Prepared an Effective & Successful Poster

Presentation Outline:
- Poster components
- Component description
- Tips
- Examples of posters based on research study

Advocate Health Care
Inspiring medicine. Changing lives.
Poster components

- Title banner
- Abstract
- Introduction - Why did you do the study?
- Methods - How did you do the study?
- Results - What did you find?
- Discussion - What does it mean?
- Conclusions - What do you conclude and what your implications are?
- References - Have you used ones used in the poster only?
Incorporate a concise title: usually no more than 50 characters

Titles should deliver a message rather than state a topic
- A message title is a complete sentence that describe the main point of the poster and uses active verbs
- Example: Metastatic Precursor Lesions in Murine Pancreas Developed following Mutant Kras Expression in Adult Pdx-1 Positive Cells

Usually, title is in all CAPS with large font readable from 3 feet away

Underneath the title, list names of author(s), institution(s): first letter in each name / word capitalized followed by lower case lettering
Abstract

- Usually, an abstract that summarizes the main sections of the poster is included

- The recommended font style is Arial, Times New Roman, or Helvetica in font size 16-18
Introduction

- Address what was studied and why (rationale and importance of your study)

- Include your research question(s) and/or the hypotheses you tested
Methods

- Use text and/or bullet points to describe
  - The population and subjects studied
  - How subjects were selected and assigned to the study groups
  - The intervention(s) and whether subjects and/or researchers were blinded
  - What devices you used (if applicable)
  - What outcomes were measured
  - How were data analyzed and $p$-values used
Results

- Statistics and findings
- Tables and/or figures showing your data
- Figures must include foot notes/legends/key
- Figures must be clear, self explanatory, and uncomplicated
Discussion / Conclusion

- Outline what you think your results mean
- Present supporting and/or contradictory findings from published reports
- Describe the limitations of your study
- Outline implications and future research ideas/opportunities
- Conclusion should relate to your study’s research questions and hypotheses
- Should be supported by and consistent with your study results
Tables and Figures

- Tables are preferred for outlining the study results in a consistent format
- Figures are reserved for graphs, line drawings, photographs, and radiographs
- Use numbers to label tables and figures
  - In the case where both tables and figures are presented, number the tables separately from the figures
    - Ex. If you have two tables and three figures, the tables will be presented as Table 1. and Table 2. and the figures as Figure 1., Figure 2., and Figure 3
Technical Tips

- Title each section should have its own title
- The typeface and font size should be such that your poster can be easily read from a distance of 3 feet or more
- Use font: Times, Times New Roman, Arial, or Helvetica typeface
- Use the same typeface and font size for all the sections of the poster, with the exception that the font size in tables and figures may be smaller
- Set up your poster presentation as a series of Microsoft PowerPoint slides
Poster Appearance

- Readability
- Organization
- Graphics and other visuals enhance
- Orderly and appealing
Poster Content

- Content is clear and easy to understand
- Purpose of the study is stated clearly
- Key assumptions are identified
- There is enough detail about methods for the audience to understand
- The approach taken is appropriate for the problem and technically sound
- Poster is free of unnecessary detail
- Conclusions are stated clearly
- Conclusions are supported by the results
Original Research Posters

- Title
- Abstract
- Introduction
- Methods
  - Subjects
  - Data Analysis
- Results
- Conclusions/Discussion/Implications
- Literature Cited/References
Poster Checklist

- **Main poster title**
  - Do you have a message title and not a topic title?

- **Figure titles**
  - Do you use message titles in your figures, not topic titles?
  - Are your figures numbered to show story flow and for reference?

- **Organization**
  - Do you have distinguishing headers?
  - Are your sections numbered?

- **Balance text and white space**
  - Have you eliminated unnecessary sentences and paragraphs of text?
  - Is your text highlighted and formatted so that is easily read and understood?
NURSE-LED ACUTE STROKE TEAM
Lynn Klassman APN, Royce Peppa APN, Barb Pool RN, Lisa Brazinski RN, Mary Anne Tinsley RN
Advocate Lutheran General Hospital, Park Ridge, Illinois

