



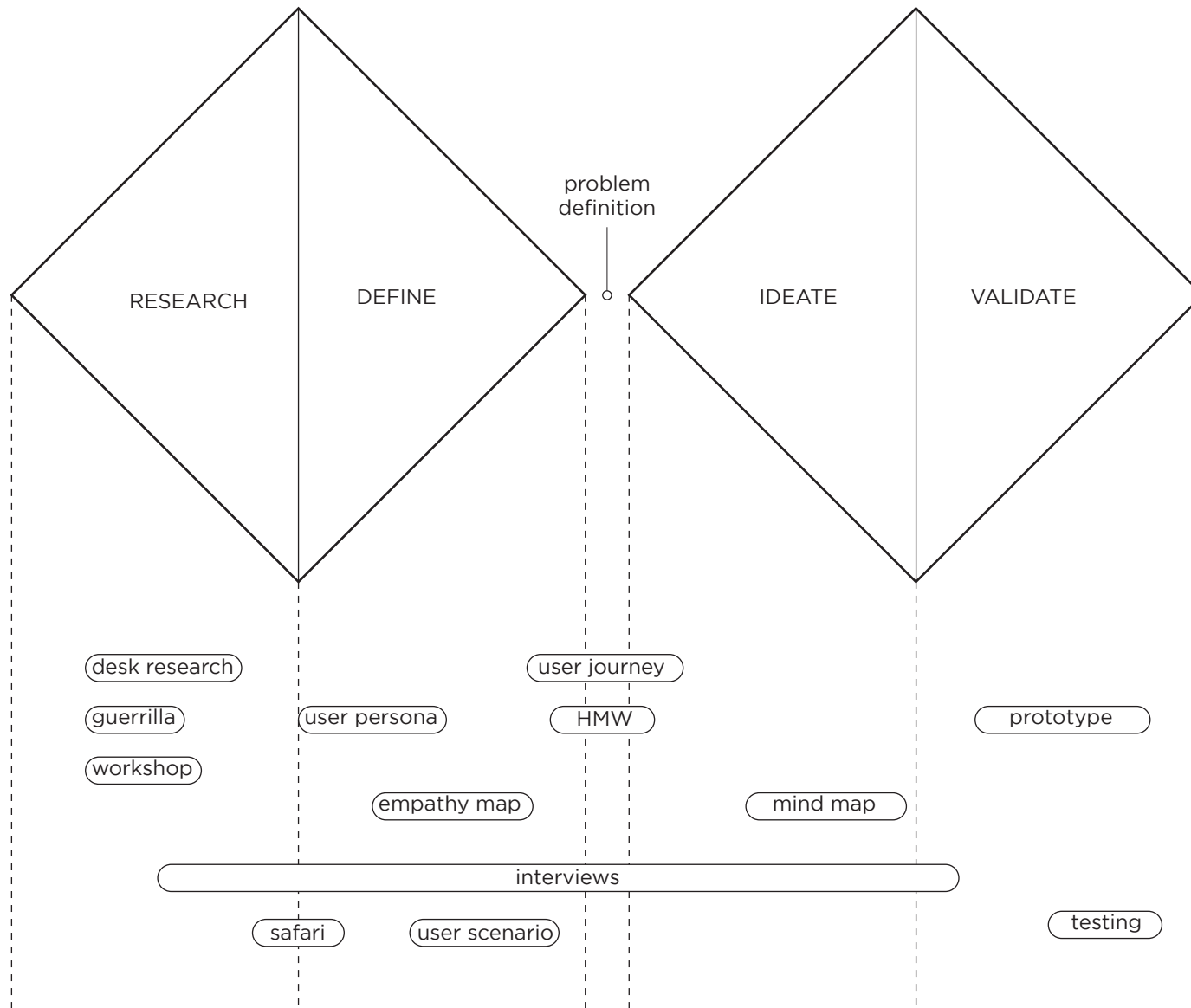
**DR.**  
**KID**

**SJD**

**Sant Joan de Déu**  
Barcelona · Hospital



"Dear Kid" is an initiative designed for the **pediatric patients** at **Sant Joan de Déu Hospital**. This project involves a **physical kit**, which includes a diary and a doll, offered to patients. The diary is intended to be a companion throughout patient's hospital journey, serving as a **space for reflection and personal growth for the children**. The doll provides comfort and emotional support, helping to ease the anxiety and stress associated with hospitalization. Together, these elements form a physical kit aimed at **enhancing the emotional well-being of pediatric patients**.



