



A Guide For Preparing and Presenting Posters at Conferences



Contents

Foreword	3
Authors	3
Introduction	4
The benefits of doing a poster presentation	5
Designing a poster	6
The right level of detail	6
Poster layout	6
What to include in your poster	8
Using PowerPoint to design posters	9
Poster formatting	10
Preparing images	10
The colour scheme	11
Printing	11
Dos and don'ts of poster design	12
Presenting your poster	13
Maximising engagement	13
Poster competitions	14
Case studies	15
Clare Carson – Senior Orthotist / P&O Practice Education Lead for NHS Greater Glasgow and Clyde	15
Pouyan Jafarian – PhD in Prosthetics and Orthotics at Imperial College London	16
Jennifer Andrews – Podiatrist and Research Fellow at the Centre for Doctoral Training	17
Isabell Proctor – Orthotic Clinical Assistant Team Lead at NHS Greater Glasgow and Clyde	18
Kate Binnie – Music Therapist and PhD student	19
Dr Emma Pagnamenta – Speech and Language Therapist and Associate Professor, University of Reading	20
Gianluca Melotto – Podiatrist and Research Fellow in Wound Healing at the University of Brighton	21



Foreword

This guide has been developed to support the prosthetic and orthotic workforce to engage with research. This guide will provide the reader with general information and advice about poster presentations. It is not specific to BAPO conference guidelines, it will serve you well for preparing posters for all kinds of conferences.

We encourage staff and learners at all levels to get involved with research, quality improvement, and work-based projects; this includes prosthetists, orthotists, technicians, support workers, students, and apprentices. BAPO is committed to providing an equitable platform for everybody to submit abstracts and present at BAPO's conferences. We are passionate about enabling our educators to present their work at our conferences. We know how important it is to help to grow the educator workforce within the prosthetic and orthotic profession. We have therefore, committed to ensuring every BAPO conference has the space for an educator presentation.

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Introduction

This guidance outlines how to create and present a research poster to convey research, audit or service/quality improvement objectives, methods, findings and implications.

Prosthetists and orthotists routinely apply research skills, such as critically questioning and appraising care, but often don't realise these are skills that can be applied to research. Staff can gain further early research skills through carrying out local audits and service or quality improvement projects, helping them to become research confident. Widespread dissemination of the results of these efforts can improve patient care and raise the profile of the researcher, their organisation and the profession. A conference poster is one method of sharing these valuable findings.

Developing research skills is critical to the growth and progression of prosthetics and orthotics services. Research-active organisations have been shown to provide a higher quality of care and improved patient safety⁽¹⁾. Organisations that engage in research have higher rates of patient satisfaction, reduced mortality, improved Care Quality Commission performance, improved organisational efficiency and reduced staff turnover⁽²⁾. Individuals who engage in research benefit from the increased perception of skills and confidence in practice and ultimately improved job satisfaction.

1 Iles-Smith H, Burnett C, Ross DH, Siddle HJ. The clinicians' skills, capability, and organisational research readiness (SCORR) tool. *Int. J Pract Learn Heal Soc Care*. 2019;7(2):57-68.

2 Harris J, Cooke J, Grafton K. *Shaping better practice through research: A practitioner framework*. 2017.



The benefits of doing poster presentations

There are many benefits to presenting your work as a poster at a conference. It is a perfect opportunity to showcase your hard work and share your findings with a wide range of colleagues. Posters offer the opportunity to engage with other conference attendees interested in the same subject and area of application as yourself. A poster enables you to condense a large project into a portable form of a presentation. Presenting a poster is a great first step to sharing your work with a wider audience. You might strike up a conversation with someone about your poster that may lead to future collaboration. One-on-one conversations about your poster enable you to talk about very specific aspects of your work that may not be possible in an oral presentation.

BAPO encourages all sectors of the prosthetic and orthotic workforce to get involved with research and present at conferences.

A BAPO conference call for papers is open to prosthetists, orthotists, educators, academics, support workers, technicians, students, apprentices, and all our colleagues aligned with prosthetics and orthotics.

We want to support your research by providing you with an equitable platform to share and discuss your work and build collaborations within the industry and with our external partners.



