

DESIGN Like a Girl

Design Project Ideas

Any of these solutions can be a tool, technology, a process / policy change or even a marketing campaign. They are not limited to software or technological solutions.

And remember, your faculty and student mentors will help you along the way!

MENTAL WELLNESS

Mental wellness is an essential part of our overall wellbeing and health. With the pandemic and the restrictions of quarantine, many students found themselves struggling with mental wellness with few resources to cope. The lack of social events combined with the challenges of multiple zoom calls has taken a toll on the youth. Come up with an idea that will help students to improve / help their mental wellbeing.

EFFECTIVE USE OF MEDICATION AND PHARMACEUTICALS IN HEALTHCARE

Using medications effectively is fundamental to healthcare, yet we see many issues with compliance from patients. For example, taking insulin without eating is not compliant. In other cases, we might see issues with wrong prescriptions or over prescription of pain medications. It is important for patients and healthcare staff to be mindful of the prescription and use of medications. Come up with an idea to ensure effective use of medication in healthcare. Consider patient education, as well as other tools and technologies.

EFFECTIVE WORKFLOW IN HEALTHCARE

Technologies in the hospital are lacking compared to the technology we currently use in our daily lives. For example, referring patients still occurs through calls and sending patient files through fax machines. As such, there are huge barriers to effective workflow in healthcare, leading to long wait times for hospital emergency rooms as well as to consult many other specialists. It is especially difficult for those individuals who have comorbidities (i.e. having multiple diseases at the same time) and require communication between different point of care specialist. Alternatively, we also face issues like patient no-shows, leading to more inefficiencies. Come up with an idea to tackle any of these problems or others to help our healthcare system become more effective at addressing patient concerns and using our resources.

HEALTHY LIVING HABITS

"I will start going for walks tomorrow!"; "Just one more day of junk food, and I'll get back on track with my healthy eating!" ... These are a few of the many commonly quoted phrases people use to escape the change towards a healthier, balanced lifestyle. The medical community of nurses and doctors are constantly faced with lack of motivation from patients to change their lifestyle habits such as quitting smoking, eating healthier, or being more active – all of which will significantly help a patient's overall quality of life and overall health. Whether it is a lack of motivation, lack of patient education, or other reasons, we all often struggle with establishing and maintaining healthy living habits. Come up with an idea to tackle this from any angle.

INDIGENOUS HEALTH, MENTAL HEALTH AND E-HEALTH / VIRTUAL CARE

Indigenous communities have been foundational for our beautiful country. Indigenous peoples also face inequalities in cause-specific outcomes, even with healthcare. They have poorer health outcomes compared to others due to several factors including intergenerational trauma and other social determinants (e.g. education, location, income, etc.) of health. Given the remoteness of some of their communities, they struggle to have access to healthcare - both physically and virtually. This causes healthcare workers to often have to make tough decisions in resource allocation within these communities. Come up with an idea to address one or multiple of the challenges that Indigenous communities face. Remain mindful of their location, resource availability, and their culture/traditions/worldviews.

WOMEN IN HEALTHCARE: THE PATIENT AND THE PHYSICIAN

Gender bias often occurs in various settings, with healthcare being no exception. Women face challenges in many aspects whether it be as a patient or as the healthcare staff. For example, research has shown that women are not taken as seriously when describing their pain. Other challenges women face is access to care – whether that be due to their location or their schedules. Come up with an idea that can help empower women in the healthcare setting, either addressing some of the issues mentioned above, or an issue that you have researched.