

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.

BODY

- 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

STORYBOARD

Project Name: _____

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