INSIGHTS



OPPORTUNITY AREAS



Hospitalized children often experience significant stress, anxiety, and feelings of isolation. Emotional well-being is crucial for overall recovery and positive hospital experiences.

There is a lack of consistent and effective tools for providing emotional support to pediatric patients.



Families often feel unprepared and uncertain about how to support their child's emotional needs during hospitalization. Engaged and informed families can significantly enhance the emotional and psychological well-being of the child.

There is a need for structured guidance and resources to empower families in their supportive roles.



Communication barriers between children and medical staff can hinder effective care and emotional support. Children often struggle to articulate their feelings, fears, and needs in a hospital setting.

Encouraging self-expression can help children process their experiences and reduce anxiety.



DEVELOP COMPREHENSIVE EMOTIONAL SUPPORT RESOURCES THAT CATER SPECIFICALLY TO THE NEEDS OF HOSPITALIZED CHILDREN.



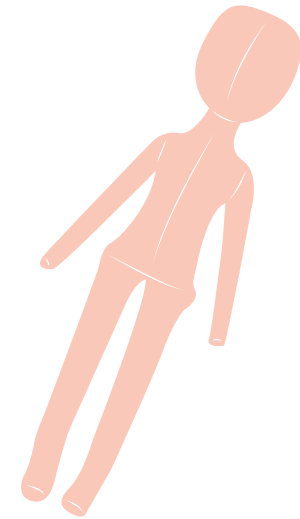
EMPOWERING FAMILIES TO ENGAGE ACTIVELY IN THEIR CHILD'S EMOTIONAL CARE BY PROVIDING INSTRUCTIONAL MATERIALS AND SUPPORT.



CREATING A GROWING EXPERIENCE THAT EQUIPS WITH SELF AWARENESS AND COMMUNICATION TOOLS THAT EXTEND BEYOND THEIR HOSPITAL STAY AND BENEFIT THEM THROUGHOUT THEIR LIVES.



After the research and ideation phase where we identified the needs and pains of our targets, we have managed to design an physical product that can seamlessly integrate into the hospital ecosystem. It consists of a **Kit box**, called “DeaR Kid” composed: a **personal diary**, an **educational doll**, a selection of stickers, and, lastly, an illustrative sheet for caregivers.





# DEAR. DIARY












Dear Diary is the most crucial component of the Kit. Its purpose is to accompany the pediatric patient throughout the **hospitalization journey**. Containing three fundamental parts, it aims to cover various aspects of the experience; the first part focuses on **Self-awareness**, followed by the section of **Playful Distraction**, and finally, the part dedicated to **feedback and daily thoughts**





During the research phase, we identified several reasons why patients might become stressed, one of which is the lack of immediate understanding of their situation. Therefore, we have dedicated a section of the diary to clarifying various aspects of the hospital: one section is dedicated to exploring the building, another to introducing the **professional figures** within the departments, and a final one to acquainting the patient with some **medical tools**.

