Save The Date

SOAP 52nd Annual Meeting
May 13-17, 2020
Halifax, NS, Canada

Better Posters & Abstracts
SOAP 2020

At SOAP 2020 in Halifax, your accepted research and case reports will be displayed in 3 distinct formats.

1. **Plenary oral presentations** - Will be presented in this form abstracts accepted in the Gertie Marx competition and the Best Paper of the meeting sessions. In addition to your 15 m minutes oral presentation using 10-12 slides, you will be asked to provide a **#VisualAbstract** to help disseminate your findings on forums like social media.

2. **E-Poster discussions** - Your research or most challenging case reports will be presented with the assistance of an electronic board, using a **#5MinuteAbstract** (with 3-5 slides) to convey key features of your research abstract or our case, with a short discussion.

3. **Poster-boards** - Some of the research and most of the case reports will be displayed in this form throughout an entire day. Rather than the traditional posters, we are inviting you to consider alternative poster designs, including a **#BetterPoster** design.

Details for each of these opportunities to display your research, **#VisualAbstract**, **#5MinuteAbstract**, and **#BetterPoster** are outlined in this document with links to resources.
#VisualAbstract

For plenary oral presentations

Excerpts from “A surgeon’s journey through research and design” by Andrew M. Ibrahim MD, MSc (https://www.surgeryredesign.com).

A visual abstract is a visual summary of the information usually found within the abstract portion of an article. Similar to the actual text abstract of a research article, it is meant to convey the key the findings of the article in a shorter format.

The first #VisualAbstract for social media was introduced by the Annals of Surgery in July of 2016. It differs from previous visual summaries of research by using a triptych layout, single color icons, and direct reporting of primary outcomes. A visual abstract is not a substitute for reading the article and does not contain all the details of an article. The goal of a visual abstract is to inform a potential reader of the key findings in an article to help them decide if they want to proceed in reading the entire article.

The key steps described above are summarized in a two-minute video here:

https://twitter.com/AndrewMIbrahim/status/839642707089899520

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COMPONENTS OF AN EFFECTIVE VISUAL ABSTRACT

Impact of treating Iron Deficiency Anemia Before Major Abdominal Surgery

- Decreased Need for Blood Transfusions
- Shorter Hospital Length of Stay
- Recovery of Hemoglobin (Hb) post-discharge

State Outcome Comparison
Visual Display of Outcome
Data of Outcome (Units)
Who Created the Visual Abstract (often the journal)

Summary of Outcomes

Author, Citation


160 Obese women undergoing elective Cesarean delivery

Intraoperative nausea and vomiting
Infusion: 46% vs Bolus: 75%
(RR 0.61, 95% CI, 0.47 to 0.80; P = 0.001)

Intraoperative rescue antiemetics
Infusion: 26% vs Bolus: 42%
(RR 0.62, 95% CI, 0.40 to 0.97; P = 0.04)

Phenylephrine Infusion
50 mcg/min

Phenylephrine Bolus
100 mcg

Rx

#VisualAbstract @Ron_George et al. Can J Anesth 2018; 65(3): 254-262
#5MinuteAbstract

In 2020, some will present their abstract as a 5 minute presentation, a #5MinuteAbstract. Preparing slides for a short presentation has some special considerations as you need to convey your information in limited time.

Carefully think about what you should include on your slides. Only include things that are relevant and ensure that any images you use are of good quality. Don’t overcrowd your slide as this looks unprofessional and confusing, and avoid distractions like flashing lights or super brightly coloured backgrounds.

Before you start work on your slides, you should take the following rules into account; 1) only 5 slides are permitted, 2) no additional electronic media (e.g. sound and video files) are permitted, 3) Keep it simple and rehearse your #5MinuteAbstract
#5MinuteAbstract

1. Slide 1 - Title, authors, affiliation and acknowledgements
2. Slide 2 - Background & hypothesis
3. Slide 3 - Methodology
4. Slide 4 - Results
5. Slide 5 - Results / Conclusion

#LESSisMORE
The great ballroom with tons of natural light at the Halifax Convention Center will be transformed to a showcase for research and case reports. Five or 6 E-posters stations will border 40 poster boards lined with research and cases. There will be wireless audio headsets for e-Poster presentations, similar to museum tours, to optimize acoustics and avoid noise overflow between stations.
#5MinuteAbstract

Improve your abstract presentation experience with a wireless audio system. Your moderators and presenters can speak comfortably without shouting or distracting others nearby. Meanwhile, SOAP members can enjoy a better listening experience — no more confusion or straining to understand.