Abstract:
Background /Purpose: Acute stroke treatment is reliant on a consistent team approach focused on evidence-based guidelines and time-sensitive treatments. Early efficient care is crucial in maximizing favorable patient outcomes, however, door-to-IPA times at our institution were not consistently less than 60 minutes. As a result, a multidisciplinary team engaged in a rapid improvement event to review barriers and identify opportunities for quality improvement. One strategy was the establishment of a 24 hour x 7 day nurse-led Acute Stroke Team (AST). The budget neutral AST role was implemented to oversee and assist in delivery of time-sensitive assessment and treatment of acute stroke patients.
Methods: Nurses from the neurology/stroke unit were selected for AST based on clinical expertise in assessment, communication, and leadership skills. Didactic education and clinical mentoring was provided by the Stroke Advanced Practice Nurse (APN). AST nurses were relieved by the unit charge nurse when they attended stroke alerts in the emergency department or in-house. A log sheet was utilized to record date and time of stroke alert calls, amount of time off the unit, and issues/concerns. A Likert-scale survey distributed to multidisciplinary hospital departments post-implementated assessment satisfaction with the AST role. Number of times IPA was administered, and door to IPA times were tracked following implementation of the AST role.
Results: During the first year of AST June 2012 to June 2013:
1) AST attended 486 stroke alerts. 2) Acute Stroke calls averaged about 40 minutes. 3) IV/IA administration increased from 17 to 32 times (increase of 88%). 4) door-to-IPA delivered within 60 minutes increased from 3 times to 13 times (333% increase). 5) door-to-IPA time decreased from 92 minutes to 75 minutes (15% decrease). Multidisciplinary hospital departments strongly agreed that the AST nurse assessment was valuable during a stroke alert (73%), and that the AST was perceived to be a valuable resource on the stroke program (91%).
Conclusions: Addition of the AST nurse role to the hospital acute stroke response has increased IPA usage, improved door-to-IPA times, and enhanced department collaboration. AST nurses continue to expand their clinical knowledge and expertise regarding the continuum of stroke care, gain leadership skills, and appreciate their role in impact on positive patient outcomes.

Introduction:
Acute stroke treatment is reliant on a consistent team approach focused on evidence-based guidelines and time-sensitive treatments. Early efficient care is crucial in maximizing favorable patient outcomes. One of the potential approaches to improve stroke outcomes is to provide treatment in a more timely fashion after patient arrival. The recommendation is to reduce the door to needle time for IV rt-PA. Door-to-IPA times at our institution were not consistently less than 60 minutes. Our first strategy was to engage a multidisciplinary team in a rapid improvement event to review barriers and identify opportunities for quality improvement, and to improve our stroke algorithm for treatment. The second strategy for improvement was the development of a 24 hour x 7 day nurse-led Acute Stroke Team (AST). The budget neutral AST role was implemented in June 2012 to oversee and assist in the delivery of time-sensitive assessments and treatment of acute stroke patients within the hospital setting.

Results:
- Number of stroke alerts: Pre-AST mean = 387, Post-AST mean = 468, 25% increase
- Average time to IPA: Pre-AST = 94 minutes, Post-AST = 54 minutes, 40% decrease
- Number of times IPA administered: Pre-AST = 17, Post-AST = 32, 88% increase
- Average door to IPA times: Pre-AST = 92 minutes, Post-AST = 75 minutes, 15% decrease
- Number of patients with door to IPA time < 60 minutes: Pre-AST = 9, Post-AST = 23, 157% increase

Conclusions:
To date, this is the only Nurse-Led Acute Stroke team within the Advocate Healthcare Corporation – 10 hospital system. The addition of the AST nurse role to the hospital acute stroke response:
- Expedited IPA checklist use and increased IPA usage
- Improved door-to-IPA times
- Improved number of times IPA was administered less than 60 minutes
- Enhanced department collaboration and maintained consistent assessments and evaluation of stroke patients
- Allowed the hospital to apply for the AHA/ASA Target Stroke initiative

AST nurses continue to:
- Expand their clinical knowledge and expertise regarding the continuum of stroke care
- Gain leadership skills and autonomy in their role
- Appreciate the AST role as a contributor to positive patient outcomes
- Participate in community education related to stroke prevention
- Serve as mentors to peers and physician colleagues regarding stroke care

References:
References

- UIC School of Public Health
  - [http://publichealth.uic.edu/media/uicedu/sph/research/downloads/pdfs/Tips,and,Tricks,for,Poster,Development.pdf](http://publichealth.uic.edu/media/uicedu/sph/research/downloads/pdfs/Tips,and,Tricks,for,Poster,Development.pdf)

- Cornell University Center for Materials Research

- Dartmouth Undergraduate Advising & Research
  - [http://www.dartmouth.edu/~ugar/undergrad/posterinstructions.htm](http://www.dartmouth.edu/~ugar/undergrad/posterinstructions.htm)

- Princeton University Department of Molecular Biology

- Previous internal Advocate research department presentations
Presentation Feedback

Thank you for your review.

If you would like to provide feedback on the content of the presentation, please complete the short survey which can be found at this link: Presentation Evaluation Survey

- Please note the survey should not take more than 5 minutes to complete.

Thank you in advance for completing the survey!
Thank You!