Abstracts, Posters, and Beyond

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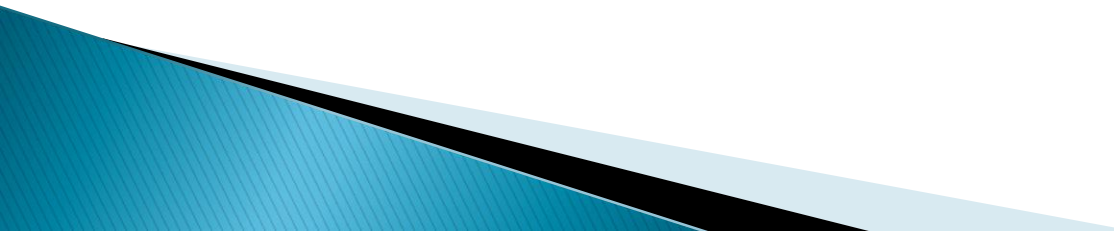# Overview

Conference Abstract → Poster Presentation → Beyond……

Objectives

- Describe the key elements of a conference abstract
- List steps in developing a conference abstract
- Identify tips and resources for successful abstract development
- Describe the key components to developing a conference poster
- Identify tips and resources for successful poster presentation
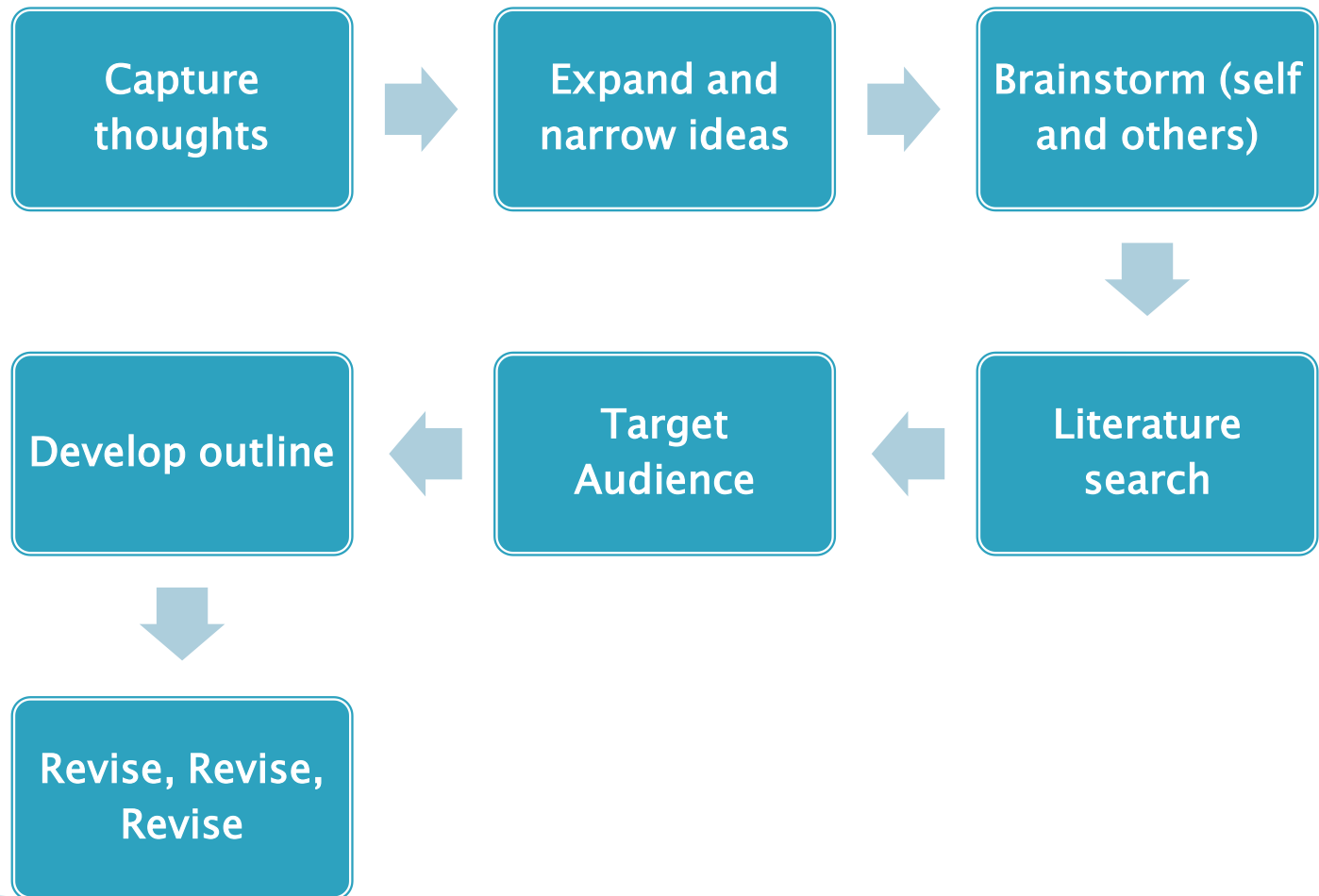
Writing:
Why should we; Why don't we

Why We Should Write	Why We Don't Write

Why We Should Write

- Advance the profession and our professional image
- Share new perspectives and experiences
- Improve health care
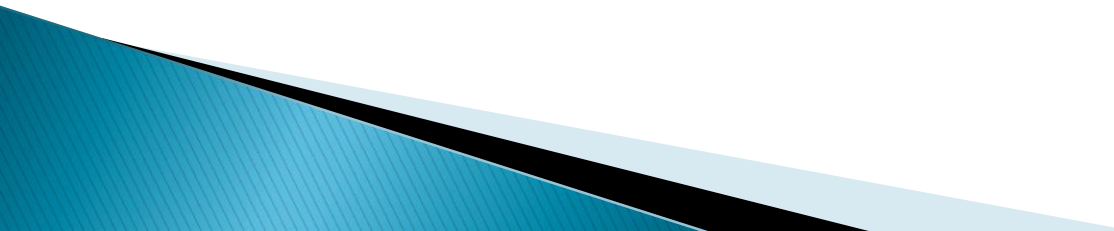- Increase chances for promotion and other opportunities
- Personally rewarding