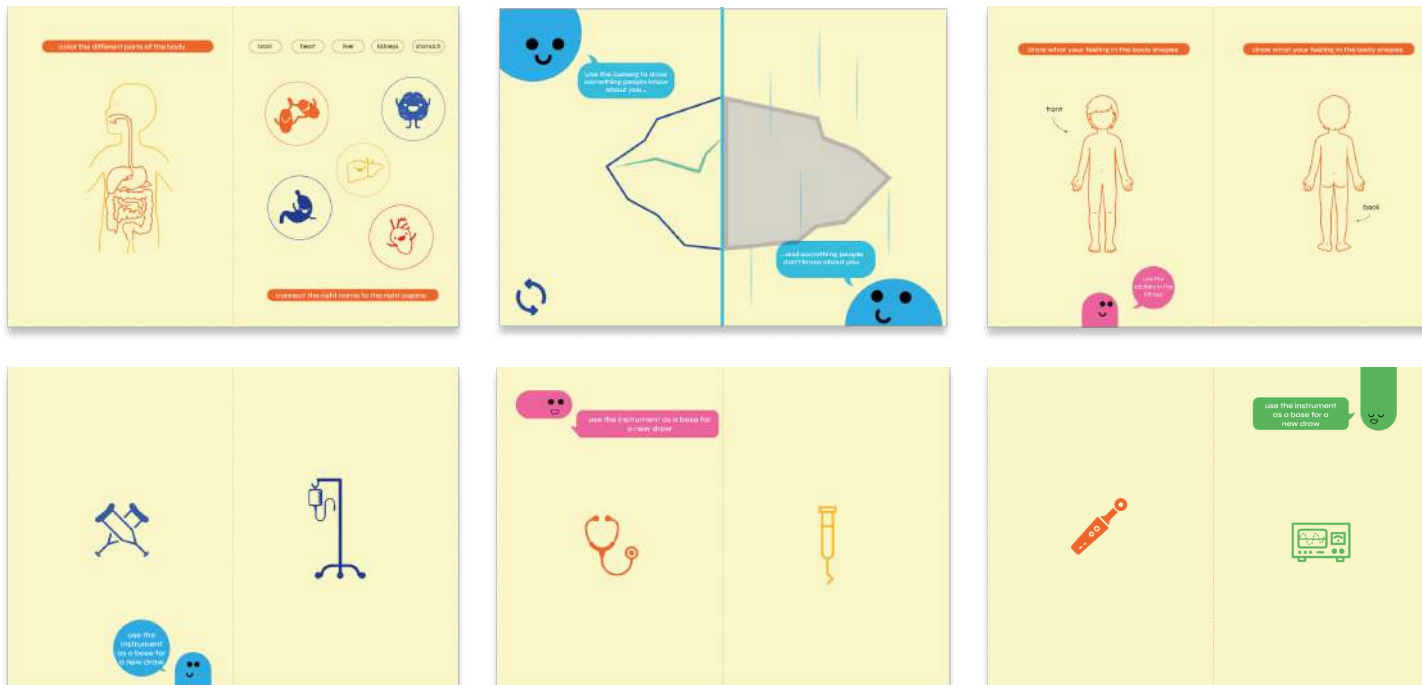
**SELFAWARENESS section**

<p><b>DOCTORS</b></p> <p>A <b>pediatrician</b> is a special doctor who helps kids stay healthy and strong. They give you check-ups to make sure you're growing well and take care of you when you're sick.</p> 	<p><b>NURSES</b></p> <p>A <b>nurse</b> is a special helper who takes care of you when you're at the doctor's office or hospital. They check your temperature, give you medicine, and make sure you feel comfortable and safe.</p> 	<p><b>SURGEON</b></p> <p>A <b>surgeon</b> is a special doctor who fixes the problems inside your body. When you need an operation, they carefully perform the surgery to help you get better and stay healthy.</p> 	<p><b>PSYCHOLOGIST</b></p> <p>A <b>psychologist</b> is a special helper who talks with you about your feelings and thoughts. They help you understand and manage your emotions so you can deal happily and make confident.</p> 						
<p><b>SOCIAL WORKERS</b></p> <p>A <b>social worker</b> in the hospital helps you and your family with any problems you might have while you're there. They provide support, connect you with resources, and help make your hospital stay easier.</p> 	<p><b>NEW FRIENDS</b></p> <p>A <b>new friend</b> in the hospital is someone you can talk to, play with, and share your feelings. Their help makes your time in the hospital more fun and less lonely.</p> 	<p>here are some objects inside the hospital!</p> <table border="0"> <tr> <td data-bbox="1124 1246 1256 1385"> <p><b>STETHOSCOPE</b></p> <p>A <b>stethoscope</b> is a special tool that doctors use to listen to your heart, lungs, and stomach.</p>  </td> <td data-bbox="1256 1246 1382 1385"> <p><b>SYRINGE</b></p> <p>A <b>syringe</b> is a special tool that doctors use to give you medicine or to take a sample of your blood.</p>  </td> <td data-bbox="1382 1129 1514 1246"> <p><b>CRUTCHES</b></p> <p><b>Crutches</b> are special sticks that help you walk when you can't use your legs to walk.</p>  </td> <td data-bbox="1514 1129 1641 1246"> <p><b>THERMOMETER</b></p> <p>A <b>thermometer</b> is a special tool that doctors use to check your temperature.</p>  </td> </tr> <tr> <td data-bbox="1124 1385 1256 1482"> <p><b>IV drip</b></p> <p>An <b>IV drip</b> is a special way to give you medicine or fluids when you can't drink.</p>  </td> <td data-bbox="1256 1385 1382 1482"> <p><b>GARDIAC MONITOR</b></p> <p>A <b>cardiac monitor</b> is a special machine that doctors use to watch your heart's rhythm and how fast it's beating.</p>  </td> </tr> </table> <p>ask me if you want to know more!</p> 		<p><b>STETHOSCOPE</b></p> <p>A <b>stethoscope</b> is a special tool that doctors use to listen to your heart, lungs, and stomach.</p> 	<p><b>SYRINGE</b></p> <p>A <b>syringe</b> is a special tool that doctors use to give you medicine or to take a sample of your blood.</p> 	<p><b>CRUTCHES</b></p> <p><b>Crutches</b> are special sticks that help you walk when you can't use your legs to walk.</p> 	<p><b>THERMOMETER</b></p> <p>A <b>thermometer</b> is a special tool that doctors use to check your temperature.</p> 	<p><b>IV drip</b></p> <p>An <b>IV drip</b> is a special way to give you medicine or fluids when you can't drink.</p> 	<p><b>GARDIAC MONITOR</b></p> <p>A <b>cardiac monitor</b> is a special machine that doctors use to watch your heart's rhythm and how fast it's beating.</p> 
