

# Tips for Effective Poster and Podium Presentations

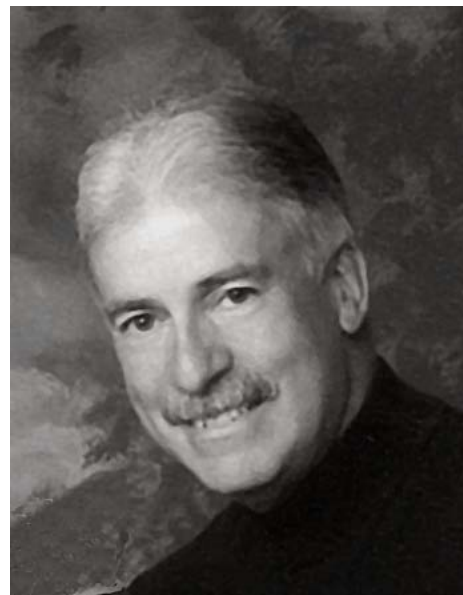
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Improving People's Lives  
through innovations in personalized health care



# Acknowledgements

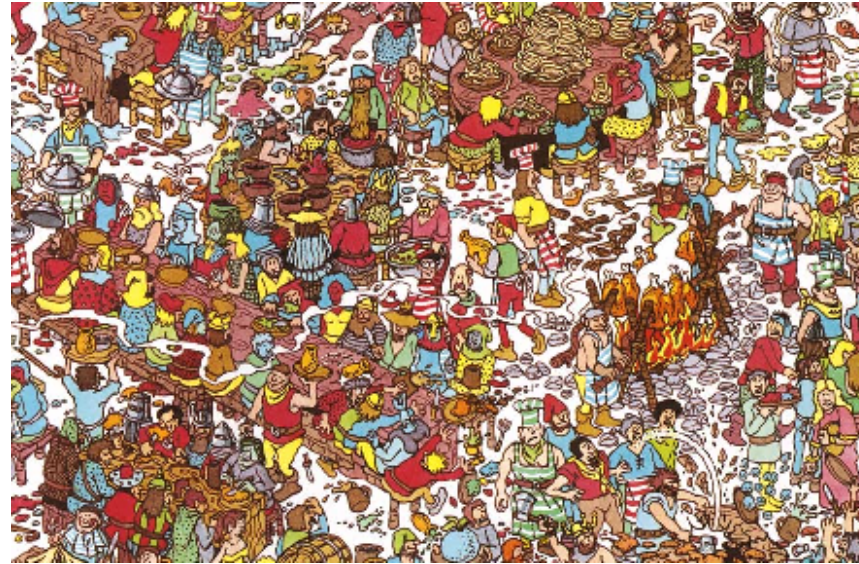


And many others...

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



[www.findwaldo.com](http://www.findwaldo.com)

