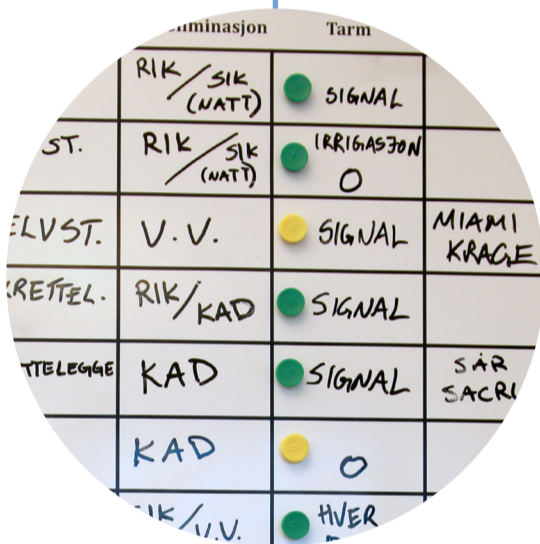
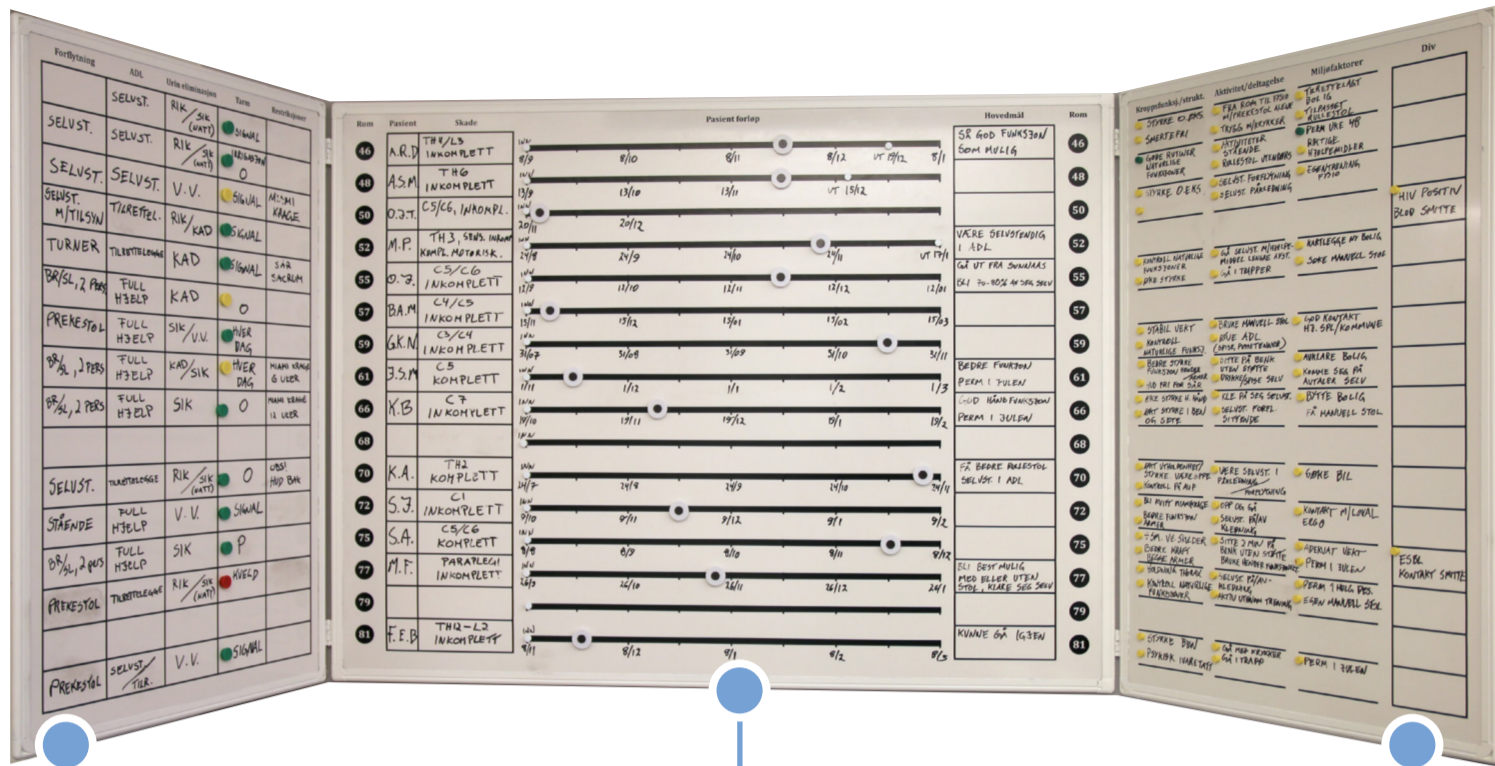


All the pieces, in one place

A whiteboard to provide the caregivers with an overview of the patients

Spinal cord injury unit

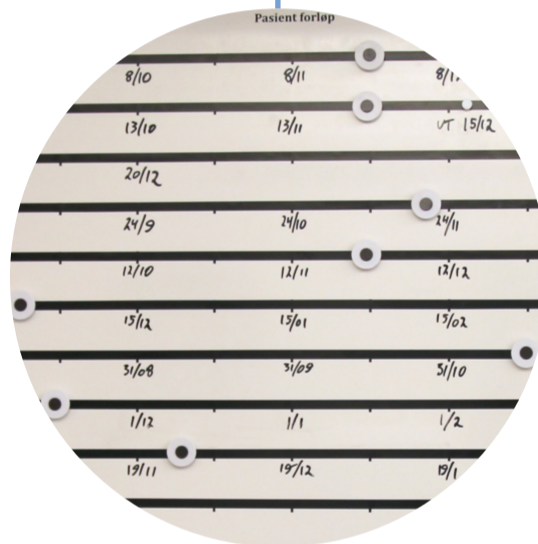
HOW DOES IT WORK?



Patients' status

The left side of the board comprises all the information about the patient status.

- Transfers
- Activities of daily life
- Urine elimination
- Bowel
- Restrictions



Patients' process

The board displays the patients' rehabilitation process since they arrived. It shows:

- Arrival date
- Discharge date
- Goal meetings
- Where is the patient in his/her own process



Patients' goals

In the right side of the board are all the subgoals the patients are working at the moment and what their status is (through colors). It shows:

- Bodily functions/structures
- Activities and participation
- Environmental factors

IMPLEMENTATION & EVALUATION

Project leader: Raymond Murberg

● THE MULTIDISCIPLINARY MEETINGS ARE THE MAIN MOMENTS WHEN THE BOARD IS UPDATED/INTERVENED

20/11/2017
Implementation



1^o MONTH

2^o MONTH

3^o MONTH



19/02/2018
First evaluation

Through this period of time, the project leader can observe how the board is being used in the meetings and also gather feedback from the different team members.

What aspects of the board can we use different? Do we need other information? Should we write something in a different way? Should we apply changes?