The Participatory Research Newsletter

Our monthly newsletter highlights the participatory research initiatives emerging from Participatory Research @ McGill (PRAM), and Centro de Investigación de Enfermedades Tropicales (CIET), as well as share new opportunities for projects, courses, funding, and more!

Note, the CIET-PRAM Newsletter is offered in the following languages:

French | Spanish

A Month in Review

An ever busy team, we bring you updates from the CIET-PRAM network.

Monthly Meeting

Reflecting on Deliberative Dialogues: Shared Lessons from PRAM

At this month's PRAM Lab meeting, members and invited guests came together for an engaging and thought-provoking discussion on experiences using deliberative dialogues in research. The session focused on sharing practical insights, challenges, and adaptations of the method across different contexts.

PRAM members with extensive experience reflected on how they facilitated deliberative dialogues, while others discussed how they adapted deliberation to fit specific community and cultural settings. Several members also outlined plans to integrate deliberative dialogues into upcoming projects.

The meeting provided a valuable opportunity for collective reflection, peer learning, and methodological exchange, highlighting both the complexities and the potential of deliberative dialogue as a participatory research tool.

Relevant works related to use of deliberative dialogues:

- Codesigning care improvements for women living with HIV: a patient-oriented deliberative dialogue workshop in Montréal, Quebec

Additional practice reviews:

- How beneficiaries see complex health interventions: a practice review of the Most Significant Change in ten countries
- Fuzzy cognitive mapping in participatory research and decision making: a practice review

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Student Travels

Community Work in Nunavik

Doctoral students Megan Légaré and Natalia Reinoso-Chávez conducted field visits to Nunavik as part of our ongoing research collaborations.

Across both visits, the team reflected on the importance of respecting community dynamics and allowing time for meaningful relationship-building. Community-based research in Nunavik, as elsewhere, requires flexibility, openness, and a commitment to listening. Being present, listening deeply, and valuing the expertise of those who host us are essential to building meaningful partnerships. These visits reaffirmed that respectful collaboration between organizations, families, youth, and researchers is grounded in shared understanding, trust, and reciprocity.

From January 30 to February 5, Megan travelled to Inukjuak, where she spent time at the local youth centre gathering the voices and perspectives of staff from the Nunavik Youth Houses Association (NYHA). Her visit focused on understanding staff experiences and their vision for the youth centre.

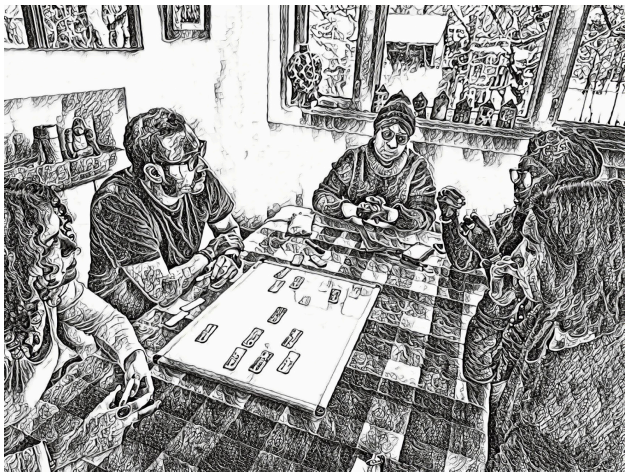
From February 15 to 21, Natalia visited Kuujjuaq, where she shared preliminary results from the Most Significant Change stories and fuzzy cognitive mapping activities. These early findings were presented to residents and providers at Isuŗrivvik, creating space for collective reflection and feedback while continuing to build shared ownership of the project.

New Project: Community Dialogue on Family Medicine Education

What should future family physicians know and be able to do to deliver effective, community-responsive care?

In collaboration with Dr Keith Todd in the Department of Family Medicine, PRAM has launched a series of community dialogue sessions to inform the design of a proposed third year in the Family Medicine residency program. This initiative is part of the work led by Dr. Todd to explore the content of an additional residency year, both in international contexts (1) and within the department (2).

During January and February, PRAM facilitated fuzzy cognitive mapping sessions with community organizations affiliated with the community councils of Côte-des-Neiges and Notre-Dame-de-Grâce. These organizations bring extensive experience in promoting access to health care for those who face the greatest barriers.



