

## Digital Decision Aids – A participatory design approach

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Health promotion activities support users and professionals in setting priorities and making decisions and users' participation is an important part of health promotion activities. Youngsters with type 1 diabetes face challenges in living a "normal teenage life" because regulating the insulin, eating the right food and doing the proper exercise requires a rigorous structure of daily activities, which is difficult to adapt to a teenage life.

During this project we develop 'digital decision aids' to help the youngsters to be in control of their life and enabling them to obtain the desired "normal teenage life", become better regulated, and optimize consultations in the outpatient clinic by the use of 'digital decision aids'. The aim of this presentation is to describe and discuss, how 'digital decision aids' is developed together with young people, their parents as well as physicians and nurses at an outpatient clinic.

Our case is Youngsters with type 1 diabetes and their parents regularly having consultations at the outpatient clinic at Aarhus University hospital in Denmark and the health professionals at the clinic. The Youngsters having an insulin pump and their parents are invited to participate. Participatory Design, PD, is an action research approach, where participation is the crux. PD strives to offer all the involved participants an equal role in a given project by applying participatory methods, which ensures and underpin activity, creativity, making, and interactive enacting with physical mock-ups, prototypes and designed products. The development of digital decision aids can benefit from PD by way of combining health service and technology development in a way that provides the youngsters, their parents and the professional with an opportunity to influence its development. The developmental process starts September 2016 and ends September 2017 and the process comprises observation of existing clinical practice at the outpatient clinic, informal talk and 4 workshops, where youngster, parents and health professionals together with facilitators from The Alexandra Institute develop a "prototype."

In the presentation we will discuss and critically review the development of the 'digital decision aids' and provide new ideas to improving health promotion interventions.

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