Designing a poster

This guide offers advice on preparing a good research poster. As with all forms of communication, there is no single recipe for success. There are many alternative, creative ways to display and convey information pictorially. The suggestions in this document might help you to communicate your message more effectively.

The right level of detail

Think of your poster as a conversation starter. A poster is a great way to deliver the important points about your research. It is not designed to deliver in-depth information, instead, it is a snapshot of your work which should lead to further discussion with delegates and a link to more information about your study.

- A poster should be a quick way to visually convey information about your work.
- Highlight the important points about your research and steer clear of complicated language.
- Create a story! The poster should have a beginning, a middle, and an end.
- Provide enough information to ensure the reader can determine the validity of the method you have used and the conclusions you have drawn.
- Try to use a maximum of 500 words on your poster, don't be tempted to write too much as it can put people off reading it.

Poster layout

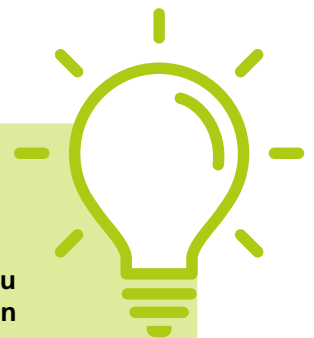
Your poster should be visual. It should follow an ordered sequence of events, which is easy for the reader to understand. A poster can adopt a variety of layouts.

You will need to maintain sufficient white space, keep column alignments logical, and provide clear cues to the reader on how they should navigate through the poster. Other than that, you can use your imagination and creativity!

If you are presenting at a BAPO conference, BAPO will provide you with a poster template to use. However, you are free to use an alternative template or create your own, as long as the poster adheres to the conference guidelines.

TOP TIP

The most important aspect of presenting a poster at a conference is to make the most out of the opportunity you have been given. Who knows what connections you might make, who you might inspire, and the future collaborations that might happen as a result of your poster presentation.



