



Constructing Abstracts

Tips for submission

Purpose of an Abstract



For the profession...

- Information exchange has value
- Describes projects in progress or completed
- Builds upon our clinical, research/evidence, education, and administration 'base'

For the professional...

- Opportunity to have peer review
- Showcases efforts
- If accepted, an opportunity to actively network and seek the opinions & experiences of others
- Adds strength to a CV

Ideal Qualities: Presentation & Poster

- Meets the conference **theme**
- Has **appeal** for the conference audience
- **Clear title** – has the problem, population, project
- **Attracts** attention; makes a strong mental impression
- Is **clear**, logical ... flows well
- **Is consistent with Conference expectations**
 - Size (word limit)
 - Content elements for selected presentation/poster category
 - Contains an added extra - learning objectives for participants!

Components

- The issue or problem and the 'burden'
- The project
- The methods
- Key findings
- Your conclusion(s)
- The implications

Abstracts ... just the basics

What?

So What?

Then What?

Now What?



The What ...

- First 1-2 sentences
 - **What is the issue or problem**
 - Clearly state the issue that you explored
 - **Can you ‘quantify’ the problem?**
 - Are there statistics that describe the issue?
 - The prevalence or incidence (and where ... the region, province, country, the world?)
 - **What is the burden?**
 - What the issue causes or leads to
 - Describes why the issue is a problem to the person, family, organization, students, community...

The 'So What'

The direction taken – what you did about the issue or problem, setting, and when

– Research study

- Design
- Number of participants
- Research activity undertaken

– Case study

- How the case was explored
- The participant(s) involved
- Action taken to explore the case

– Quality Improvement or Knowledge Translation project

- How the practice, protocol, or policy was approached
- Number of participants
- Activities done within the project

The 'Then What'

What happened as a result of your research, the case studied or the QI or KT project

- The analysis of the data
- The results or findings
- What your presentation or poster will offer to observers
- Just the 'key' findings ... the bare bones!



The 'Now What'



- **Your conclusions!**
 - The decision(s) related to the key finding(s)
- **The implication(s) for practice, policy, education, health care system**
 - What should or could be changed or maintained
- **Could also describe the next step(s) or new question(s)**
 - Future work



Pitfalls to avoid

- **Too long** – keep within the word limit
- **Poor flow** – assure that each sentence logically follows the one before
- **Errors in spelling, punctuation, or grammar** – it's a good idea to get a colleague 'editor'
- **Non-scholarly language** – avoid generalizations, slang, or journalistic commentary. Keep it academic!
- **Missing pieces** – each component is contained
- **Unnecessary elements** – avoid tables, graphics (save them for your presentation or poster!)
- **Identifying terms** - leave out names (authors, setting name)

The added 3 learning objectives



- What you want your audience to take from your presentation
- **Must be 'RUMBA' !!**
 - Realistic
 - Understandable
 - Measurable
 - In **B**ehavioural terms
 - Achievable
- Think about Measureable action terms, i.e.,...”at the end of this presentation or poster, the participants will”... ‘describe’, ‘discuss’, ‘offer perspectives on’, ‘name’, ‘appreciate’, ‘explore’...





.....See you at the Conference!