Why We Don't Write

- Fear of criticism
- Fear that you have nothing to say
- Fear that you are not qualified
- Writing is HARD
- Writing takes TIME
- Writing takes ENERGY
- Writing takes INSPIRATION

Basic Steps in the Writing Process

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┌──────────────┐      ┌──────────────┐      ┌──────────────┐
│   Capture    │  →   │  Expand and  │  →   │ Brainstorm   │
│   thoughts   │      │ narrow ideas │      │ (self and    │
│              │      │              │      │  others)     │
└──────────────┘      └──────────────┘      └──────────────┘
                                                    │
                                                    ↓
┌──────────────┐      ┌──────────────┐      ┌──────────────┐
│   Develop    │  ←   │   Target     │  ←   │  Literature  │
│   outline    │      │   Audience   │      │   search     │
└──────────────┘      └──────────────┘      └──────────────┘
        │
        ↓
┌──────────────┐
│   Revise,    │
│   Revise,    │
│   Revise     │
└──────────────┘
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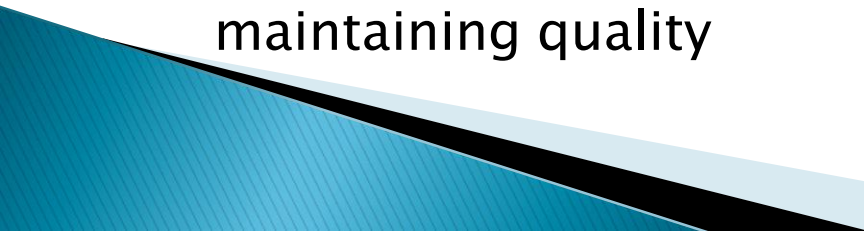
Capture the Thought(s)…

- Sources of topics about which to write are practically limitless
- If you are writing for a nursing audience, take a nursing focus
- Write about what you know
- Watch for ideas:
  ◦ Clinical practice
  ◦ Work environment
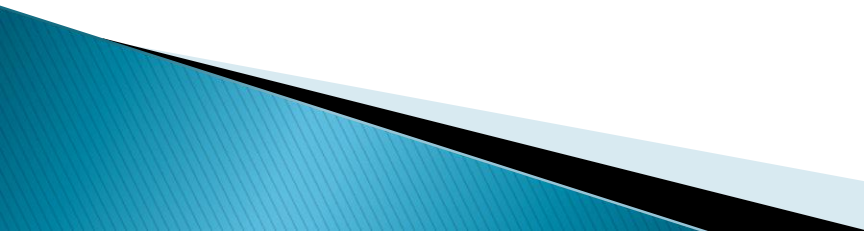 ◦ Reading
  ◦ Conferences
  ◦ Discussions with colleagues

…Capture the Thought(s)

‣ Take note of what you go looking for in the literature or at a conference, but don't find

‣ Ask:
  ◦ Why did this happen?
  ◦ What caused this problem?
  ◦ What could be done to solve this?
  ◦ What is the best way to do ___?
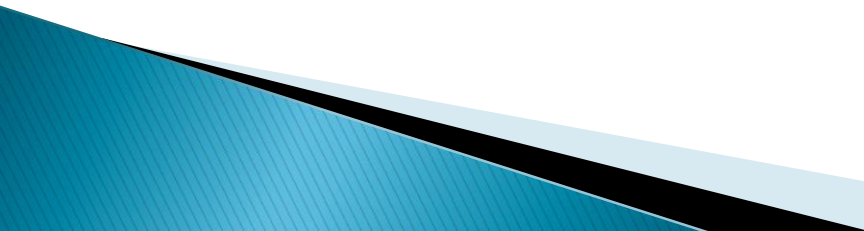 ◦ Who did I care for this week and what was unique about them?

‣ Keep an 'idea log'

Expand and Then Narrow Your Ideas

- Every good idea requires you to generate at least 3 bad ideas
- Consider the various 'viewpoints' you can take on a topic
  - Type/source of data: Descriptive data, development and pilot testing of a program, case series, case study, synthesis of the evidence concerning state of the art management of a specific symptom or complication
  - Phase of the nursing process: assessment and early detection/recognition, management, evaluation
  - Practice, education (staff and patient), research, administration, policy, program development
  - Tips, techniques, lessons learned, cutting costs, maintaining quality
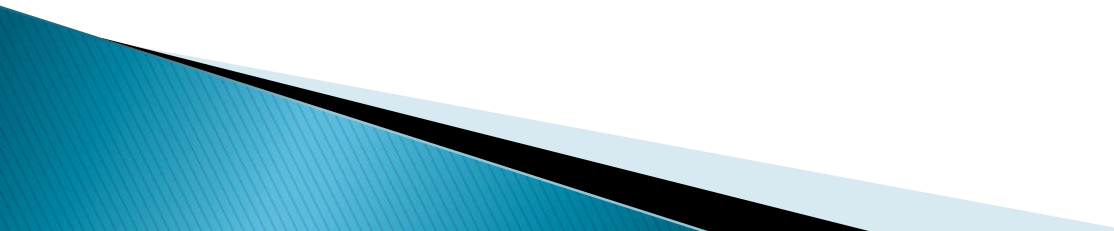
Brainstorming- By yourself and with others

- Allow time to "play" with ideas
- Don't analyze or judge too early—newly forming ideas are fragile
- Think of the wildest ideas possible
- Strive for quantity
- Build on ideas
  ◦ Make a new combination
  ◦ Modify an old idea to make it new
- Remember, all you need for one good abstract is one good topic!!