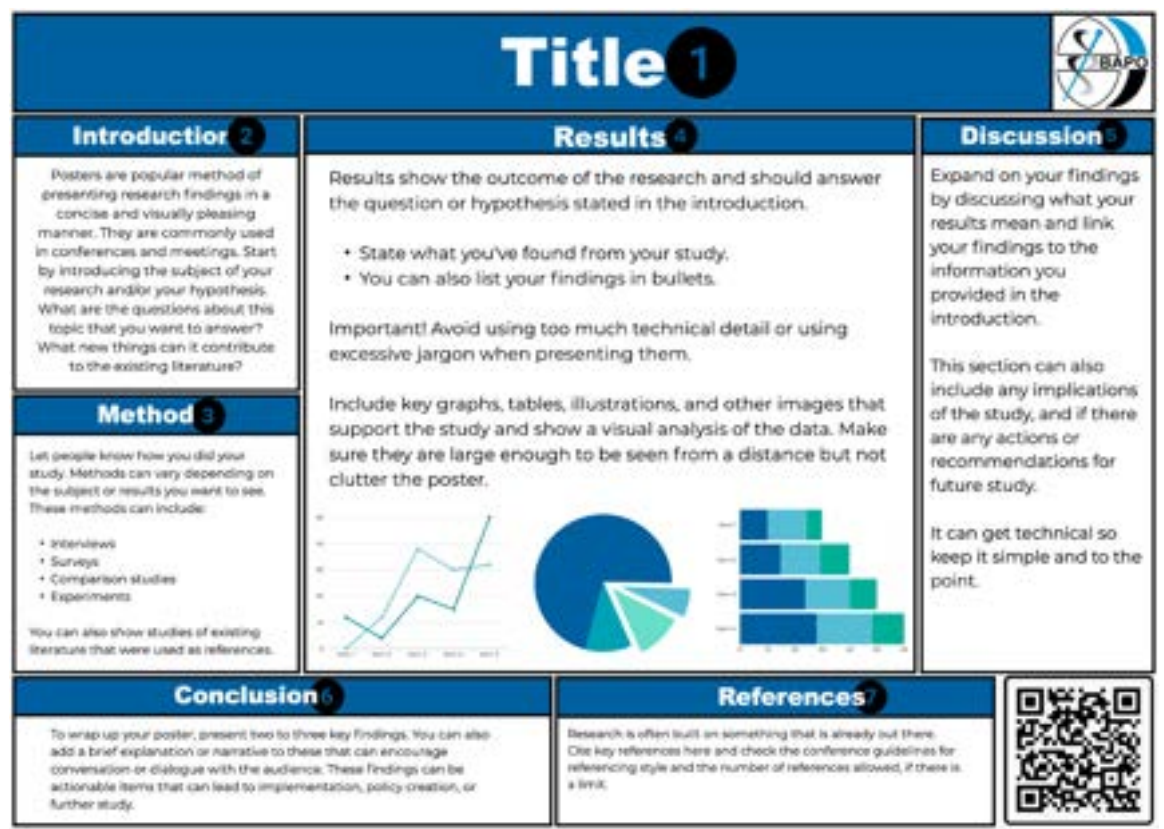


Figure 1
An example of a landscape poster



Figure 2
An example of a portrait poster

What to include in your poster

Check the conference guidelines for the headings you will need to use on your poster. Here are the most common headings:

- **Title:** Make it catchy and ensure it describes what your research is about.
- **Background or introduction:** This section should provide an overview of your research. What are you studying and why? Why is the research important to the field of prosthetics and orthotics, and what can it contribute to the existing literature? Be mindful of the space you have on your poster. Include the important information but make the text concise and to the point.
- **Aim:** In this section, state what the purpose of your study is.
- **Method:** Describe how you have conducted your research. What methods did you use? Was there any special technology applied?
- **Results:** This section should provide an overview of the research results. Use graphs and images to display your results.
- **Discussion:** In a regular research paper, the discussion section is one of the longest parts as it builds on the information that supports the objective. With a research poster, you can trim down the discussion to the most important parts.
- **Conclusion:** To wrap up your poster, present two to three key findings. You can also add a brief explanation or narrative to the findings to encourage conversation or dialogue with the delegates. These findings can be actionable items that can lead to implementation, policy creation, or further research.
- **References:** References can take up a lot of space, so only cite the key references used in your study. If you are going to provide a link to your work you may choose to leave references and acknowledgments out of the main poster.

TOP TIP

Although it is tempting to draw conclusions from the wider body of work that you are already familiar with, your audience may have no knowledge of this.



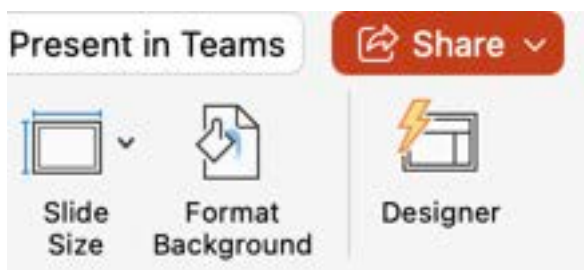
Using PowerPoint to design posters

To design a poster in PowerPoint you will first need to begin with a blank slide. The first step is to set the paper size. Most conferences will expect your poster to be either A1 or A0. The orientation varies between portrait and landscape.

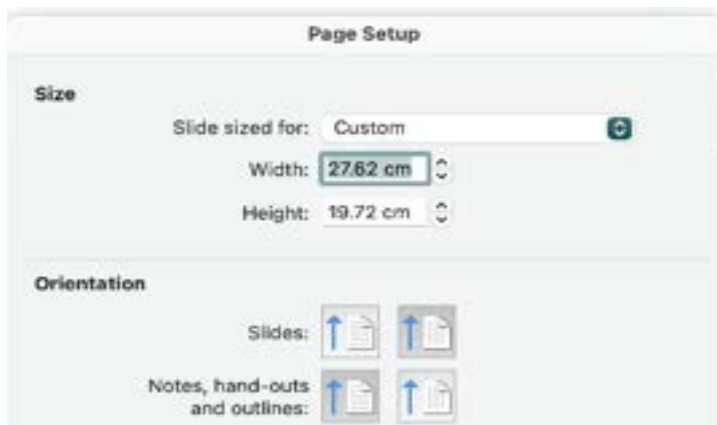
Table 1: A list of ISO paper sizes

	Height (cm)	Width (cm)
A0	118.9	84.1
A1	84.1	59.4
A2	59.4	42.0
A3	42.0	29.7
A4	29.7	21.0
A5	21.0	14.8

- 1 Click on the **Design** tab to bring up the design ribbon, then click on the **Slide Size** and select **Page Setup**.



