Tips for Effective Poster and Podium Presentations

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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
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

<table>
<thead>
<tr>
<th></th>
<th>Ridge Thickness by MRI (mm)</th>
<th>Ridge Detection by Surface Model*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Injured Men</strong></td>
<td>4.65 ± 1.77</td>
<td>17/17</td>
</tr>
<tr>
<td><strong>Healthy Men</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P value</td>
<td>2.24 ± 2.0</td>
<td>10/17</td>
</tr>
<tr>
<td></td>
<td>0.0014‡</td>
<td>0.003615‡</td>
</tr>
<tr>
<td><strong>Injured Women</strong></td>
<td>2.54 ± 2.21</td>
<td>7/10</td>
</tr>
<tr>
<td><strong>Healthy Women</strong></td>
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<tr>
<td>P value</td>
<td>2.00 ± 1.47</td>
<td>1/10</td>
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<td>0.46‡</td>
<td>0.009883‡</td>
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<tr>
<td><strong>Total Injured</strong></td>
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<tr>
<td><strong>Total Healthy</strong></td>
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<tr>
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<tr>
<td></td>
<td>0.00142‡</td>
<td>0.000224‡</td>
</tr>
</tbody>
</table>

3 mm detection threshold by surface model

This is a bad example—too much information!
#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