

Tips for Effective Poster and Podium Presentations

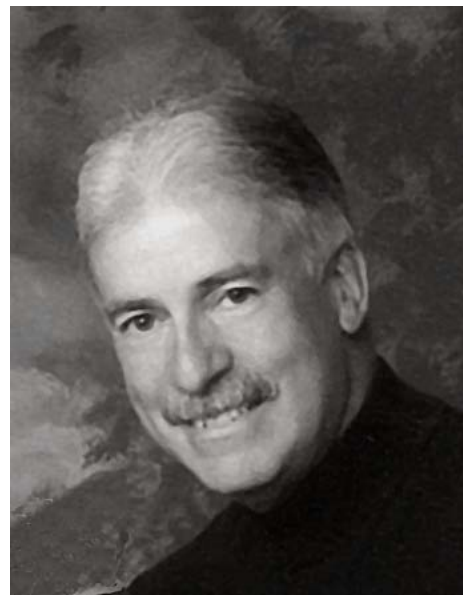
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Improving People's Lives
through innovations in personalized health care



Acknowledgements

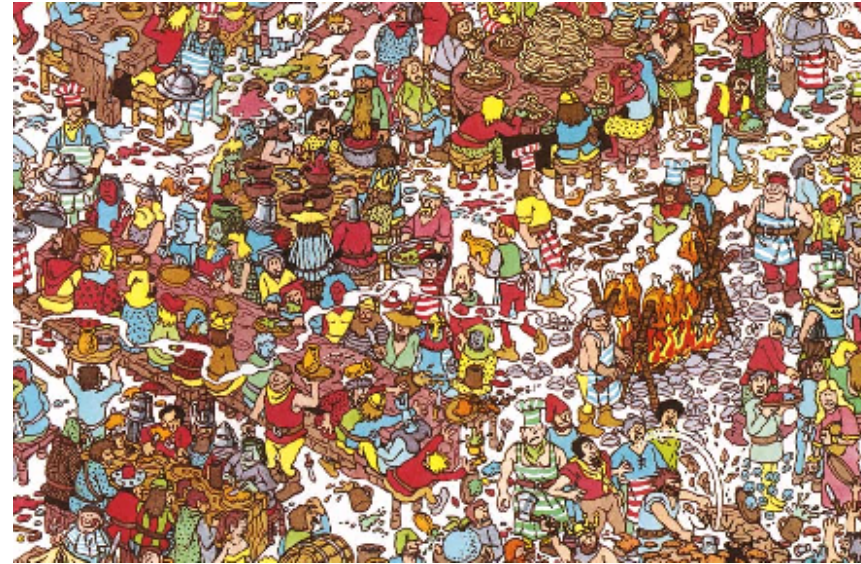


And many others...

DON'T PANIC

#1: What's Your Point?

- Very short time to reach audience
- So many talks/posters to hear and see!
- If the audience can remember your take-home message, you've won



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Does ACL reconstruction fully restore kinematics during walking?

- ★ *Hypothesis: Offsets exist in motion between reconstructed and contralateral knees in axial rotation and anterior-posterior translation*



#2: Every Item Should Support Your Point

- Is this item absolutely necessary?
- Will my audience be lost without it?
- Is this an interesting detail for 5% of the audience, or is it something new to a large fraction?

Methods

- 24 subjects with unilateral ACL reconstruction
- Point cluster technique for 6 d.o.f. kinematics (Andriacchi 1998)
- Contralateral limb as matched control
- Walking @ self-selected normal speed
- Normalized to standing reference
- Ensemble averages of trials for individual legs
- Two-factor ANOVA with replication
 - Reconstructed vs. Contralateral
 - 4 time points during stance
 - $\alpha=0.05$

