How to give a 5-minute poster presentation

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Disclosure

No conflict of interest
Outline

- Your abstract
- Your poster
- Step by step
- Your speech
- Dos and don’ts
- Your take home message
- Final take home message
Your Abstract

Everything you need to prepare your poster presentation is in your abstract!

Your abstract is telling the story of YOUR research

• What is your research question?
• How did you address your hypothesis?
• Which are your results?
• What is the meaning of YOUR research?
Physical activity research priorities in pregnancy: A Delphi study

Áine Brislane¹, Melanie Hayman² and Margie H. Davenport¹

¹ University of Alberta, Alberta, Canada.
² CQUniversity, Australia.

**INTRODUCTION:** Physical activity levels remain low...need to know what the research should prioritise

**METHODS:** An online survey was completed...data was analysed using

**RESULTS:** Research priorities including X, Y and Z...from 100 respondents

**CONCLUSION:** This study identified...Our findings will help direct future research
Your Poster

Before start preparing your poster presentation: Review the guidelines.

5-minute poster presentation

Each trainee will be assigned to a poster space with up to three other poster presenters. **One dynamic slide** may be used to support the presentation. Trainees have **five minutes** to present their research followed by up to three minutes of questions from poster judges. Poster judges may be WCHRI postdoctoral fellows or academic members.
Physical activity research priorities in pregnancy: A Delphi study
Name(s) of contributors, Name(s) of contributors, Name(s) of contributors,

INTRODUCTION

• You
• Can
• Use
• Bullet Points

METHODS

• Experimental design, population, techniques, statistical analysis/include images if appropriate especially if explaining complex methods

RESULTS

Table 1. Title of your result

<table>
<thead>
<tr>
<th>Variable</th>
<th>Pregnant</th>
<th>Postpartum</th>
</tr>
</thead>
<tbody>
<tr>
<td>xx</td>
<td>xx</td>
<td></td>
</tr>
</tbody>
</table>

Table 2. Title of your result

<table>
<thead>
<tr>
<th>Variable</th>
<th>Pregnant</th>
<th>Postpartum</th>
</tr>
</thead>
<tbody>
<tr>
<td>xx</td>
<td>xx</td>
<td></td>
</tr>
</tbody>
</table>

Figure 3. Title of your result

CONCLUSION

Short data interpretation summary/implications and future directions

ACKNOWLEDGEMENTS

Funding agencies

Your email
Your Speech

• Communication, audience
• Introduce yourself (optional)
• Context → introduction: One minute
• Methods: One minute
• Results: Most important part, 2:30 minutes
• Conclusion and acknowledgements: 30 seconds
• Practice!!!
The Dos

• Be professional
• Take your time to prepare presentation
• Easy to understand → tell a story
• Explain the relevance of your research
• Respect the ”5-minute presentation”
• Practice
• Be well-prepared
• Check your audio and connection before your presentation
The Don’ts

• Do not be late
• If presenting from a different time zone – be aware
• Avoid tiny figures and too wordy/crowded poster
• Do not speak too fast
• Do not make assumptions on what the audience knows
• Do not provide unnecessary details
• Do not be late
Your take home message

You worked hard to get your data, tell us what you found and why is important!
Final take home message

< Relax, focus, practice and enjoy WCHRI Research Day 2022 >

Thank you!