Literature Search

- NIH Library resources are peerless
- NIH Informationist
- Regularly peruse nursing, health science, and clinical research journals to increase your idea list
- Use current articles to spark your own ideas
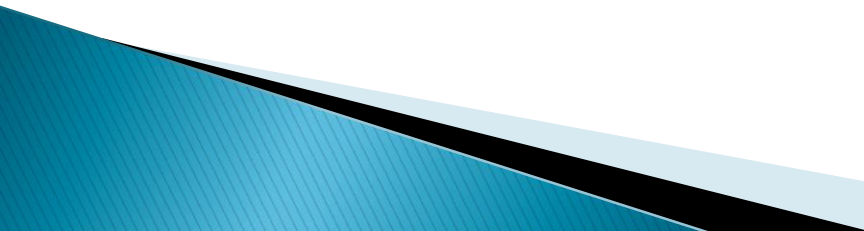- If content is already in a textbook it is an 'old topic', but can you write about it from a fresh perspective?

Target Your Audience

- Staff nurses, research nurses, advanced practice nurses, nurse administrators, nurse researchers
- Other disciplines
- Other members of the health care team
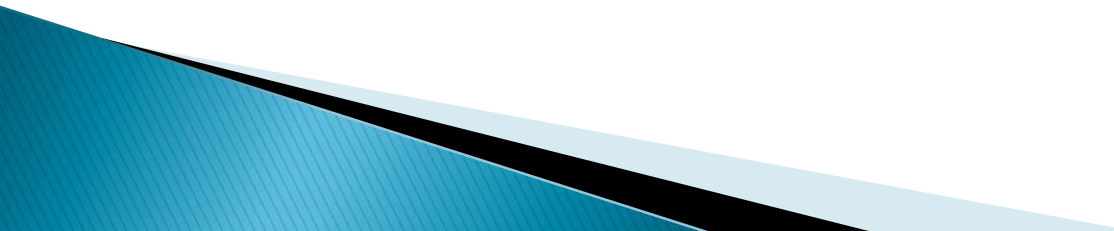- Disease specialists or generalists
- Research or clinical

Outline

- Consider using a framework to guide your outline
  - Medical model: pathophysiology, signs/symptoms, diagnostic testing, staging, treatment, surveillance
  - Nursing process: Assess, plan, implement, evaluate
  - Conceptual framework
    - Model of Treatment Adherence
    - Stress and Coping Framework
    - Developmental Theory
    - Family Stage Theory
- Logical flow of ideas
- Rearrange headings and subheadings

What is an Abstract?

- Overview of facts
- Summary of ideas
- Brief overview of work
- Short summary of a project
- Self-contained statement
- Glimpse of the author's work
  - Often written last

Types of Conference Abstracts

- Clinical
- Research
- Evidence Based
- Quality Improvement
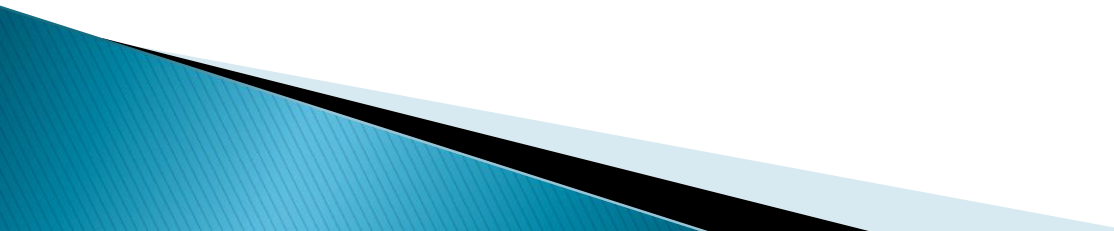- Education
- Creative Solutions

Identify Conference

- Identify a conference where you want to present
  - Research or Clinical
  - Review the guidelines & scoring criteria carefully
  - Pay attention to the technical aspects including:
    - Deadlines
    - Suggested format
    - Word limit
    - Font type and size
  - Review previous abstracts
- Determine type of presentation
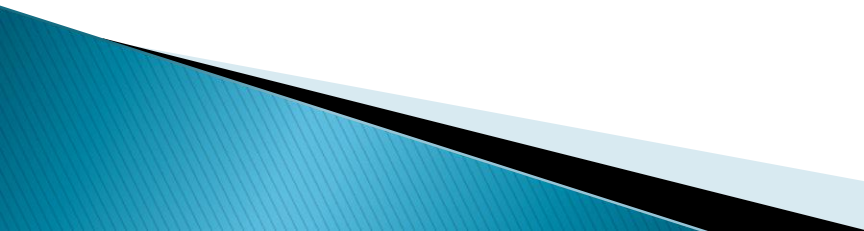- Determine need for mentor

Before Going Further

- Discuss with supervisor
  - Will work time be supported to complete?
  - Will you be able to attend the conference?
  - How much of conference fees, travel expenses, lodging, etc. will work cover?
- Conference policy
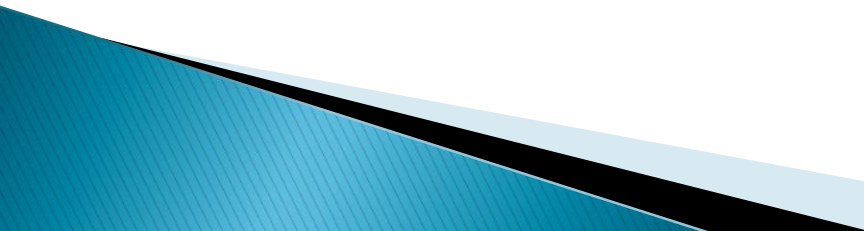 - 4-6 months prior to conference, get name on "list"