# 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
  - $\alpha=0.05$



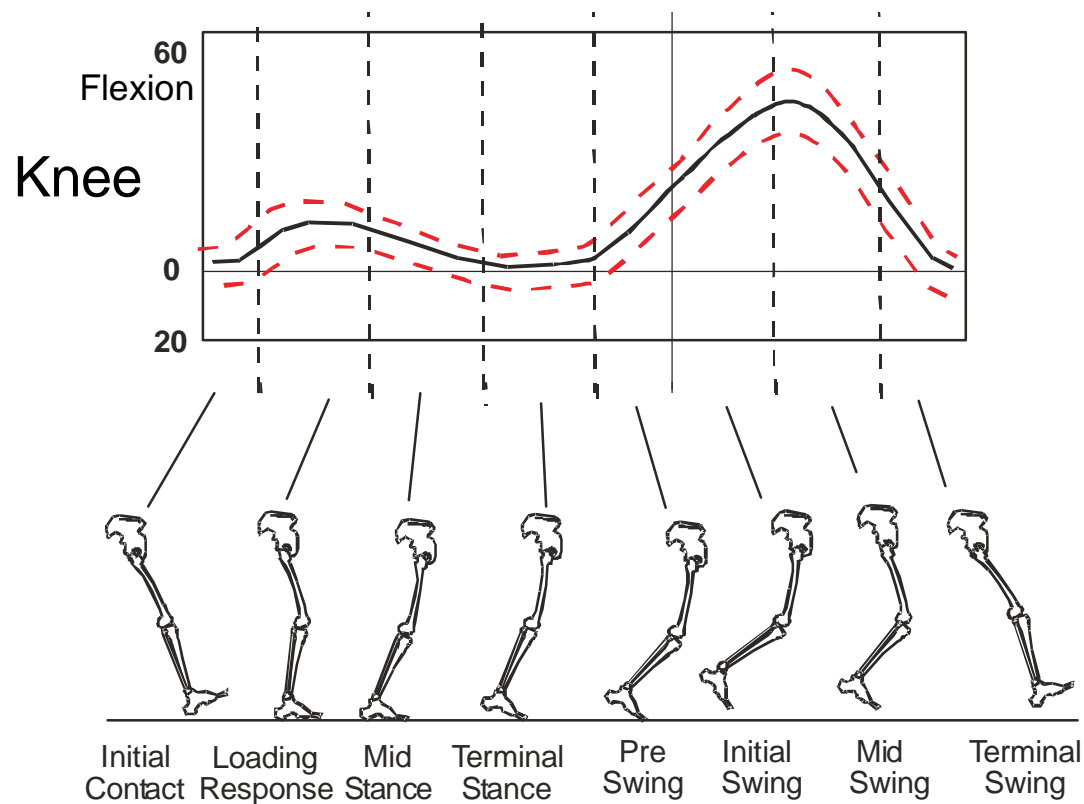
# #3: Make Your Figures Easy To Follow

- 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

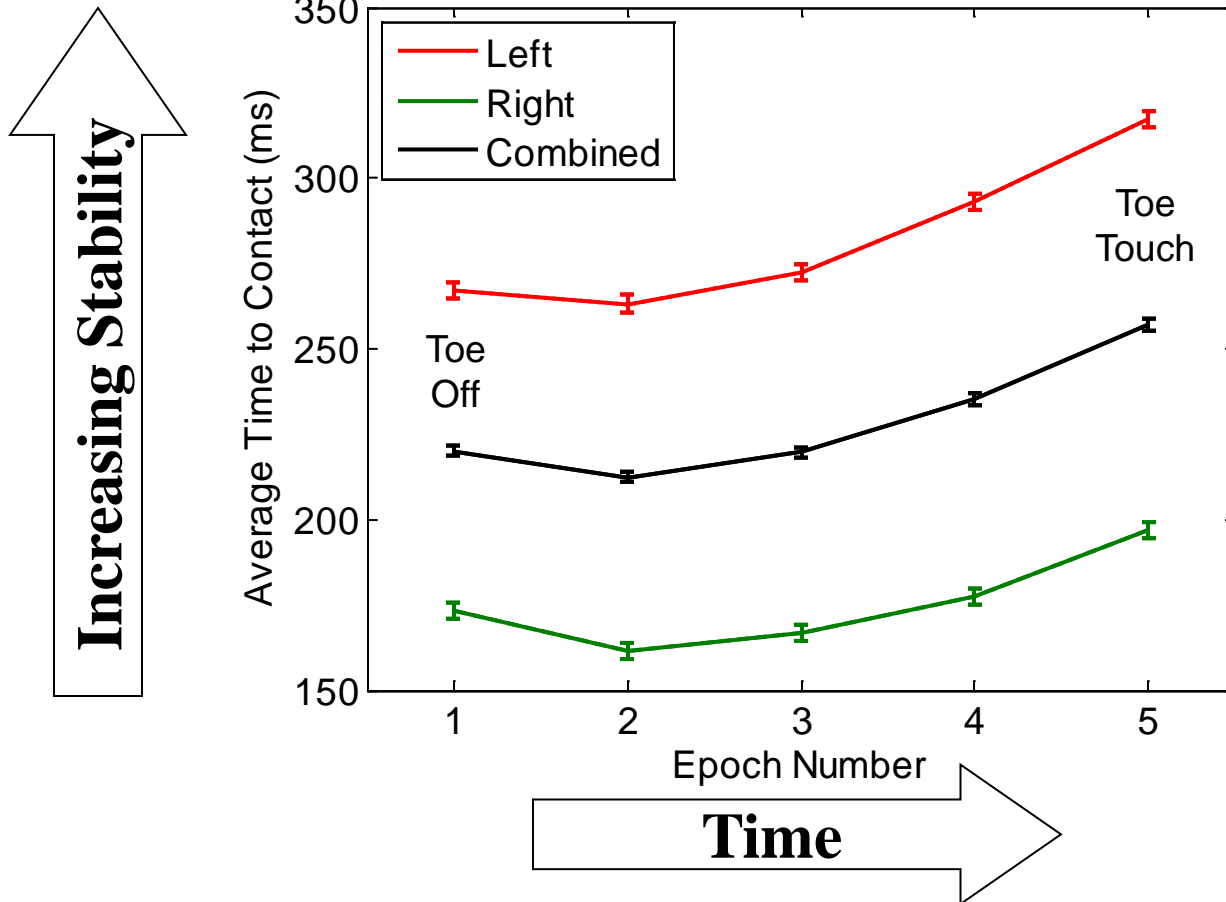


# #4: Explain Every Figure, Table, and Diagram

- 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 <sup>‡</sup>	0.003615 <sup>‡</sup>
Injured Women	2.54 ± 2.21	7/10
Healthy Women	2.00 ± 1.47	1/10
P value	0.46 <sup>‡</sup>	0.009883 <sup>‡</sup>
<b>Total Injured</b>	<b>3.87 ± 2.17</b>	24/27
<b>Total Healthy</b>	<b>2.16 ± 1.80</b>	11/27
<b>P value</b>	<b>0.00142<sup>‡</sup></b>	0.000224 <sup>‡</sup>
		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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