

# RESEARCH SERIES PART V

## SUBMITTING A SCHOLARLY ABSTRACT & PRESENTING A SCHOLARLY POSTER

### Why should I submit a poster abstract?

The opportunity to disseminate your project findings (e.g., quality improvements, program evaluations, research studies) is extremely important to advancing expert care in the field of palliative and hospice nursing. When you disseminate your findings in a scholarly product, such as a poster presentation, the avenues to expand/grow your project are enhanced.

### These opportunities might involve:

- Receiving feedback from others on your projects to get others' ideas<sup>1</sup>
- Helping you to sharpen your research plan<sup>2</sup>
- Learning alternative ways to analyze your results or implement your project, which provides you with ideas for future directions<sup>1</sup>
- Creating more scholarly products (expanding an abstract into a scholarly manuscript)<sup>1</sup>

Whether completing a poster presentation locally, nationally, or internationally, you advance your palliative care and hospice reputation. During presentations, the dialogue/feedback can connect you to others—especially others who are doing similar work—which could lead to future projects together, future job opportunities, or connections with colleagues who have similar interests.

Each time you present, you have the opportunity to hone your presentation skills, practice your pitch, and help sharpen your skills as a communicator. Pragmatically speaking, the acceptance to present might be financially important if your employer reimburses you for attending the conference.

### How do I submit my abstract and poster?

Consider these steps for submitting your abstract and poster:

#### PREPARE AND SUBMIT YOUR ABSTRACT

- ▶ Pick a topic that interests you
- ▶ Choose collaborators with experience in your topic
- ▶ Choose the right meeting or conference for your poster
- ▶ Check the requirements (tip: pay attention to word limits, required sections, submission deadlines, and time zones, see example below)
- ▶ Submit the abstract using the meeting/conference's online submission system

**PREPARE  
YOUR  
POSTER**

- ▶ Use appropriate software, such as Microsoft Publisher or PowerPoint (tip: if not familiar with this software, ask for help from your library or find online tutorials)
- ▶ Build your poster using headings, sections, resolution, and file formats specified by your meeting/conference (tip: see example below)

**SUBMIT  
YOUR  
POSTER**

- ▶ Before submitting, double check grammar, spelling, punctuation, and ask a peer, mentor, friend, or partner for a second pair of eyes on your poster
- ▶ Submit your poster according to directions provided by your conference/meeting (tip: don't be afraid to reach out to the conference/meeting support person if you have questions)

**SCHOLARLY ABSTRACT EXAMPLE**

[THIS EXAMPLE USES HPNA/AAHPM ANNUAL ASSEMBLY FORMAT]

**Title:** Follow instructions on font and format of title.  
Use “catchy” words but be sure to fully describe your project.

**Authors and Affiliations:** Ensure all authors review this section for accuracy of their information.

**Objectives:** Be sure to determine differences between learning objectives and research objectives. Follow instructions on which objectives are requested and ensure inclusion as directed by the abstract submission instructions.

**Learning objectives:** These are objectives that describe what learners should take away from viewing your poster.

Example: The learner will be able to describe 3 communication techniques for a family meeting.

**Research objectives:** These are the aim(s) of your project and sometimes include hypotheses.

Example:

- **Objective:** Determine efficacy of family meeting communication techniques vs usual care on hospitalized patients' anxiety and depression.
- **Hypothesis:** The family meeting communication techniques will be more effective than usual care in improving patients' anxiety and depression.

**Introduction:** This section can also sometimes be labeled as Background. Be sure to use headings exactly as described in the instructions. Be brief and describe the context of why you did the study, the gap(s) in knowledge that your project is focused on, and the significance of your project.

**Methods:** This section should include your design, population and sampling technique, setting, inclusion/exclusion criteria, data collection (including primary outcomes), and data analysis (procedures, measures, etc).

**Results:** This section should include the most text. You want to describe your findings fully. For space restrictions, some will allow for tables/figures, but be sure to follow the instructions as to what is permitted.

**For quantitative data:** Make sure to include any relevant statistics (odds ratios, confidence intervals, and P values).

**For qualitative data:** Make sure to include enough description of findings with verbatim quotes when possible to fully present the results.

**Conclusion:** Keep this brief and describe the main outcome or finding of the project. Be sure this statement(s) is supported in your results section.

**Implications:** Some abstracts require this as a separate section from Results/Conclusions. Depending on the audience, the required “implications” statements can be geared towards practice, research, policy, or education (be sure to follow instructions). Make sure this statement(s) is not the same as your conclusion or results, but rather a linking of your results/conclusion back to your knowledge gap presented in the background introduction section.

## SCHOLARLY POSTER EXAMPLE

**CLINICAL PRACTICE FORUM**  
Virtual Conference • Sept. 10-12, 2020  
ADVANCINGPRACTICE.ORG/CPF #2020CPF

**TITLE OF THE RESEARCH STUDY**  
**AUTHORS**  
UNIVERSITIES AND/OR HOSPITALS AFFILIATIONS

**INTRODUCTION**

- **Intro and Purpose/Aims:** brief background on topic to set context and state main aims/objectives, gaps in knowledge, as well as significance of your topic
- **Methods:** depends on content, available space on poster, and meeting requirements; typically includes study/project design, target sample, setting, duration of study, inclusion / exclusion, data analysis, statistical techniques, key interventions, primary outcome measures

**PURPOSE/AIMS**

**METHODS**

**RESULTS**

**FIGURE #2**

**CONCLUSIONS**

- **Conclusions:** state conclusions that are derived directly from results you presented and that answers research question(s) on your poster only; acknowledge obvious confounders and limitations, and implications (including practice, research, policy, or education, as relevant)

**REFERENCES/ACKNOWLEDGEMENTS**

- **References:** cite only key references that are integral to information presented on your poster
- **Results:** should include results which answer stated hypothesis/research question(s) on your poster only; includes any relevant statistics or quotes; may also contain pertinent and key graphs, graphics, tables, and other figures

• **Title:** use largest font and keep as short as possible to catch reader's attention

• **Authors:** include everyone who contributed

• **Affiliations:** organizations that are represented by authors and/or where research took place

## REFERENCES

1. Wood GJ, Morrison RS. Writing abstracts and developing posters for national meetings. *J Palliat Med*. 2011;14(3):353-359.
2. Arneman D. How to give a perfect poster presentation. 2018. Accessed September 13, 2020. <http://hellophd.com/2018/11/104-how-to-give-a-perfect-poster-presentation/>
3. Buket G, Koshy K, Kurar L, Whitehurst K. How to make an academic poster. *Ann Med Surg*. 2016;11:69-71.
4. Akard TF, Hyden K, Gilmer, MJ. Nursing Research. In Ferrell B and Paice J. eds. *Oxford Textbook of Palliative Nursing*. 5th ed. New York, NY: Oxford University Press; 2019: 855-860.