BLOOD, SWEAT, TEARS ... DIGITAL

INSPIRATION CARDS FOR DESIGN RESEARCH ON DIGITAL HEALTH TECHNOLOGIES

DESIGNED BY DEBORAH LUPTON
Tasks

- Design a digital health device using one or more elements from each card.
- What problem is it designed to help?
- What can it do?
- What does it look like?
- How does it interact with the user (worn on the body, touched, carried, inserted inside …)
- Who uses it?
- Who won’t want to use it?
- Who else can use the information it generates?
- Use the storyboard to tell a story about a typical user of this device.
• BLOOD
• SWEAT
• TEARS
• PAIN
• SIGHT
• SOUND
• TOUCH
• TASTE
• SMELL
• SKIN
• HEART
• LUNGS
• INTESTINES
• STOMACH
• BRAIN
• SPINE
• BOWELS
• BONES
• NERVES
PEOPLE

• FRIENDS
• LIFE/ROMANTIC PARTNER
• CHILDREN
• PARENTS
• OTHER FAMILY MEMBERS
• WORKMATES
• DOCTORS
• NURSES
• OTHER HEALTHCARE PROVIDERS
PLACES

• HOME
• WORK
• SCHOOL/UNIVERSITY
• HOSPITAL
• MEDICAL CLINIC
• CITY
• COUNTRYSIDE
• GYM/SPORTS FIELD
FEELINGS

- HAPPY
- PROUD
- REASSURED
- CONFIDENT
- SAD
- FRIGHTENED
- EXCITED
- DISGUSTED
- CONTENTED
- EMBARRASSED
- RELIEVED
- ANGRY
- FRUSTRATED
- ANXIOUS
- DEPRESSED
- ANNOYED
- DISAPPOINTED
- MOTIVATED
- AMUSED
- CALM
- DELIGHTED
- RESENTFUL