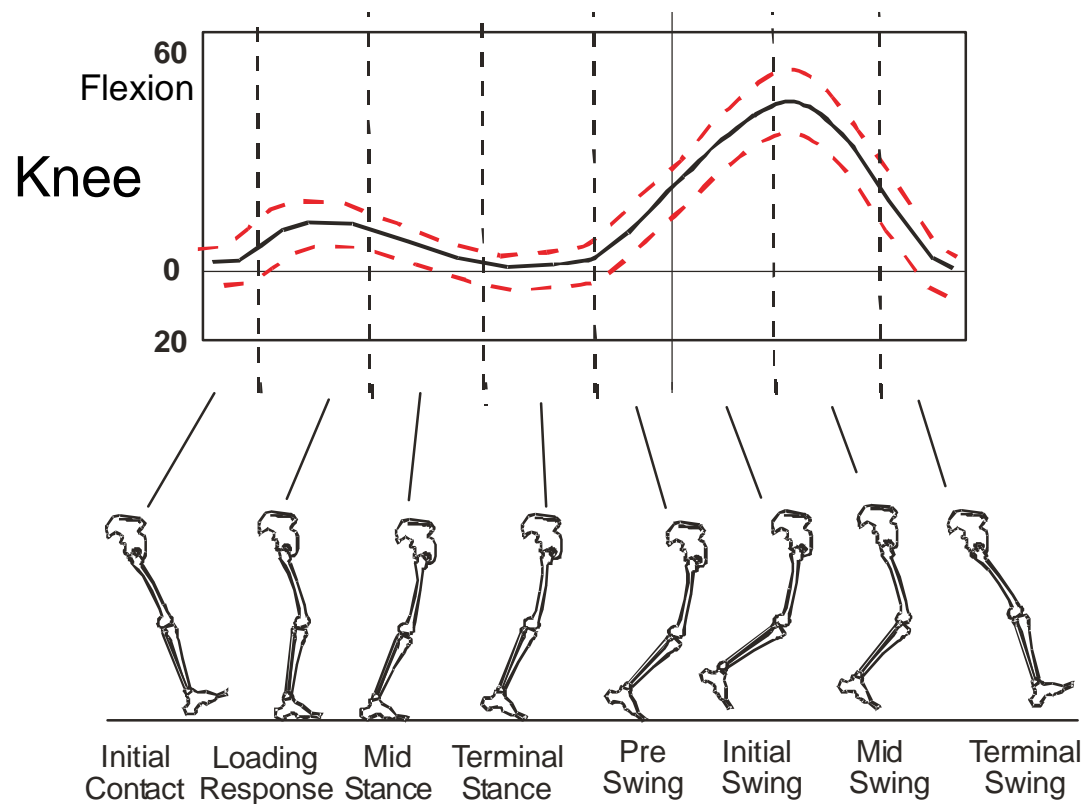


#3: Make Your Figures Easy To Follow

- Can someone look at it quickly and understand it?
- Can it be understood without a caption or an explanation?

Knee Kinematics

- Very repeatable across cycles, individuals
- Conservation of energy leads to narrow band of variation