- 2 Click on the downward arrow to the right of the box under Slide Size and select '**custom**'. Then type in the width and height of your poster in cm. Next, select the orientation of your poster.



Poster formatting

When formatting the typeface for your poster follow the steps below.

- The title should be large and set in bold so that it can be read from a distance.
- The main headings should be the largest sized text on the page and set in bold.
- As the majority of the text on the poster will be body text it is important to ensure that it is large enough to be read from a distance of 1.5 metres. Usually a 32pt. font is required.
- Break up any large areas of text with subheadings and consider bullet points to convey short sentences.
- Blocks of text in a small font can be made easier to read by increasing the line spacing.
- Left justified text is the best alignment for the body text of your poster.
- Sans serif fonts like Arial are the easiest to read on posters.

TOP TIP

Check whether your poster can be easily read from a distance of 1.5 metres.



Preparing images

Images should have a resolution of at least 150dpi but 300dpi is preferable. If possible, use PNG or TIFF images and avoid using JPEG images. Try to avoid using screenshots, they are usually 72dpi and can be extremely pixelated (blurry) when printed on a large poster. Avoid making images larger by stretching them as they will not print well.

Keep images simple, enlarge the text and thicken the lines so that any trends can easily be identified. They should be clearly labelled and highlight the key results in a different colour to help them stand out.

Use photographs, where appropriate, to illustrate a component of the work as they can be particularly eye-catching.

TOP TIP

Make your poster stand out! Careful use of images and colour may be the elements that attract an audience to your poster.



The colour scheme

Black is often the most effective colour for the main body of text. To make the poster stand out, choose contrasting colours rather than different shades of the same colour. Try to use no more than three colours in your poster.

Avoid using light and bright coloured text on a white background or using any form of strongly patterned background. The more contrast the easier it will be for people to read what you have written.

Printing

Some conferences use screens to display posters digitally, if a hard copy of your poster is required, almost all conferences will expect you to print your own poster. It is advisable to use a professional printing company that offers 'full bleed' printing, if possible.

Make sure your poster meets all the conference guidelines and it has been proofread by a colleague before sending it to be printed.

Be aware that most printing companies will require a few days or up to a week, to print a poster.



Dos and don'ts of poster design

Dos



- Check the conference guidelines carefully. It will normally specify the maximum word count, size of the poster and orientation.
- Keep the title short and on target.
- Use a text size that can be easily read from a distance and ensure the font and spacing are consistent.
- Use simple, jargon free language.
- Use contrasting colours between the text and the background.
- Use a plain font.
- Perform a spelling and grammar check.
- Reduce the amount of text by using bullet points, where appropriate.
- Label all images and tables.
- Include accurate references and acknowledgements.
- Organise the content in to clearly labelled sections which guide the reader.
- Focus on key messages.
- Ask a colleague to proofread your poster and provide you with feedback.
- Most conferences will expect you to print your own poster, consider using a professional printing company.

Don't



- Write your poster as if it were a scientific paper. Minute detail is not required.
- Have too much text on your poster.
- Copy and paste your abstract on to your poster.
- Use low-resolution images.
- Use acronyms or initialisms, some people might not know what they mean.



Presenting your poster

Some conferences will expect you to deliver an oral presentation on your poster, although this is less common. If you are expected to present your poster, you will most likely be asked to give a one - two minute summary of your poster. You won't have time to go into detail so think carefully about what you want your key messages to be and practice keeping to time.

This is your opportunity to showcase your work, the aim is to draw the delegates attention to your work and encourage them to visit your poster so you can provide them with more information.

As a minimum, most conferences will expect you to stand by your poster at certain times during the conference to ensure delegates have the opportunity to ask questions. Ensure you know what is expected at the conference and be prepared.