The mapping sessions will continue throughout March and April, expanding the conversation and deepening our understanding of community priorities.

We extend our sincere gratitude to the many community organizations that have generously shared their time, expertise, and perspectives.

Read more about the discussion on family medicine residency training:

(1) Todd KJ, Rocha de Oliveira R, Zahedi S, Sandhu A, Fournier S, Rodriguez C. Aligning family medicine residency training with societal needs: An international Delphi study. Med Teach. 2025 Jul 20:1-10. doi: 10.1080/0142159X.2025.2533404. Epub ahead of print. PMID: 40684333.

(2) Todd KJ, de Oliveira RR, Zahedi S, Sandhu A, Fournier S, Rodríguez C. Aligning family medicine residency learning outcomes with societal needs: a nominal group study. BMC Med Educ. 2025 Nov 10;25(1):1566. doi: 10.1186/s12909-025-08114-6. PMID: 41214719; PMCID: PMC12604298.

PARTICIPATION SCIENCE INSIGHTS

Distributed intelligence and primary health care: the case for patient groups

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Amid physician shortages and the rise of internet self-care, *practice-based patient groups* present a potent, evidence-based, and neurobiologically-grounded solution for Canadian primary care.

Robust RCTs demonstrate improved outcomes for chronic conditions (e.g., diabetes, hypertension, depression) and reduced physician burnout. The efficacy is supported by neurobiology: shifting from the clinical dyad to a group setting positively modulates neural circuits for threat processing, reward, and memory, enhancing social learning and therapeutic engagement. Despite clear benefits and compatibility with existing provincial frameworks that allow or promote group visits, this model remains a critically under-utilized resource.

Integrating structured patient groups offers a pragmatic pathway to strengthen system capacity, improve population health outcomes, and support clinical teams, presenting a vital opportunity for participatory research and implementation science in primary care reform.

UPCOMING EVENT

Inuit Maternal-Child Health & Cultural Safety Conference: Policy, practice, and research to increase culturally safe maternal-child healthcare services across Inuit Nunangat

This in-person national conference brings together Inuit Elders, midwives, mothers, youth, and other stakeholders from across Inuit Nunangat to share and discuss ways to make maternal, newborn, and child health services more culturally safe and aligned with Inuit values and ways of knowing.

Date: 30 April to 1 May, 2026
Location: Winnipeg, MB

Research tables and posters will also feature research projects relevant to Inuit maternal, newborn, and child health. Interactive sessions will enable attendees to share their own birthing stories and ideas.

Interested in participating? Register here!

Podcast Series: Participation Science Dialogues

Don't forget to tune into our podcast, where we discuss the world of participatory research!

Episode 1: Ethics in participatory research - Exploring the dilemmas in ethical assessment of participatory research projects
Learn more about ethical, community-led research here.

Episode 2: Traditional midwifery in Guerrero, Mexico - A look at how Indigenous midwives support mothers while honouring cultural traditions for childbirth
Learn more about the contributions of Indigenous midwives here.

Episode 3: Transformative participatory research - How does participatory research drive change?
Learn more about the impact of participatory research here.

Available in English & Spanish!

Listen on Spotify!

Listen on our site!

Latest Publications

Highlighted below are some of the most recent publications from the industrious CIET-PRAM team:

Gender-related facilitators and barriers to participation in research on aging using fuzzy cognitive mapping

This study used fuzzy cognitive mapping to explore factors influencing older adults' participation in cognitive neuroscience aging research.

Authors: Vasi Dhir, **Iván Sarmiento**, Isabel McDonald, Maude Gélinas Faucher, Stéfanie A. Tremblay, Mark J. Yaffe, **Neil Andersson** & Maiya R. Geddes

Visit our website for more publications from the CIET-PRAM team

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Departmental Newsletters

McGill
Faculty of Medicine and Health Sciences
Department of Family Medicine

Ask 5 Podcast

The Institute of Health Sciences Education and the Office of Ed-TECH in the Faculty of Medicine and Health Sciences are excited to share their next episode from their ongoing podcast series, Ask 5! The episode is available on Apple Podcasts, Spotify, Amazon Music, Audible, Podbean, and iheartradio and a video version of the podcast is available on YouTube.

Keep in touch! Subscribe to our newsletter here.

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