Additional Authors…

- Identify other authors and invite to meeting
  - Who do you feel are the key people to include on the abstract?
- Group brainstorm
- If you have an idea of your topic, come prepared with an abstract draft
- Schedule at least 3 meetings

...Additional Authors

- Discuss with the potential authors their roles:
  - Authors MUST be responsible for reviewing drafts and add constructive comments
  - Authors must understand the time commitment and turn around times involved
  - Authors must let their supervisor know they are on the abstracts and follow appropriate review processes

Authorship

- Decided early in the abstract development process
- Lead author should take primary responsibility for the abstract
  - Often needs to be a member of the professional organization sponsoring the conference
- Each author should participate sufficiently in abstract preparation to take public responsibility for portions or the entirety of the abstract or resulting poster/presentation

Select Topic

- **Questions to ask:**
  - Why is it important/relevant?
  - Is it significant?
  - Is it innovative?
  - How does it contribute to nursing, clinical research or change future practice?

Develop Outline…

- **Title**
  - Should be descriptive, compelling
  - Accurately describe your story
  - Include key elements describing the content
  - Do not use accroynms
  - Commands attention from attendees
  - If it's a research abstract it is helpful to include an indication of the design of the study
  - The title is a deciding factor on whether someone will read your abstract
  - KEEP IT SIMPLE!

…Develop Outline…

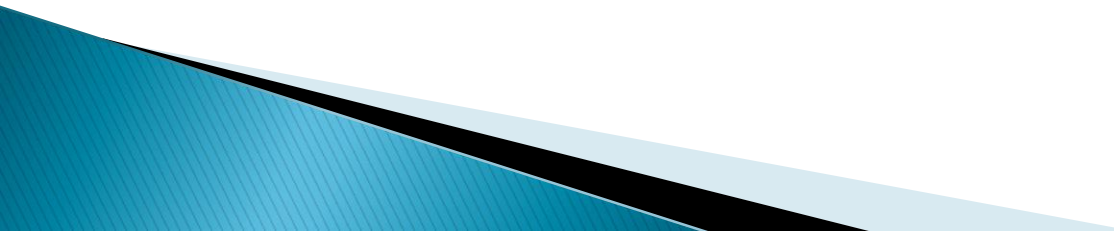- **Motivation/Purpose/Objective**
  - *Why do we care* about the problem and the results?
  - Why is the problem/solution important?
  - Is the problem/solution understudied?
  - Is the solution novel?
  - The introductory sentence sets the stage for the project
  - Opening sentence is the rationale for dissemination
- **Problem statement/Significance**
  - What *problem* are you trying to solve?
  - What is the *scope* of your work (generalized vs. specific situation)?

…Develop Outline…

▸ **Approach/Description**
  ◦ *How did you go about solving* or making progress on the problem? *How was this project done*
  ◦ Did you collect data, examine and synthesize the literature, pilot a program or prototype?
  ◦ What was the *extent* of your work (what steps did you follow in solving the problem)?
  ◦ What important *variables* did you control, ignore, or measure?
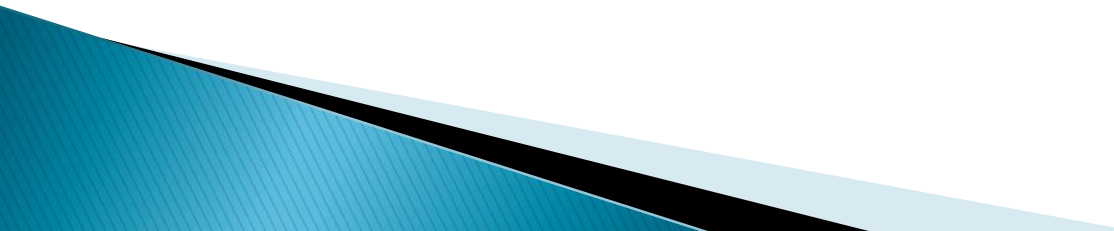
.....Develop Outline

- **Results**
  - *What's the answer?*
  - *What did you find?*
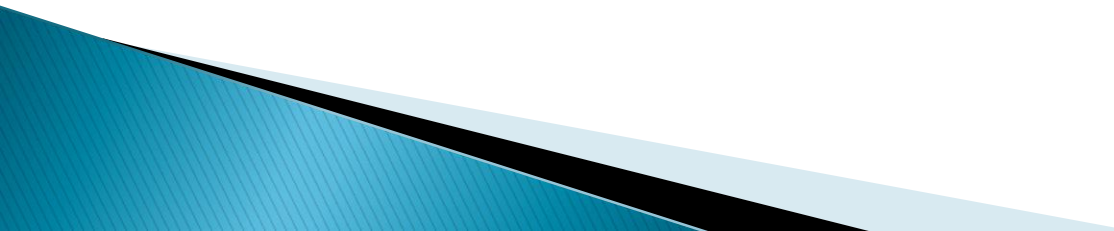 - Here you want to have some detail and specifics.
- **Conclusions**
  - *What does your work mean?*
  - *What are the implications* of your answer for practice, research, education, policy?
  - What were the lessons learned? What are the next steps?
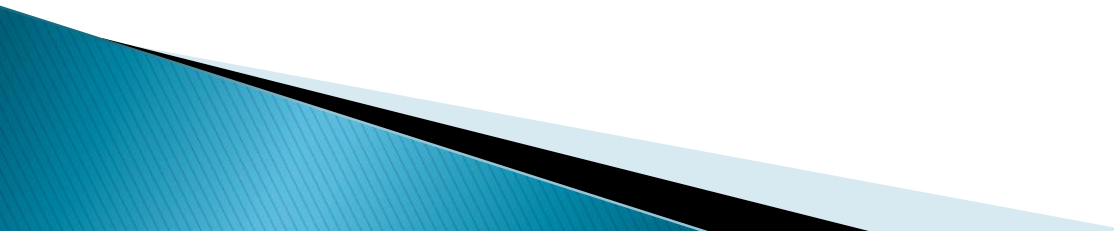 - What is the take home message?
  - What can be concluded?