- Ask a colleague to objectively review your poster and provide you with feedback. Your project doesn't have to be perfect. Be transparent about its limitations and be open to feedback.
- Find out in advance if the conference will provide fixings to attach your poster to the display wall. Make sure you know how the posters will be mounted so you can bring the correct accessories if necessary.
- Ensure you know what times you will be required to stand next to your poster.
- Think about which key points you would like to get across if you are asked to provide a summary.
- Prepare a brief synopsis of the purpose, findings, and implications of your work - the one sentence version, the three sentence version, and the two minute version.
- Prepare short answers to questions you are expecting people to ask (note down the questions your colleagues asked you during the feedback they gave you).
- Remember that your project has a start, a middle, and an end. Ensure your narrative flows when you discuss your work. Let your passion for your work shine through.
- Try not to feel anxious or intimidated if you are new to presenting. If you don't know the answer to a question it is okay to say "I am not sure but I will find out and get back to you".
- People are not trying to catch you out or test you, take questions as they are intended, to explore and understand your work.

Maximising engagement

- Putting a QR code on your poster provides a quick way of merging printed material with web and video content or providing a link to your published work.
- Include contact information on the poster or take smaller A4 printouts of your poster and some business cards to handout to delegates.

Poster competitions

Not all conferences have poster competitions. Ensure you read the conference guidelines to determine whether your poster will be entered into a competition. Also, remember that each conference will have it's own criteria on how a poster is judged in a competition. This section provides you with a general guide on what to expect during a poster competition.

The presentational qualities of the poster are as important as its scientific merit. Areas most often included in guidelines when scoring posters include visual impact, scientific rigour, originality, and presentation skills. See table 2 for an example of poster scoring criteria.

Table 2: An example of poster scoring criteria.

	Visual Impact (5)	Scientific Rigour (10)	Originality (5)	Presentation Skills (5)	Total (5)
Judge 1					
Judge 2					
Judge 3					

Case study

Clare Carson – Senior orthotist / P&O Practice Education Lead for NHS Greater Glasgow and Clyde



When was the last time you presented your work at a conference?

I most recently presented work at NHS Education for Scotland National Virtual Conference in April 2023. The conference held a poster submission section which I applied to, in order to present work from the NHS Greater Glasgow & Clyde orthotic department with a focus on practice education. I had carried out a review of the models of placement delivery within the department and implemented a change to increase the virtual and peer assisted learning models of placement, measuring student perspective. A lot of the presented work was formalising aspects of department process.

How would you describe the experience?

As one of the smallest allied health professions, we can gain a lot from shared knowledge and experience. For me this was an opportunity to take stock and make decisions around next steps. It presented me the choice of spreading or maintaining the work carried out, and in what capacity, based on the reported outcomes giving credibility to next steps. The experience is a useful reflective tool.

Were you nervous the first time you presented?

The first time I presented work was at a conference held in person. I was nervous to present at first but sharing work you know and understand is more straightforward than you think. Presenting becomes easier with time, the more you do it, the easier it gets. When I presented my work at the NES conference last year the only nerves I had were around the technology I hadn't used before due to the virtual setup of the conference.

What do you think the benefits of presenting at conferences are?

The process of delivering a workplace project offers a big learning opportunity. The option to present this in a poster format is a really useful way to share successes and lessons learned. Presenting at conferences is a great way to demonstrate learning for your CPD portfolio. You can showcase work you have completed and evidence learning across the four pillars of practice.

What advice would you give to someone who is considering presenting at a conference for the first time?

Choose a topic that interests you. A lot of the work to presenting at a conference comes before the conference itself. Identify a critical friend who you can practice with and give you pointers, so you feel comfortable and prepared.

What poster design tip would you give?

Think about what key message you want to get across and who your audience is before starting your poster since you will have a limited word count. Don't make your text too small or no one will be able to read the hard work you have completed. Your employer or local health board are likely to have a blank poster template that can help you meet accessibility standards. This is a really useful place to start and can form the basis for your layout. I'd encourage you to seek out your library services who can assist with your search and to support checking of references.

Case study

Pouyan Jafarian – PhD in Prosthetics and Orthotics at Imperial College London



When was the last time you presented your work at a conference?