With lightweight audio systems, we can count on crisp, clear sound performance. Overcome noise and distance issues and make sure the message is heard.
#BetterPoster

Most professional conferences invariably feature sessions that are devoted to research posters. Traditional posters get tacked up on rows of boards that fill convention centers. Anesthesiologists often stand beside their posters, hoping their work will catch the eye of other experts.

Michigan State industrial-organizational psychology doctoral student, Mike Morrison believed poster sessions were usually a dispiriting waste of time for all involved. “It’s mostly noise. You’re just skimming desperately,” says Morrison. Insights are buried in a jumbled mess that keeps them from being noticed by the right people.

Morrison proposed a new poster design. It looks clean, almost empty. The main research finding is written right in the middle, in plain language and big letters. There’s a code underneath you can scan with a cellphone to get a link to the details of the study. This design is now popping up all over the place.

The following page contains two template examples of the #BetterPoster from Morrison’s OSF page where he maintains powerpoint templates free to download and create your own posters.
Main finding goes here, translated into plain English. Emphasize the important words.
#BetterPoster

Mike Morrison’s templates
https://osf.io/ef53g/

Mike Morrison’s YouTube video
https://www.youtube.com/watch?v=1RwJbhkCA58
Anatomy of a #betterposter.

**Silent Presenter Bar**
Concentrated summary of your intro, methods, and results that can be skinned in 1-5 minutes. Located intentionally far away from the presenter’s personal space. For when an attendee wants more detail but the presenter is busy (or they just don’t feel like interacting).

WHY: Centralizing and succinctly summarizing the study details in a single column is fast & easy to scan without having to hunt around the poster for each section.

**Title**
*Main finding goes here, translated into plain english. Emphasize the important words.*

**QR Code to full paper**
Point your phone camera at this and instantly download the full paper, a copy of the poster, the presenter’s contact details...and/or even the dataset powering the study.

**Main finding**
The key ‘takeaway’ of the study is central, translated into plain english. Research on usability writing suggests that casual language is interpreted faster than formal language.

**Focus area**
Hardly “wasted”, negative space maximizes signal-to-noise ratio and helps attendees quickly find the takeaway.

**Extra Tables & Figures**
For all the figures and tables that you feel like you need to be able to point to if somebody asks you a hard question. Leave it messy! It’s just for you to reference.

WHY:
1. Lets you get the worries out of the way, so you can focus the rest of the poster on clearly communicating the need-to-know info to attendees.
2. Keeps the detail you need for questions closest to where you’re standing, so you don’t have to reach across the poster and block the view.

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http://immunizatioaneconomics.org/betterposter
Additional Resources

QR Codes
Graphics / The Noun Project
How to QR Code

How do I create a QR code?

- [https://www.qrcode-monkey.com/](https://www.qrcode-monkey.com/) is free, URLs don’t expire, and you can add cool features like images.

How do I scan a QR code?

- Just pull out your phone and take a picture! All modern iPhones and most Android phones have built-in QR detection in their cameras. Some Android phones may need an app.

How can I link the QR to my paper and a copy of my poster and my contact details.

- Try creating a multi-page link for free via [https://linktr.ee/](https://linktr.ee/).
  (Still trying to figure out the best answer to this though.)
MAKING IT VISUAL

Many researchers encounter design challenges with developing effective visual abstracts for lay audiences. Even with a simple message and only the necessary facts, researchers may face practical difficulties selecting effective images and designing an effective layout. Below are some common challenges and solutions.

Finding Images. There are a number of image banks on the internet (e.g. Google image search), some of which are free to use. Researchers who frequently prepare visual presentations may benefit from purchasing a subscription to access higher end icons (e.g. Shutterstock, Getty Images, Noun Project.)

A COUPLE OPTIONS TO FIND IMAGES...

In some cases, the researcher may need to create the icon or collaborate with a graphic designer.

Finding the Right Images. When choosing an image, people often choose the wrong one. Researchers should plan to “rapidly prototype” multiple iterations of their visual abstract with different audiences of their peers before choosing the final lay out and images. Audiences are a great resource to help identify if the visuals best depict the information.

More on Choosing the Right Images. There is no clear “visual style” for academic journals, however, solid colored “icons” have the strongest professional appeal over cartoon-like images. While ultimately up to the researcher, it is highly encouraged to stick with solid color icons.

Copyright Issues. Just because an image is on the internet, does not mean it is free to use. A researcher MUST make sure that they have copyright permission to use the images. This point

You can get icons from TheNounProject.com

https://thenounproject.com
Get **full-color** graphics on a transparent background for ~$1/each from...

**VectorStock.com**

https://vectorstock.com