Develop Timeline

- Work backwards from due date
- Take into consideration the review processes
- Include time for multiple revisions/drafts
- Stick to the timeline!!

Writing Tips

- Avoid passive voice
- Always use the full term before you refer to it by acronym
- Write only one thought per sentence
- Eliminate unnecessary words
- Ensure that verb tenses are consistent and correct
- Be sure to check for spelling and grammatical mistakes

Edit for Readability

- Use active verbs
- Define abbreviations
- Avoid jargon
- Use third person
- Short sentences

Submit Abstract: Remember to...

- Follow the instructions!!!
- Include headings exactly as stated in the instructions/template
- Limit your abstract to the word count/character count requirement
- Check grammar, syntax and punctuation
- Review instructions about including institution or brand names of products, when in doubt use general descriptions or generic names
- Edit, edit, edit

Additional Information

- Expect to provide information for CE units
  - Biosketch to support expertise in topic
  - Disclosures to identify conflicts of interest
  - Objective(s)
  - Brief topical outline
- May be done if accepted vs. at time of submission
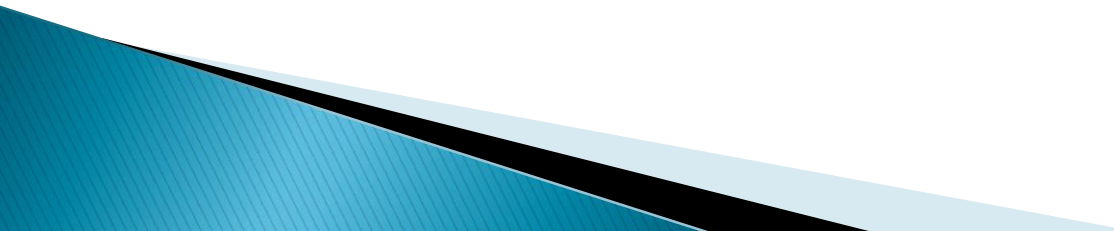
Wait to Hear
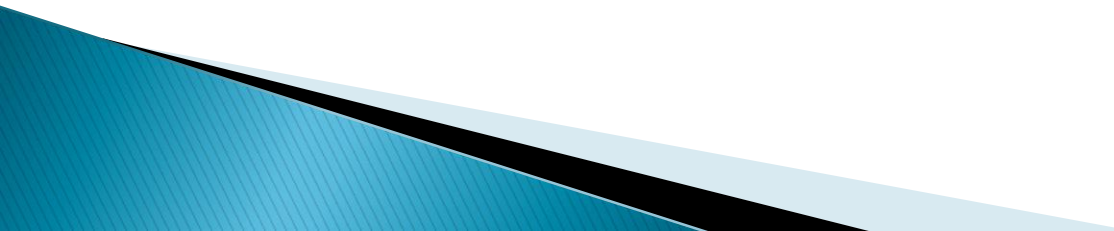
Outcome of Abstract Review

- Not accepted
  - Ask for feedback
- Accepted
  - Review presentation instructions
    - Oral
    - Poster
  - Adhere to due dates

Advantages of Posters

- More in-depth discussion of your work
- More efficient– people can read about the work whether you are there or not
- Reach more people in and out of your field
- Less stressful (e.g., you don't have to stand up and give a talk in front of a huge audience)

Poster Content

- Title
- Authors/Institution
- Sections similar to outline
- References
- Contact Information
- Acknowledgements

Using PowerPoint for Posters

- Know the poster size and orientation
- Poster reads from top left to bottom right
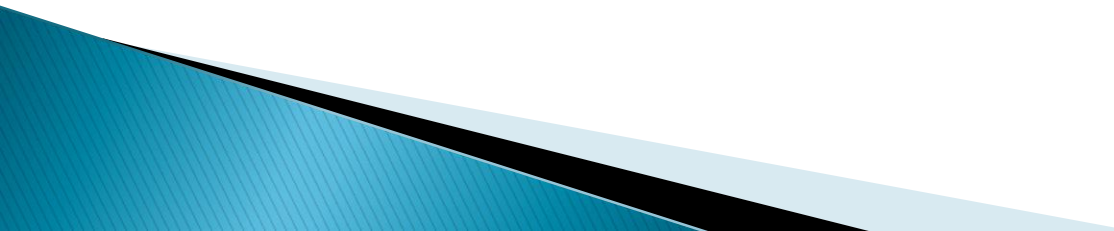- Slide Setup:
  - Create on **ONE** slide in PowerPoint
  - Page size of that slide must be the desired print size
    - You must do this step before you create your poster
  - To prevent cropping when printing, be sure you have a **1 inch** margin around the edges of the poster

Page Size – Slide Dimension

- For PowerPoint 2007 and 2010 for Windows:
  - Select the **Design** tab, then **Page Setup.** Select **Custom** from the "Slides sized for" dropdown, enter desired size in inches
- For PowerPoint 2008 for Mac:
  - Select **File**, then **Page Setup.** Select Custom from the "Slides sized for" dropdown, enter desired size in inches
- For PowerPoint 2011 for Mac:
  - Select the **Themes** tab, then **Page Setup.** Select Custom from the "Slides sized for" dropdown, enter desired size in inches

Font Size

- Text large enough to read from 6' away
- Title: 72-120
- Subtitle: 48-80
- Section Headers: 36-72
- Body Text: 24-48

Poster Design – Tips

- Use light color background
- Only 2-3 different colors
- Graphics 'heavy'
- Text 'light'
- Balance Black and White Space:
  - 20-25% text
  - 40-50% graphics
  - 30-40% empty space

- Design should enhance reading and attract
- Don't over-design poster
- Edit text several times
- Graphics- self explanatory
- Make sure take home message is explicit
- Photos

Poster Print Size:

This poster template is 24" high by 36" wide. It can be used to print any poster with a 2:3 aspect ratio including 36x54 and 48x72.

