



**MNRS Pre-Conference In-Person Workshop**  
***Using an Equity by Design Process to Develop, Test, and Implement Person-Centered Nursing Interventions***  
**Wednesday, February 28, 2024**  
**8:30 AM – 4:30 PM**

**Facilitators:** The Betty Irene Moore Fellowships for Nurse Leaders and Innovators: Stephanie Gilbertson White (Chair), Breanna Hetland, Dora Clayton-Jones, Lenette Jones, Luz Huntington-Moskos, Urmeka Jefferson, Yamnia Cortes

**Workshop Description:** With a health equity lens, nurse scientists can develop innovative and sustainable solutions for the most pressing health problems we face as a society. In this pursuit for health, it is critical that nurse scientists intentionally center the needs of marginalized communities and groups whose voices are underrepresented. In this interactive workshop, seven nurse scientists with expertise garnered through the Betty Irene Moore Fellowship for Nurse Leaders and Innovators will guide attendees through the intervention design process. This workshop will provide an overview of the Equity by Design framework, which integrates equity at each step of the design process. We will introduce attendees to the concepts of Design Thinking, Human Centered Design, designing at the margins, and inclusion. This review of concepts will be followed by a facilitated discussion on how to leverage and create person-centered, impactful interventions for marginalized communities.

Exemplars of both in-person and technology-delivered interventions that illustrate how to center equity and justice through an iterative design process will be presented. These exemplars include:

- Family room: An interactive mobile application to support family caregiver participation in patient care in the intensive care unit
- Eliminating sickle cell disparities among youth: the POSSE intervention
- Empowering WHISE (Wellness, Hypertension, Information-Sharing, Self-Management, Education) women – a mobile app for self-management of hypertension among Black women
- Implementing an Adolescent Advisory Board to support the co-creation of report-back strategies for adolescents with asthma.
- OASIS: a mobile app to provide precision cancer symptom management support to people in rural areas
- LatchOn: a mobile app to improve access to unbiased breastfeeding support
- Co-creating a culturally appropriate Spanish language menopause education tool for midlife Latinas and their families

During the workshop, attendees will practice applying the principles of design thinking and human-centered design as they generate their own ideas in small groups facilitated by the leaders. Attendees can expect to receive supportive feedback from facilitators on ways to refine and improve their ideas.

**Relevance of the session as it relates to nursing research.** Equity by design holds great relevance for nurse scientists developing person-centered interventions. In a time when substantial health inequities



persist, it is crucial to prioritize fairness and justice to close the health equity gap. By employing equity by design, nurse scientists can mitigate the root causes of inequity and create inclusive and sustainable interventions. This approach involves recognizing existing inequities in healthcare and targeting the social determinants of health, in order to design interventions that directly address inequities. Through community engagement, the voices and needs of marginalized communities are considered. Cultural humility and sensitivity are essential, as interventions must align with diverse cultural contexts. A comprehensive examination of social, economic, and environmental factors is necessary to develop interventions that tackle the underlying causes of disparities. By embracing equity by design, nurse scientists can promote equitable and just healthcare for individuals, families, and communities. Learning

**Learning Objectives:**

- Attendees will be able to describe the principles of equity by design.
- Attendees will be able to apply principles of design thinking and equity by design to their intervention ideas.
- Attendees will be able to refine their intervention ideas, based on feedback received during the workshop.

**Prerequisites:**

Nurse scientists at all stages of their careers are encouraged to attend.

Attendees should come with an intervention idea that they would like to develop during this workshop.

Attendees are encouraged to read the following article prior to the workshop

<https://medium.com/@equityXdesign/racism-and-inequity-are-products-of-design-they-can-be-redesigned-12188363cc6a>