Research into Co-Design Methods for the Design of a Virtual Rehabilitation Clinic

The Creation of a Pragmatic Co-Design Framework

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Introduction

- VR can offer efficient and accessible rehabilitation care.
- Co-design is valuable in finding qualitative insights into what end users find important in virtual rehabilitation.
- The aim of this research was to create a pragmatic co-design method, exemplified by a project on the design of a virtual rehabilitation clinic.

Methods

- This research is done as part of the Interreg North-West Europe Scale-Up4Rehab project.
- Literature research on co-design strategies was performed to create a co-design framework and find fitting activities within the co-design sessions that keep participants engaged.

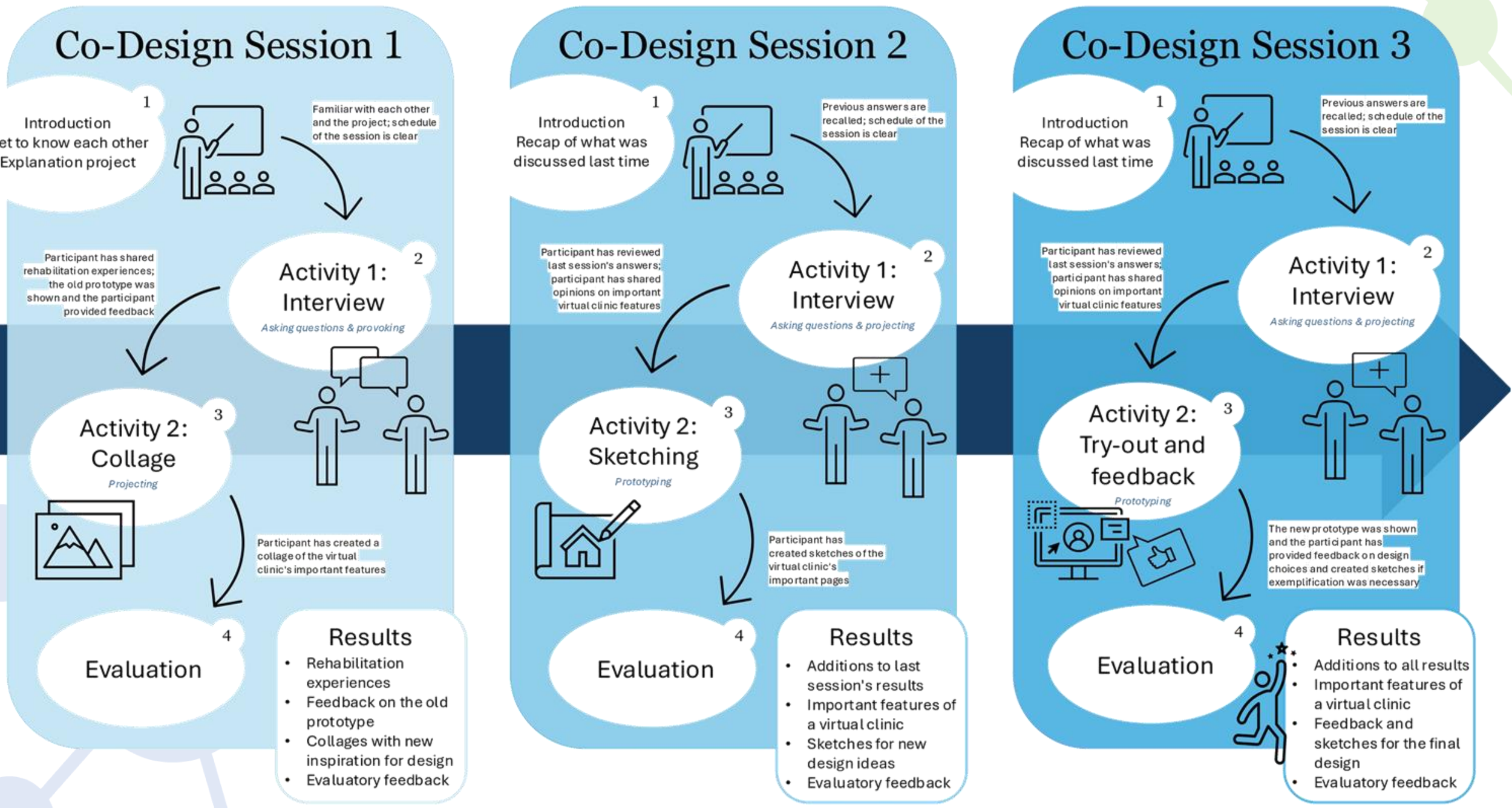


Figure 1: The created co-design framework

Experience

- The framework was tested with 8 former patients and 1 healthcare professional as participants.
- The sessions yielded valuable insights that inform the current development of a virtual clinic.
- Participants expressed great appreciation for the method and their performed activities.

Conclusion

- The value of co-design was evident in this research: it aids in encapsulating the totality of patient's lives and helps to strive for a holistic result.
- The created co-design method shows great promise based on the test results, and can be employed by other researchers in the future.



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