Placeholders:

The various elements included in this poster are ones we often see in medical, research, and scientific posters. Feel free to edit, move, add, and delete items, or change the layout to suit your needs. Always check with your conference organizer for specific requirements.

Image Quality:

You can place digital photos or logo art in your poster file by selecting the Insert, Picture command, or by using standard copy & paste. For best results, all graphic elements should be at least 150-200 pixels per inch in their final printed size. For instance, a 1600 x 1200 pixel photo will usually look fine up to 8"-10" wide on your printed poster.

To preview the print quality of images, select a magnification of 100% when previewing your poster. This will give you a good idea of what it will look like in print. If you are laying out a large poster and using half-scale dimensions, be sure to preview your graphics at 200% to see them at their final printed size.

Please note that graphics from websites (such as the logo on your hospital's or university's home page) will only be 72 dpi and not suitable for printing.

[This is placeholder text. This text does not print.]

Change Color Theme:

This template is designed to use the built-in color themes in the newer versions of PowerPoint.

To change the color theme, select the Design tab, then select the Colors drop-down list.
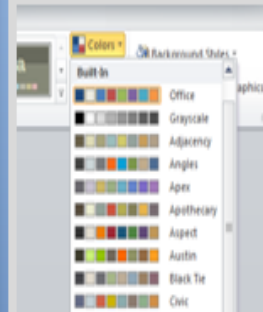
The default color theme for this template is "Office", so you can always return to that after trying some of the alternatives.

Printing Your Poster:

Once your poster file is ready, visit www.genigraphics.com to order a high-quality, affordable poster print. Every order receives a free design review and we can deliver as fast as next business day within the US and Canada.

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Email: info@genigraphics.com

[This is placeholder text. This text does not print.]

Template Provided By Genigraphics – 800.790.4001 – Replace This Text With Your Title

John Smith, MD[1]; Jane Doe, PhD[1]; Frederick Jones, MD, PhD[1,2]
[1] University of Affiliation, [2] Medical Center of Affiliation

Abstract

Click here to insert your Abstract text. Type in it or copy and paste from your Word document or other source.

This text box will auto-vertically-re-size around your text. To animate this feature, right click inside the ribbon and go to Format Shape, Text Box, Autofit, and select the "Do Not AutoFit" radio button.

To change the format of this text box: Click on the border once to highlight the entire text box, then select a different font or font size for suits you. This text is Calibri 20pt and is easily read up to 5 feet away on a 24x36 poster, and up to 6 feet away on a 48x72 poster.

Zoom out to 100% (for 24x36) or 200% (for 48x72) to preview what this will look like on your printed poster.

Methods and Materials

Click here to insert your Methods and Materials text. Type in it or copy and paste from your Word document or other source.

This text box will auto-vertically-re-size around your text. To animate this feature, right click inside the ribbon and go to Format Shape, Text Box, Autofit, and select the "Do Not AutoFit" radio button.

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Chart 1. Label in 18pt Calibri.

Introduction

Genigraphics® has provided this template to assist in preparation of a medical or scientific research poster. The dimensions are set to 24" high by 36" wide but prints can be scaled up or down in size to any dimension with a 2:3 aspect ratio. For example, if you order a 36" x 54" poster using this template, we will print the file at 150% of its original size. If you order a 48" x 72" poster, we will print at 200%. **The most critical factor is that your template and poster dimensions must be proportional.**

$$\frac{\text{template height}}{\text{template width}} = \frac{\text{desired print height}}{\text{desired print width}}$$

Order your poster from Genigraphics and we will perform a free design review and advise you if we see anything that may be a concern for printing. We'll even help tidy things up.

We have more history with PowerPoint® than any other printing company. In fact, we helped Microsoft® design the software and we created all of the original color themes, templates, and clip art galleries. We know how to make your printed poster look just like it does on screen. Other printing companies and copy centers will blindly convert your file to another format prior to printing. This can result in text shifting, symbols changing, and altered colors. We know the secrets to avoid those issues. So choose Genigraphics for the most accurate reproduction available.

Results

Click here to insert your Results text. Type in it or copy and paste from your Word document or other source.

This text box will auto-vertically-re-size around your text. To animate this feature, right click inside the ribbon and go to Format Shape, Text Box, Autofit, and select the "Do Not AutoFit" radio button.

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Zoom out to 100% (for 24x36) or 200% (for 48x72) to preview what this will look like on your printed poster.

Speaking of Results, yours will look better if you never see bar runs a spell-check on your poster! After you've added your content, click on Review, Spelling, or press F7.

Discussion

Click here to insert your Discussion text. Type in it or copy and paste from your Word document or other source.

This text box will auto-vertically-re-size around your text. To animate this feature, right click inside the ribbon and go to Format Shape, Text Box, Autofit, and select the "Do Not AutoFit" radio button.

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Zoom out to 100% (for 24x36) or 200% (for 48x72) to preview what this will look like on your printed poster.

Conclusions

Click here to insert your Conclusions text. Type in it or copy and paste from your Word document or other source.

This text box will auto-vertically-re-size around your text. To animate this feature, right click inside the ribbon and go to Format Shape, Text Box, Autofit, and select the "Do Not AutoFit" radio button.

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Table 1. Label in 18pt Calibri.