The last time I presented my poster was on November 30th and December 1st, 2023, at the Prosthetics and Orthotics Conference in Glasgow. My poster presentation stemmed from the early stage assessment of my PhD research and focused on the repeatability of brace design for adolescents with idiopathic scoliosis

How would you describe the experience?

Presenting at a prosthetics and orthotics-specific conference was very exciting for me. The audience asked specific and insightful questions about spinal orthoses, which demonstrated their deep knowledge and interest. The unique questions from attendees further fuelled my enthusiasm for my work.

Were you nervous the first time you presented?

Yes, Glasgow was my first international conference, and I felt a bit nervous initially. However, practising my presentation with my supervisor and a friend beforehand boosted my confidence. As more people attended my presentation, I became increasingly comfortable.

What do you think the benefits of presenting at conferences are?

Presenting at conferences offers valuable insights into my research. Engaging with others who are working on similar projects provided me with new perspectives and feedback, which helped me refine my study. It was fascinating to hear others' feedback and tailor my research accordingly.

What advice would you give to someone who is considering presenting at a conference for the first time?

Design your poster to be easy to read and present. Practice your presentation thoroughly and try to stay relaxed. View the presentation as a friendly conversation with someone who is eager to learn about your work.

What poster design tip would you give?

Use a standard and simple template. Ensure that figures, graphs, and bars are as large as possible. Avoid making your poster too wordy; include only the necessary information. Use fewer than three colours and make fonts and sizes eye-catching.

Case study

Jennifer Andrews – Podiatrist and Research Fellow at the Centre for Doctoral Training



When was the last time you presented your work at a conference?

My most recent poster presentation was at the International Society for Biophysics and Imaging of the Skin congress (a mouthful, isn't it?) in New Orleans. I presented some of the work from my PhD on the use of in-vivo Confocal Raman Spectroscopy to measure the foot skin composition. On the poster, I presented just a small part of a large project – I did this so that everything on the poster was highly relevant to that conference and this meant I could fit the work on the page comfortably. When people asked me about the work, I could then explain about the other aspects of the project if it was relevant to our discussion.

How would you describe the experience?

I would say it was very positive. I chose to stand by my poster for most of the breaks between lectures to maximise my engagement with the attendees. This resulted in lots of useful conversations and hopefully some collaboration opportunities in future.

Were you nervous the first time you presented?

I was petrified when I first presented a poster! I was a new graduate, and I was so nervous in case someone asked me a question I didn't know the answer to. Now I've done it a few times, I know that people are asking questions out of interest, not to trip me up! And I've gotten more comfortable with saying 'I don't know' and following up with some discussion that results in me learning more. I've since chaired a few poster sessions and try to make it a really nurturing and relaxed session.

What do you think the benefits of presenting at conferences are?

For me, this kind of presentation allows me to get feedback on my work, particularly if it is a project I will be writing up as a paper. If you are presenting at a conference that is highly relevant to your area of practice or research, your peer-reviewers are likely to be in the room. The poster presentation gives you an opportunity to gauge their thoughts on your work and pre-empt comments you may receive in peer review. I also see conferences as a great opportunity to network, you never know who'll come along and view your poster. They could well be your next collaborator.

What advice would you give to someone who is considering presenting at a conference for the first time?

I'd advise any presenter to thoroughly check their work before having it printed (a simple error can mean costly short notice reprinting or having to make amendments post-printing that look unprofessional) and re-familiarise yourself with the work if it's been a little while since you completed the project.

What poster design tip would you give?

I know it's tempting to try to squeeze everything onto the page, but it really is best if you leave some empty space. Large blocks of solid text and complicated figures make the reader don't look appealing to the reader. Having limited text, a few clear figures and take-away points make it appealing. If you stay close to your poster you can speak to the readers and offer further information as required, these conversations are where the value of poster presenting lies

Case study

Isabell Proctor – Orthotic Clinical Assistant Team Lead at NHS Greater Glasgow and Clyde



When was the last time you presented your work at a conference?

Although not a formal conference, I presented an academic poster at a celebration event, which was part of a recent higher education and learning experience. As part of the presentation and assessment for this I was questioned on the poster content and the process of how I researched the information that the poster contained. Prior to this the last time I did a formal presentation was over 18 years ago, this was to an audience of Occupational Therapy support workers in NHS Greater Glasgow and Clyde, presenting on the importance of continual professional development and documentation of this.

