

# Design Sprints: from theory to practice

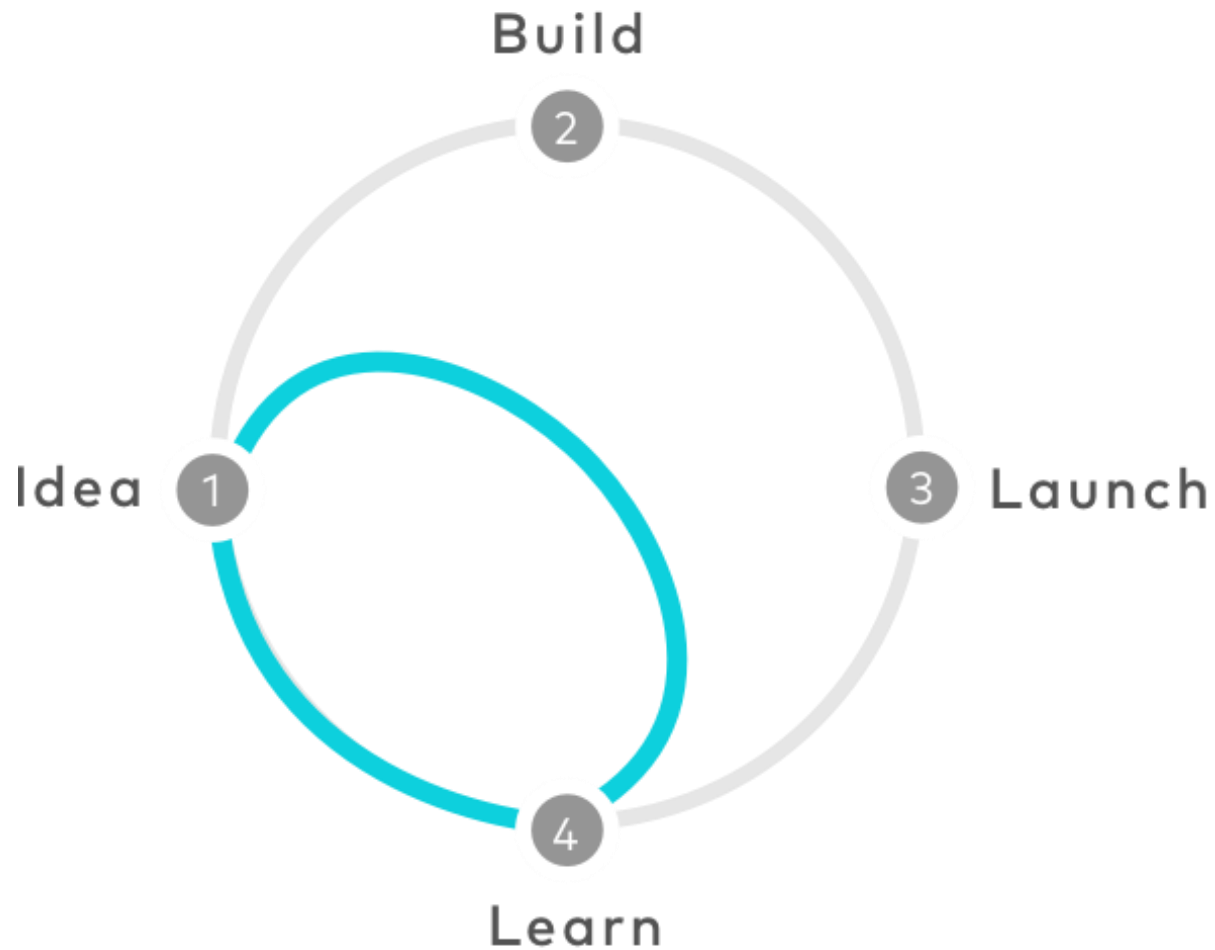
# Design Sprint

- A quick way to solve big challenges
- Developed by Jake Knapp and his team at Google
- An intense five-day process done in five stages
- Brings together multi-disciplinary teams to work on a problem together and test ideas