	Heading	Heading	Heading
Item	300	790	4001
Item	335	336	290
Item	228	154	253
Item	934	875	976
Item	524	525	501
Item	199	157	136

Figure 1. Label in 18pt Calibri.

Figure 2. Label in 18pt Calibri.

Contact
‹your name›
‹your organization›
Email:
Website:
Phone:

References

Incorporating Principles of Clinical Research and Clinical Trails into Baccalaureate Nursing Education: Rationale and Formative Research Results

Annette Galassi[1], Meredith Grady[1], Linda Parreco[1], Elizabeth Ness[1], Ann O'Mara[1], Anne E. Belcher[3], Clare Hastings[2]

[1]National Cancer Institute, National Institutes of Health, [2]Clinical Center, National Institutes of Health, [3]Johns Hopkins School of Nursing

SIGNIFICANCE and BACKGROUND

The majority of the general public believes that clinical research (CR) is important, but less than 6% of medically eligible adults with severe, life-threatening illnesses participate in a clinical trial. As health care becomes increasingly evidence-based, as the settings in which CR/CT expand, and as more patients gain access to CTs, it will become imperative that nurses possess the requisite skills and knowledge to safely care for patients participating in CR/CT.

Although the baccalaureate curriculum has included nursing research since the 1970s, much of the focus has been on teaching the research process. With the introduction of the Institute of Medicine competencies for health professionals and subsequent revision of the American Association of Colleges of Nursing Essentials of Baccalaureate Education, schools are beginning to revise their curricula to include evidence-based practice. This shift away from teaching the practice of research and toward the use of research provides an opportunity to strengthen CR/ CT content in the baccalaureate curriculum.

PURPOSE

A formative research project was undertaken to gain a better understanding of the current environment. Objectives were to:

• Identify knowledge and attitudes toward CR/CT in nursing education and practice
• Identify process/sources of information by which nurses learn about CR/CT
• Identify current/potential opportunities for nurses in CR/CT

RESEARCH METHODOLOGY

• Formative research conducted in 2 phases
• IRB approval
• OMB clearance

PHASE 1
• 1-hr telephone interviews with 4 key audiences:
  • Practicing nurses, nurse executives, staff development directors, SON faculty,
• Tailored discussion guides
• 33 interviews conducted between June – December 2010

PHASE 2
• 90-minute Advanced Strategy Online (ASO) interactive session with deans of SONs
• 87 deans invited: 28 participants
• Facilitator guide
• Session conducted December 2010

■ ASO (Deans) ■ SON Faculty
■ Nurse Executives ■ Staff Development
■ Practicing Nurses
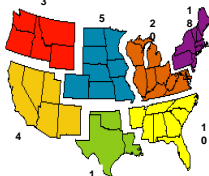
IN-DEPTH INTERVIEW RESEARCH RESULTS

FACULTY (n=9)

• CR/CT content is not considered a high priority for inclusion in baccalaureate curriculum
• Main drivers for baccalaureate curriculum change:
  • NCLEX
  • AACN Baccalaureate Essentials
  • Nurse employers
• Increased emphasis on evidence-based practice and finding the evidence
• Consider CR/CT to be an important subject, although barriers are challenging:
  • competing curricula priorities
  • lack of faculty interest/skills
  • low demand from employers
  • low demand from students
• New baccalaureate graduates lack CR/CT skills
  • not prepared to oversee care for patients on a clinical trial
  • not prepared to educate patients about CR/CT
• Only half of respondents felt new nurses could take on a "beginning role" on a CR/CT team

NURSE EXECUTIVES (n=8)

• See an expanding presence and importance of CR/CT in practice settings
• Expect new baccalaureate graduates to know how to care for patients on a protocol and where to get information about the protocol
• Mixed response on new baccalaureate graduates' preparation to educate patients about CR/CT
• Did not feel a need to change baccalaureate curriculum
• Half currently have CR/CT content in their new hire orientation
• Prefer employer-based CR/CT training; however barriers exist:
  • financial and time constraints
  • level of interest from nurses

PRACTICING NURSES (n=9: < 3 yrs = 6: > 3 yrs = 3)

• Most are interested in clinical research
• Varying levels of experience with CR/CT participants
• Limited exposure to CR/CT content while in school
• Feel comfortable caring for CT patients, but want more training
• Lack understanding of the roles nurses can play in CR/CT

"Research was never presented from the perspective of working with medical protocols to treat patients"

"Anything that was covered in the BSN program that had to do with research went back to nursing research"

STAFF DEVELOPMENT DIRECTORS (n=7)

• Support on-the-job training
• Saw little need to enhance CR/CT content in baccalaureate programs
• Including CR/CT content in NCLEX is not necessary
• New hire orientation not appropriate setting for teaching CR/CT content
• New baccalaureate graduates not prepared to educate patients on CR/CT

ASO RESULTS

DEANS (n=28)

	Key Priorities For Curriculum Change	Mean Importance	# 10's
1	Interprofessional collaboration	8.5	12
2	Evidence-based practice	8.4	13
3	Patient safety	8.2	15
4	Genetics and genomics	8.0	7
5	Care for aging adults	7.9	7
6	Clinical decision making in chronic illness	7.8	6
7	Home and community based care	7.7	7
8	The future of nursing	7.3	8
9	Health literacy	7.2	4
10	Cultural issues as related to nursing/care	7.2	6
11	The issue of population health	7.0	2
12	Ethics in the workplace	7.0	6
13	Clinical research and clinical trials	6.8	3
14	Healthy work environments	6.2	4
15	Skills development	5.7	3

• 96% agreed with the statement "Because of the growing presence of clinical trials and clinical research in so many practice settings, undergraduate nursing students NEED ADDITIONAL KNOWLEDGE AND SKILLS to be safe practitioners".
• CR/CT content exists, but predominantly as part of nursing research and other courses
• Evidence-based practice (EBP) is mentioned frequently as instigating curricula change, yet understanding and critically assessing the source of data is not specifically mentioned as integral to EBP

LIMITATIONS

• Convenience samples
• Small sample sizes
• Lack of diverse care settings represented
• Results are not generalizable

SUMMARY

CR/CT education and training for health professionals is important; however, no consensus was found for the best approach to prepare baccalaureate nursing students to adequately educate patients and their families about CR/CT, and to safely care for clinical research participants. The Institute of Medicine Forum on Drug Discovery, Development, and Translation recently recognized the importance of developing a robust CT workforce. NCI is committed to continuing a dialogue with stakeholders to ensure that future nurses are equipped to meet the needs of CR/CT participants.