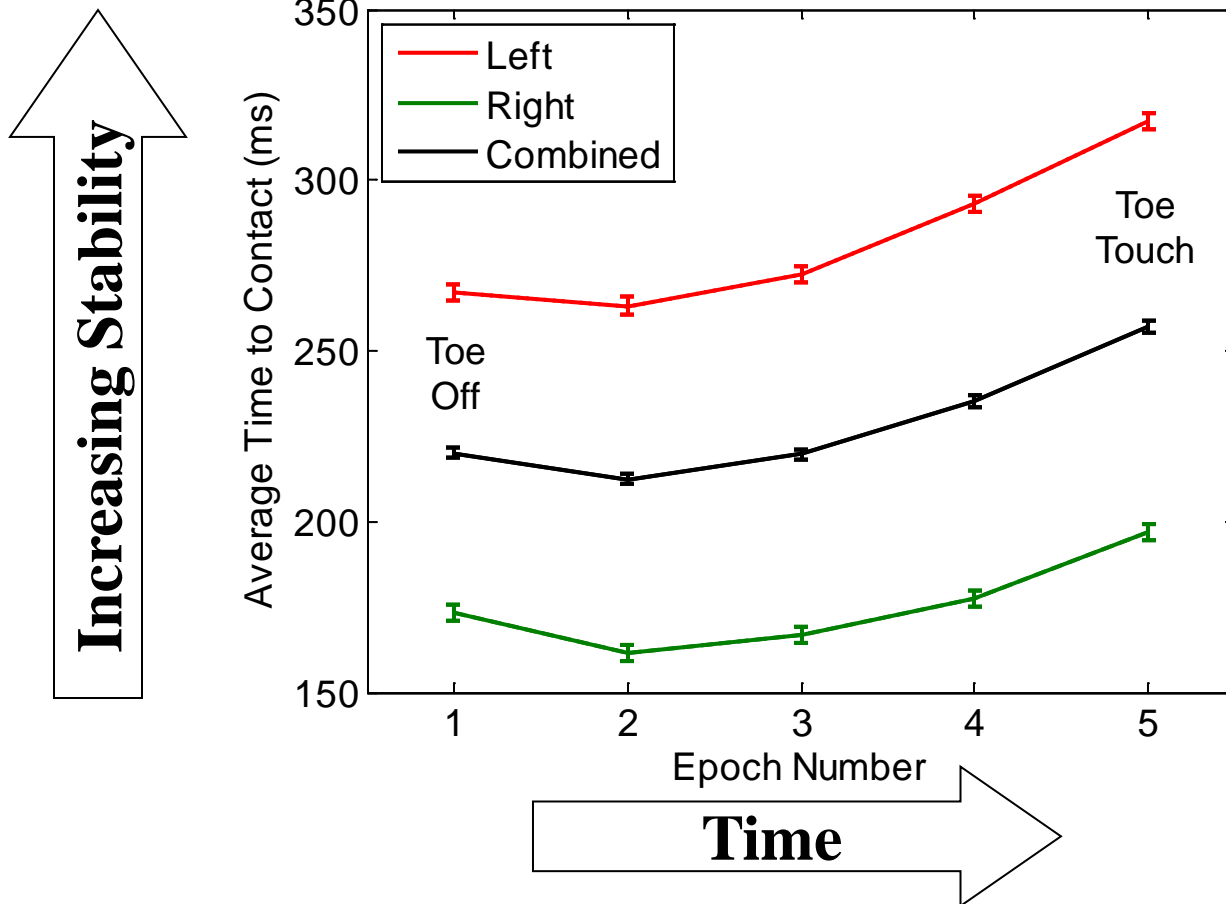


#4: Explain Every Figure, Table, and Diagram

- Don't assume they are going to “get it” as quickly as you do
- Every research group develops standard ways to show data
 - Easy to forget that your audience doesn't know it like you do
- Tell audience what's on the axes and in the legends
- Tell them what the take-away is from the figure
 - This should support your main point!!

Results

- Epoch was a significant main effect ($p < 0.001$)
- **Left leg** was significantly different than **right leg** ($p < 0.001$)



#5: Podiums—One Slide Per Minute

- If something doesn't support The Main Point, it shouldn't be there
- If you don't have time to explain why it's on the slide, it shouldn't be there
- If you don't want to talk about why it's on the slide, it shouldn't be there

Results

This is a bad example—too much information!



	Ridge Thickness by MRI (mm)	Ridge Detection by Surface Model*
Injured Men	4.65 ± 1.77	17/17
Healthy Men	2.24 ± 2.0	10/17
P value	0.0014 [‡]	0.003615 [‡]
Injured Women	2.54 ± 2.21	7/10
Healthy Women	2.00 ± 1.47	1/10
P value	0.46 [‡]	0.009883 [‡]
Total Injured	3.87 ± 2.17	24/27
Total Healthy	2.16 ± 1.80	11/27
P value	0.00142[‡]	0.000224 [‡]
		3 mm detection threshold by surface model



#6: Posters—Read From 6 Feet Away

- Don't be greedy just because you have more space!
 - Body text generally ~32pt
- A nice check—everything should be readable when printed on letter paper
- You might not be there, so it should stand alone
 - Put your contact info for questions
 - A photo so someone can find you?
- **Present it like a podium presentation!!**
 - Don't just stand to the side, sell it

#7: Know Your Audience

- Practice in front of an audience
- Don't just practice in front of your lab-mates
- Be a ruthless listener to **help** your friends
 - Better to get really tough constructive criticism from people you know when you can actually change it!

#8: Plan For Questions

- Ask your lab-mates and advisor for help
- Role-play
 - What would Dr. Davis ask about my presentation?
 - What would Dr. Devita ask about my presentation?
- You don't have to answer every anticipated question in your prepared presentation



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