***‘A “greatest hits” of business strategy, innovation, behaviour science, design thinking, and more...’***



# Why run a design sprint?



*Speed*









*Collaboration*

*Efficiency with  
reduced risks*

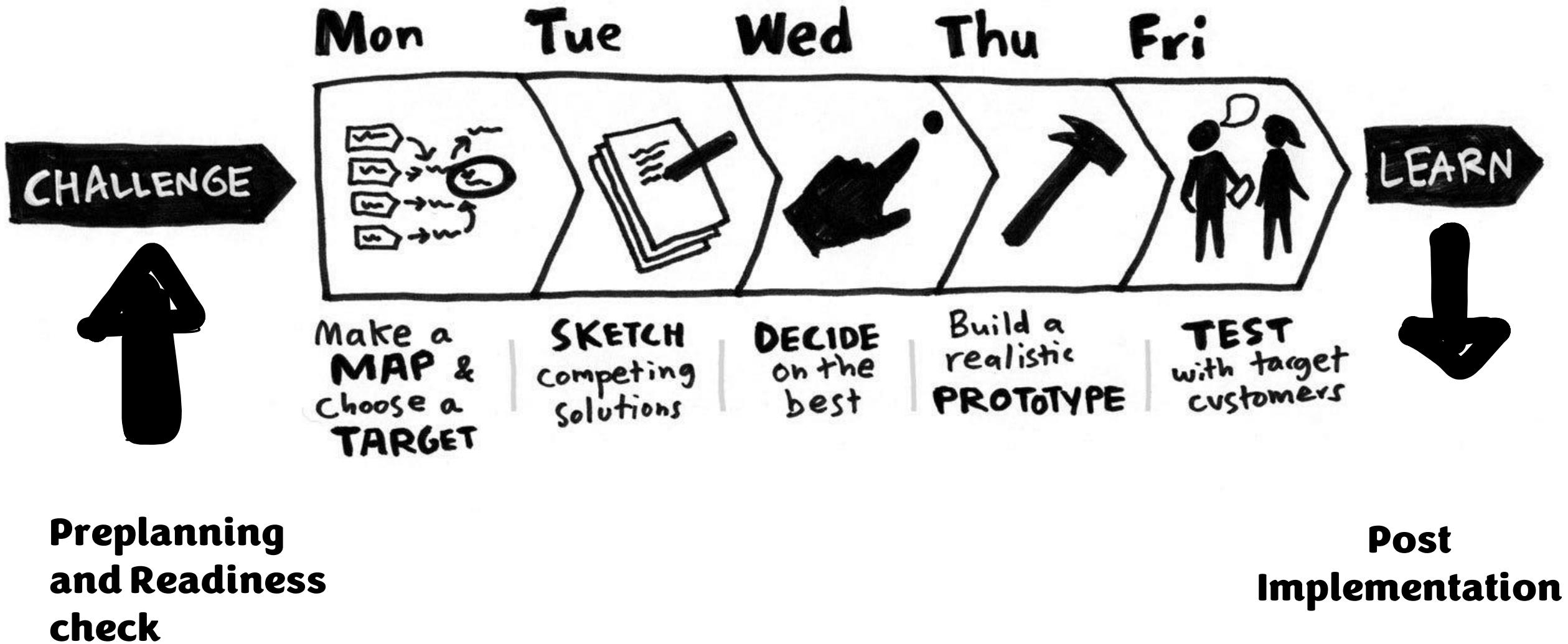
*Innovation*

# Design Sprint: What It Is and What It Isn't

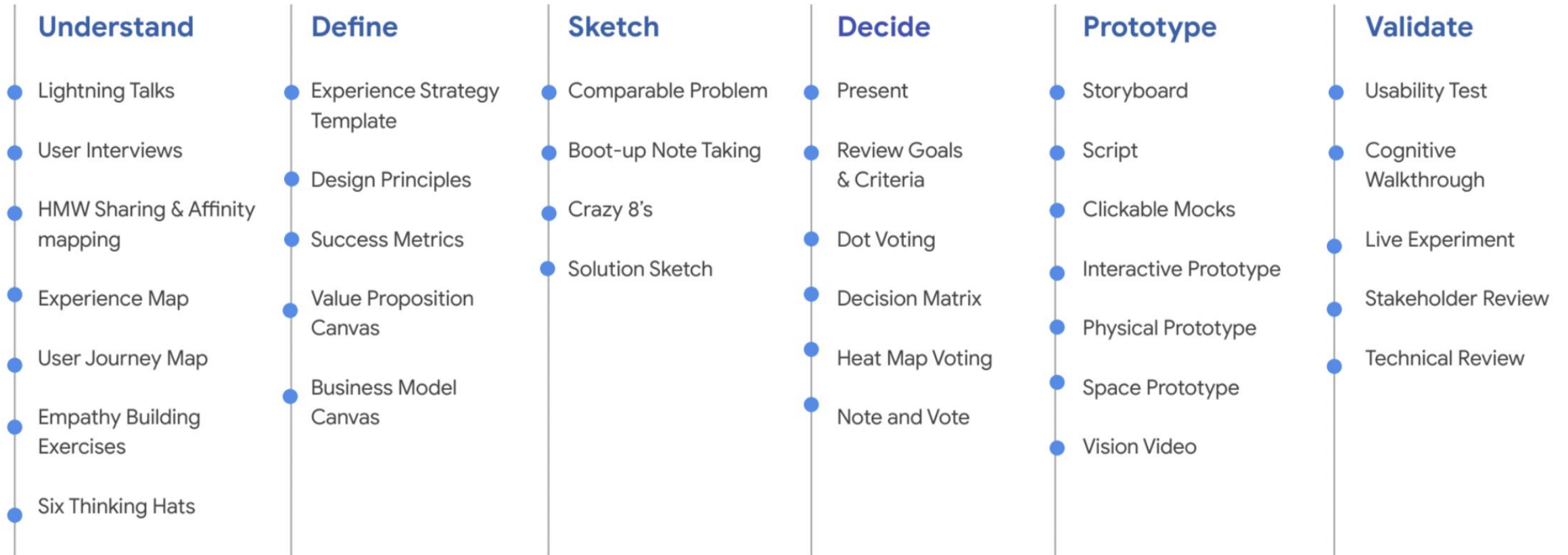
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- |   |  |
|---|--|
|  Time boxed structured design activity                       |  Not a long-term design project or open-ended brainstorm activity                   |
|  Rapid prototyping of minimum viable products or services    |  Does not offer a comprehensive finished outputs                                    |
|  Cross functional collaborations: working together and alone |  Not a solo endeavour   |
|  Primary goal is problem solving with a focused objective  |  It is not about capacity building, relationship building or community engagement |

# The 5 stages:



# What can be done during a design sprint?



*Source: Design Sprint Academy*