Contact Information:
nesse@mail.nih.gov

Print to Review

- Select "File" "Print" "slide"
- Check box that says "scale to fit paper" then click print
- Entire poster should print onto one page
  - Use this for photocopying the poster to distribute
- Get a proofreader other than you!

Printing the Final Poster…

- Information Technology Center in the Clinical Center
  - Service is free, but MANY people use it
  - Make appointment early!
    - Phone number: 301-402-6301
    - Hours: M, W, Th from 10-2; Tuesday from 11-3; closed Friday
    - Be ready to provide your name, IC, phone number, and e-mail address
    - Location: Building 10, Room B1S235
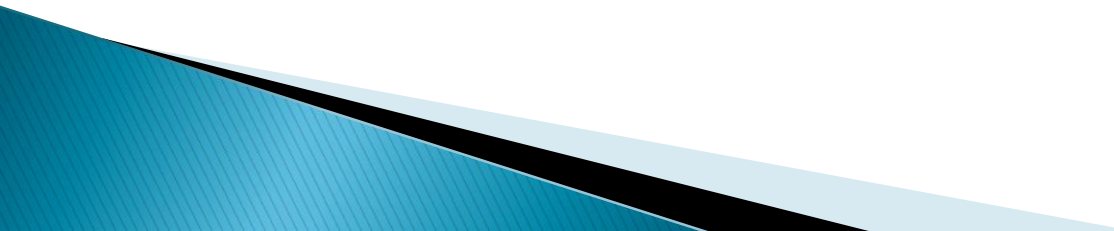 - Printing takes approximately 30 minutes
  - http://www.cc.nih.gov/dcri/itc.html

…Printing the Final Poster

- NIH Medical Arts and Printing Services for a fee
  - http://www.ors.od.nih.gov/pes/dma/printing/Pages/print.aspx
- Numerous off-site and online options

Poster Presenting- Tips

- Professional attire
- Good poster, don't sit
- Meet and greet- shake hands, eye contact, smile
- Be prepared
  - Practice in advance
  - Create a 30-60 second sound-bite
- Avoid taboo conversation subjects
- "KNOW YOUR STUFF"

- Expect these types of viewers:
  - Walk-by
  - Brief Methods Question only
  - Big picture only
  - Main finding (bottom line) only
  - Read only (don't want to chat)
  - Very interested
  - Multiple listeners/groups
  - Aggressive or critical questioners

Things to Bring

- Extra pins for hanging poster
- Business cards
- Small envelope for business cards ("take one")
- Small envelope for collecting cards
- Black marking pen
- Notebook and pen
- Copies of poster

Beyond....

Conference Abstract → Poster Presentation → Presentation Publication
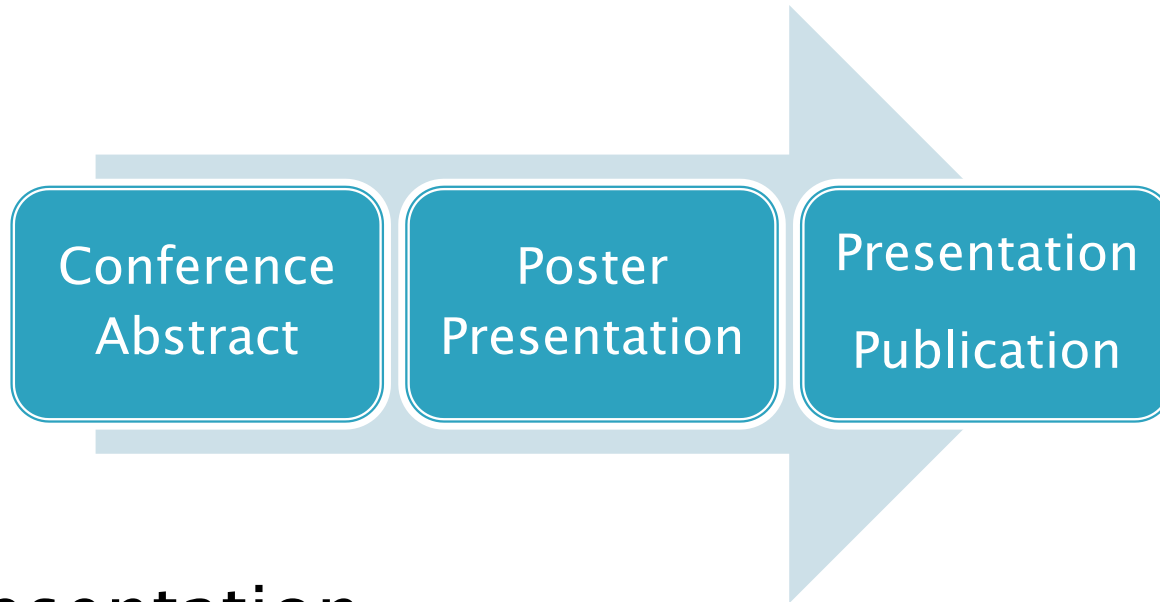
- ## Presentation
  - PD Series on 9/23/15 from 12-1PM
- ## Publication
  - PD Series for 2016

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