

**MINIMALLY DISRUPTIVE MEDICINE | DESIGN WORKSHOP**

Activity 2: Goals/Ideation

During this activity, your small group will brainstorm possible concepts and strategies for addressing the barrier you selected in Activity 1. To aid the brainstorm process, we will ask you to identify a goal to work towards and we will impose 3 different constraints. Constraints are a useful tool for encouraging thinking beyond our accepted habits and patterns.

Our barrier is...

If our barrier were addressed, it might look like...

How might you address this barrier if you could only intervene with the **PATIENT**?

How might you address this barrier if you could only intervene with the **CLINICIAN**?

How might you address this barrier if you could only intervene with the **COMMUNITY**?

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Activity 3: Make/Prototype

The way you test if an idea is a good one, if it is helping you to achieve your goal is to make some part of it real in the world. We often call this building a prototype. For this last exercise, imagine how you could prototype one of the ideas from Activity 2.

Give your concept a name.

What is one small thing you could do when you return to your practice to try out this idea and see if you are on the right track with your hypothesis?

**Sketch your concept.** How would it work? What materials would you need? Who would you have to convince to be involved?