How would you describe the experience?

I really enjoyed the experience as it gave me an opportunity to discuss my work and the learning experience. This also gave me the opportunity to elaborate on my findings and discuss the next steps for our service.

Were you nervous the first time you presented?

I was extremely nervous, I am not a confident public speaker and often feel like an imposter when presenting.

What do you think the benefits of presenting at conferences are?

Sharing knowledge with others as well as gauging feedback on your work.

What advice would you give to someone who is considering presenting at a conference for the first time?

Practice your presentation and relax as much as possible, control the speed of your speech, look at your audience and speak clearly so that you can be heard.

What poster design tip would you give?

Do not try to design your poster without having all the information you need to go on it. If you try to make your poster as you learn about your topic, you will find yourself redesigning it several times as you gather/learn more information.

Case study

Kate Binnie – Music Therapist and PhD student



When was the last time you presented your work at a conference?

I've given oral presentations this year (Marie Curie 2024) but my last poster presentation was at the European Association of Palliative Care Congress in Rotterdam in June 2023. This was presenting a realist review (a kind of theory-driven evidence synthesis) to explain how and why mind-body interventions "work" to alleviate breathlessness distress in people living with chronic and advanced lung disease

How would you describe the experience?

I was honoured for my poster to be included at such an illustrious international gathering as my research is quite "niche" and even in palliative care, medical research is dominant although in reality, patients and professionals are interested in complementary and creative approaches to cope with symptoms.

At this conference, because there were multiple posters presented in an E format over several days, it was different to the traditional "bring your poster as a hard copy and stand beside it" model I had done before (e.g. at Dyspnea 22, Brookes University). When you stand beside your poster you get the chance to chat to delegates and explain your research and this is a useful networking and dissemination opportunity.

Were you nervous the first time you presented?

Yes - although I prefer an oral presentation to a poster because you get to do your presentation and then it's over! I think the worst bit with a poster is trying to be a graphic designer (no-one in any clinical field has these skills as part of their training) and worrying that your poster is rubbish compared to everyone else's at the conference. I try to see conferences as valuable opportunities to test out ideas, gain feedback and make new contacts. People are generally very supportive and positive, and I've learned a lot from putting myself and my work out there.

What do you think the benefits of presenting at conferences are?

For me, having to focus the work to present at a conference is a valuable opportunity to put new work into the world and meet a "hard" deadline. Poster abstracts are often subsequently published in a peer reviewed journal and all of this is good for the CV/CPD. The networking and learning opportunities are what it's really about, and the more you do it the less scary it becomes.

What advice would you give to someone who is considering presenting at a conference for the first time?

Leave enough time before the submission deadline – it always takes longer than you think to go from abstract submission/acceptance to poster submission. Avoid "jargon". Keep the language clear and the sentences short. Use an image where possible – but be sure to think about diversity/inclusivity in images you do use.

What poster design tip would you give?

Get help from a seasoned presenter – it is absolutely key to find the right mix between text, image, space and figures (e.g. graphs) – and they may have templates you can borrow. I have tried various platforms but for me, power point works best. Each discipline has different "modes" and standards (e.g. referencing, use of images etc.) so you want to appeal to your audience. For example, the kind of poster I would design for a music therapy conference would probably be different in style than a presentation of same data at a more medical conference. Having said that, I often find that I'm the lone creative arts therapist and that more medical quantitative-type audiences are keen to learn about/from a different approach to a problem we are all there to think about, and the way a poster looks can really pull people in for those engaging conversations that might lead who knows where.....

Case study

Dr Emma Pagnamenta – Speech and Language Therapist and Associate Professor, University of Reading



When was the last time you presented your work at a conference?

My most recent experience was at 'Posters in Parliament' in Westminster in February 2023, as supervisor to a student-led project that we carried out with Buckinghamshire NHS Trust. The project 'Evaluating an Evidence-Based Service Delivery Model for School-Aged Children with Language Disorder' was completed as part of a University of Reading Undergraduate Research Opportunities Programme. We examined routine data to compare outcomes for children with language disorder who received speech and language therapy delivered by teaching assistants with those who received therapy delivered by a speech and language therapist only. The project was led by Robyn Foster and Sophie Holland, student speech and language therapists. We were invited to present at this event, after Robyn won the University prize for the best poster presentation for our research theme!

