

# Topic Selection

Goal: Identify your Health Science Capstone project topic.

*Choose something that will challenge and inspire you.*

## Step 1: Brainstorm

*Example:*

### Step 1: Brainstorm.

**Focus area:** PAIN

**Problems/Issues:** Pain related to...

- |                    |                    |
|--------------------|--------------------|
| • Arthritis        | • Childbirth       |
| • Injuries         | • Oral/dental care |
| • Surgery/recovery | • Cancer           |
| • Chronic illness  | •                  |
| • Headaches        | •                  |

*Your Turn:*

**Focus Area:** \_\_\_\_\_

**Problems/Issues:** What specific aspects of your focus area might you explore?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_

**Step 2:** Identify risk factors, populations, effects, solutions, and related issues*Example:*

<b>Problem:</b>	Headaches (migraine, cluster, stress, chronic)
<b>Risk Factors:</b>	Stress, long work hours, high blood pressure, low tolerance to pain, poor posture, smoking, drinking alcohol, not drinking enough water, diet
<b>Populations:</b>	children, teens, elderly, adults, minorities, women
<b>Effects:</b>	Pain, stress, difficulty sleeping, inability to concentrate, interruption of daily activities, irritability, depression
<b>Solutions:</b>	identify & prevent triggers, reduce modifiable risk factors, take medications (for prevention or treatment)
<b>Related issues:</b>	Health literacy, access to health care, pain tolerance, medical marijuana, self-medicating, brain tumors, head injuries

*Your Turn:*

<b>Problem:</b>	
<b>Risk Factors:</b>	
<b>Populations:</b>	
<b>Effects:</b>	
<b>Solutions:</b>	
<b>Related issues:</b>	

**Step 3:** Define the Problem*Example:*

Headaches > Migraines > Teenagers > Triggers > Health literacy

*Your Turn:*

\_\_\_\_\_ > \_\_\_\_\_ > \_\_\_\_\_ > \_\_\_\_\_ > \_\_\_\_\_