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## DISTRACTION section

The distraction section was developed following interviews and desk research. One of the most challenging aspects for pediatric patients in the hospital is combating **moments of boredom and waiting**. Between visits, treatments, and other internal dynamics, children often find themselves in situations where it is difficult to fight boredom. Therefore, we have included several pages where children can **have fun and learn** by drawing and completing small activities







**TODAY'S section**

The "Today's" section is the part of the diary where the child can express themselves daily, featuring various features with a free and open structure conducive to the child's expressiveness.

today's date: \_\_\_\_\_

day of the week (M T W T F S S)

**HOW DO YOU FEEL TODAY?**

😊 😐 😞 😡

what did you do today?

today's new thing?

my 3 favorite things of the day:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

today i'm grateful for:

challenge of the day

**present yourself to someone you don't know**

challenge of the day

**Ask someone what their favorite game is and play it together**

challenge of the day

**Find out three interesting facts about the hospital and share them with someone**

challenge of the day

**Learn how to say 'hello' in three different languages and greet people with it**

challenge of the day

**Find a new book in the hospital library and read the first chapter**



Polyester laminated  
with a soft finish | 35cm | 300g

# BUDDY DOLL

The Buddy Doll is the second component of the kit and aims to address one of the stressors identified in pediatric patients, which is to make them more aware of the medical procedures they will undergo. In this **process of empowerment**, the doll will collaborate with nurses before a treatment and serve as a model to **show** the patient where and how the treatment will be performed.





As previously mentioned, it is used before treatments or operations to explain the procedures to the child. Thanks to its fabric, it is easy to **draw on**, allowing social workers or nurses to show the points and parts of the body involved. They will also use the **diary** to indicate the professional who will perform the treatment and the specific tool that will be used.





Take a closer look at the project in more  
detail by clicking the link

[file:///G:/BAU/FINAL%20PROJECT/DeaRKId\\_SJDpj.pdf](file:///G:/BAU/FINAL%20PROJECT/DeaRKId_SJDpj.pdf)