



We have to do a research project during our residency??
What topic should I choose??

Have you thought about a COPC-related research topic?

What is COPC? Community oriented primary care (COPC) is the blended practice of public health and primary care whereby practitioners are not only involved in treating illness that presents to the clinic, but are also engaged in better understanding the health of the local population as a basis for planned interventions and outreach programs. COPC has been defined as “a continuous process by which primary care is provided to a defined community on the basis of its assessed health needs through the planned integration of public health practice with the delivery of primary care services” (Mullen and Epstein, *AJPH*, 2002).

What are COPC-related research topics? COPC-related research topics involve research questions about the health of the broader community, rather than being limited to purely clinical questions. Previous residents who have done COPC-related research projects have focused on topics as diverse as childhood obesity, narrative-based medicine and parent-child bonding. Last year, residents developed a community resource guide of commonly-used patient support services in the Cote-des-Neiges area for issues ranging from mental health and unemployment to conjugal violence and child care. Future projects can focus on a topic of interest to you, or can be selected to help support the development and enhancement of programs run by the COPC committee at McGill which is based in the St Mary’s Family Medicine Centre. For instance, residents could choose to do a critical literature review on the evidence base for teaching elementary school students about healthy behaviours (from diet and exercise to safe sex), as well as making recommendations about the content and format of such teaching, to support a school health outreach program. There is therefore a wide range of possibilities to choose from.

Who would supervise my project and where can I get more information? COPC-related research projects can be supervised by any of the family doctors at your McGill Family Medicine Residency training site. If you do choose a COPC-related research topic, please email Claudia Nardi (claudia.nardi@ssss.gouv.qc.ca) with your final report so that we can add your project to our database of COPC-related research at McGill. Claudia can also put you in contact with the members of the COPC committee for any additional questions you may have about COPC.

We look forward to hearing from you!