Abstracts
What is an abstract?

- Summary of research, project, etc.
- Provides general overview; key points
- Similarities, but be aware of specific criteria for submission
  - Review call for abstracts
  - Data-based studies?
  - Completed studies?
- Usually one page or less, or specific word limit (250-500)
Abstract Components

- Title
- Background
- Objectives/Purpose/Aims
- Methods
- Results
- Conclusions

*Headings may vary depending on type of project and/or conference/journal*
Highlight take home message
Brief, informative, truthful
Descriptive, important, compelling
Ex:

- Quality of life among stroke survivors
  OR
- Depression and functional status predict quality of life in stroke
  OR
- Do depression and functional status predict quality of life in stroke survivors?
Background

- Why your study/project is important
- Content should relate to purpose
- Can be as short as 1 sentence; 5 sentences max.
- Problem statement approach
  > Despite the fact that __ TBIs occur each year, relatively no information is available regarding...
The purpose of this study...

- 1-2 sentences max.
- Should flow from problem statement in background
- Essential because it lets the reader/reviewer know what to expect
- Reviewers are making decisions on relevance/importance of topic/study
Background:
- Limited information exists on the relationship between [A] and [B] among [sample].

Objective:
- To examine the relationship between [A] and [B] in patients with [condition].
Objectives/Purpose/Aims

- Example
- Background: Obesity increases risk for Type 2 DM, but interventions to improve lifestyle self-management are lacking.
- Objective: To test a hospital-based fitness program designed to improve lifestyle self-management and reduce obesity in patients with DM.
Methods

- Should be appropriate to objective/purpose/aims
- Info re: strength & quality of study

<table>
<thead>
<tr>
<th>Research</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Design</td>
<td>Setting</td>
</tr>
<tr>
<td>Setting</td>
<td>Team Composition</td>
</tr>
<tr>
<td>Procedure</td>
<td>Participants</td>
</tr>
<tr>
<td>Sample</td>
<td>Project intervention</td>
</tr>
<tr>
<td>Measures/Instruments</td>
<td>Evaluation Strategy</td>
</tr>
<tr>
<td>Analysis approach</td>
<td></td>
</tr>
</tbody>
</table>
## Results

- **Facts only**

<table>
<thead>
<tr>
<th>Research</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final sample size, composition, &amp; basic demographics</td>
<td>What was done</td>
</tr>
<tr>
<td>Primary results</td>
<td>Results of evaluation; Outcomes</td>
</tr>
</tbody>
</table>
Conclusions/Implications

- Practice/research/education implications?
- Need for future research?
Tips

- Concise
- Correct
  - Proof for errors
- Consistent
  - Between each section
  - Consistent use of terms
- Double check guidelines/instructions
- Be aware of deadlines
Posters
Ultimate goal
- To facilitate understanding of the study/project and results

Conflicting goals
- Minimize text
- Enhance comprehension
A good poster...

- Tells a story
- Does not require the author to be present
Key Content

- Banner
  - Title and author(s)
  - 10-12 in. tall X 4 ft. wide
  - 1 in. margin
  - Logo

- Abstract (if required)
  - Should match submitted version
Key Content

- Introduction
  - Key background info
  - Research question/hypothesis
  - Purpose/objective

- Methods

- Results
  - Tables/figures can be easier to understand than words; break up monotony
  - Use only if they clarify

- Conclusion(s)
Additional Content

- Acknowledgements
- Funding Source
- References
Creating a Poster

- Starts with well organized content
- 4 panel standard
  - Less or more depending on poster size
  - Standard: 4ft X 6 ft
- Sketch out draft before creating doc
- Fonts:
Creating a Poster

- Using PowerPoint
  - Open new doc
  - Click on Design
  - Click on Page Setup
  - Enter desired width and height
  - Select Theme, colors, etc.
  - Right click on slide to customize background color (format background)
  - Need to decrease magnification (will not be able to view at 100%)
Creating a Poster

- **Text Boxes**
  - “Insert” tab
  - Select text box
  - Right click on text box to format (font, outline box, fill shape)
Creating a Poster

- PowerPoint slides
  - Cut & paste may not work
  - In your regular (non-poster) PP doc
    - Go to the desired slide on left side (normal PP view) of regular PP doc
    - Right click on desired slide
    - Select Copy
  - Open a blank Word doc
    - Paste into a Word doc
    - Right click on the slide in the Word doc
    - Go to the Poster PP
    - Right click and Paste and adjust to desired size
Creating a Poster

- Gridlines and ruler
  - In PowerPoint, go to View tab
  - Select Gridlines and/or Ruler
  - Helps to align textboxes, tables, etc.
- Leave adequate “white space”
- Simple backgrounds
- Primary colors (no more than 2-3)
- Usually dark print on light background
Creating a Poster

Font
- Times New Roman, Arial, Helvetica
- Consistent size except for tables/figures
- Should be visible from 4 ft away

Tables/charts
- Can create and format directly in PP
  - Insert Table/chart function
- For existing tables
  - Can try cut & paste method
  - Alternative:
    - Save table as a PNG or JPEG file
    - Insert Picture to the PP poster doc
Creating an Effective Poster
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\textsuperscript{a}California State University, Long Beach  \textsuperscript{b}Long Beach Memorial Medical Center

- Introduction
- Methods
- Results
- Conclusions
- Research Question or Purpose
- References (optional)
- Sample Table
- Acknowledgments
Creating a Poster

- Print a small version to check
  - File → Print → Scale to fit paper
- Options for printing full scale version
  - Poster companies
  - FedEx/Kinko’s
  - University printing/graphics dept
- Consider printing smaller versions
  - Handouts
  - References
Efficacy Elements

- Well organized
- Concise
- Visually appealing
- Logical flow
Poster Pitfalls

- Separate sheets on a board
- Overcrowding
- Using only text
- Too small font size
- Overly cutesy
Presentation Logistics

- Allow enough time for printing
- Transporting poster
- Conference expectations
  - Schedule for poster viewing
  - Time you are expected to be present
- Handouts
- Business cards
Questions?

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