# Examples of Design Sprints in Healthcare



Digital

Services Data Cyber Developer News

NHS Digital > Blogs > Design Matters > 2022 > Running a design sprint to make things easier f

BLOG

## Running a design sprint to make things easier for screening staff



### Healthcare design sprints: what can be changed and achieved in five days?

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Blog

## Defence Digital

Organisations: [Ministry of Defence](#)

### NELSON - A Design Sprint with the Royal Navy Medical Service (RNMS)



24th February 2023

### Design Sprints in Healthcare – how design thinking can help our NHS

## Silverorange: Running a Design Sprint in a Healthcare Organization

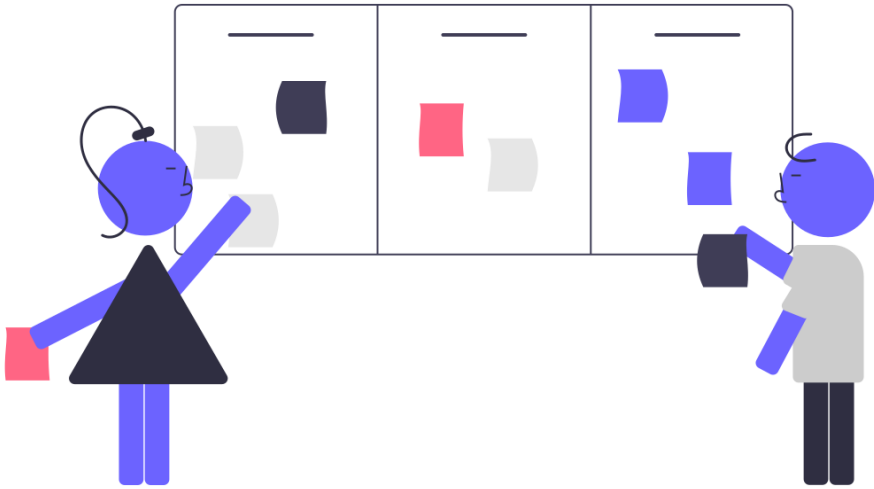


Steven Garrity · [Follow](#)

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# Breakout room Activity



Discuss in groups – 25 min  
Share key insights – 20 min

- Do you have experience with Design Sprints?
- Do you think they are/could be useful?
- Any **challenges** and **best practices**?