How would you describe the experience?

It was a real privilege to present the work with Robyn and our NHS colleagues at this interdisciplinary showcase of student research. As members of a relatively small allied health profession, we all felt that it provided a unique opportunity to share what speech and language therapists do with new audiences at a national level, both during the poster session and also during the conference workshop. On a personal level, I felt immensely proud of the work that Robyn and Sophie had done, and very excited to be at Westminster!

Were you nervous the first time you presented?

When I first started out in research I felt nervous about all the presentations I was involved with, particularly about the questions that I might get asked. With experience, I now know that presenting posters is such a useful and positive experience. As an author, you know the work inside out and are very well placed to answer any questions that come your way.

What do you think the benefits of presenting at conferences are?

Without exception, I have always learnt something valuable from my discussions with other conference delegates in the poster sessions that has helped me think about the work itself, its implications and future work. Poster presentations make it possible to meet other practitioners and researchers in your field, receive feedback on your work and discuss it in more depth than with oral presentations. I think it is extremely important that we all share audit, evaluation, quality improvement and research projects so that others can benefit from our learning. Now we are able to share our work at face to face forums again, these opportunities feel all the more precious following the Covid-19 pandemic.

What advice would you give to someone who is considering presenting at a conference for the first time?

Have a look at other posters and poster templates before you start. This will give you a good idea of what works well in terms of presenting projects clearly before spending a lot of time on writing and formatting. Share your draft with a colleague to help you with any final changes.

What poster design tip would you give?

Think about the use of figures, white space and layout so that the poster tells the story in a clear and coherent way. Think about the key information that you need to share and make it accessible to someone who is reading your poster quickly – delegates will often ask you to summarise your poster in the session and you can use this to give any additional detail.

Case study

Gianluca Melotto – MSc Podiatrist and Research Fellow in Wound Healing at the University of Brighton



When was the last time you presented your work at a conference?

I presented a poster at the Royal College of Podiatry Annual Conference and Exhibition held in Liverpool in November 2023. The poster outlined the results of preliminary in-vitro investigations on wound dressings, highlighting that their different physiochemical properties might result in different host response, which in turn might affect the healing process. Broadly, the aim of the poster was to introduce the audience to other projects conducted at the Centre for Regenerative Medicine and Devices (University of Brighton) on dressings biocompatibility.

How would you describe the experience?

The experience was enriching. I had the opportunity to present our findings to numerous colleagues, which gave me the opportunity to practice my public-speaking skills. Moreover, I had the privilege to listen to colleagues' thoughts, doubts, and experience on wound dressings, which gave me the opportunity to learn from them.

Were you nervous the first time you presented?

Yes, I was. Presenting in front of an audience is something outside of my comfort zone. However, feeling nervous is a normal part of the process, that I believe everyone experiences. Personally, this feeling reached its peak 10-15 minutes before the beginning of the presentation and disappeared once I started talking.

What do you think the benefits of presenting at conferences are?

It is the perfect opportunity to share research projects in a concise way. Given the restricted space and time you have available, only the most important, relevant, and original aspect of your job is highlighted. The way of presenting it represents the biggest challenge. Presenting is also an opportunity to expand your network, reaching out people with similar interests.

What advice would you give to someone who is considering presenting at a conference for the first time?

Presenting can be considered as an exercise, the more you practice before the event, the higher the chances of performing well. However, some things cannot be learnt in advance (e.g., how your body or your voice will react when you are in front of a real audience). So, particularly after the first presentations, take your time to reflect on your performance. This is the first step to raise your standards and gain confidence for future presentations.

What poster design tip would you give?

Key-messages must be clear after the first reading and must be supported visually with a smart choice of text size, colours, and images. There is not a unique way to put all these things together. A good tip when designing a poster is to look at previous poster exhibitions and analyse the content and the design of those that grabbed your attention. Try to ask yourself: which are the aspects that made me stop and start reading? Which are their strengths and original characteristics?



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