How to Create an Abstract, Poster, and Prepare to Deliver a Poster Presentation



WHAT IS A POSTER?

- A poster is a summary of your scientific research or creative project presented in a visually
 engaging way. It is intended to highlight the content and context of your academic or professional
 work.
- Methods, results, conclusions, and reasons for the research are displayed using text, graphs, charts, photographs, and images on a poster board no larger than 48" x 36".
- The poster should be able to stand on its own as a clear, logical representation of your work, requiring no explanation.
- Topic categories include experimental research, literature reviews, and educational protocols (see below).
- Posters will be presented to conference attendees during a 90-minute concurrent session where authors will be given dedicated time to explain their posters and answer viewers' questions.
- Posters will remain displayed throughout the conference at designated times for viewing by attendees, guests, and vendors.
- An easel to display your poster will be provided onsite.

CATEGORIES FOR CONSIDERATION

Experimental research – Visual representation of in vitro or in vivo experiments. If animals or human subjects are involved, verification of appropriate healthcare compliance guidelines must be met.

Literature review – Visual representation of a literature review that fills a gap in the literature.

Educational protocols -Visual representation of an educational protocol that will potentially improve a healthcare concern.

WHAT IS AN ABSTRACT & HOW IS IT USED?

- An abstract is a paragraph of text that describes the scientific premise of your poster in no more than 300 words and does not contain references.
- The title of your abstract should be 12 words or less.
- An abstract follows this formula: title + motivation + problem statement + approach/study design + predictions/results + conclusions. (Review How to Write an Abstract for a Conference)
- The abstract is to be submitted as part of your poster presentation application.
- The abstract should be able to stand on its own as a clear and logical description of the research presented in your poster. It should entice the reader to want to learn more from you.
- Accepted abstracts will be published in the Integrative Medicine Clinicians Journal, on PubMed Central, and the NANP website.

Effect of Suboptimal Maternal Prenatal Vitamin D on Child **Motor Development**

Therese Aarsæther, M.S., M.Chiro, and Kirsten Ludwig, Ph.D., M.S.

INTRODUCTION

Vitamin D deficiency is a world-wide problem affecting up to 50% of the female population. Almost 50% of healthy new mothers have suboptimal vitamin D levels or vitamin D deficiency. Vitami D deficiency during pregnancy has been linked to a great variety of illnesses and adverse health outcomes for the mother, the foetus, and the growing child.

We know that vitamin D is important for brain development in the foetus, but not much research has been done investigating the effect of maternal vitamin D deficiency during pregnancy and the possible long-term impacts with regards to motor development in the child, and if any actions may mitigate any possible negative long-term effects.

The aim of this thesis was to investigate how suboptimal maternal vitamin D status during pregnancy may affect the growing infant and specifically looking at child motor

- The hypothesises investigated were:

 Vitamin D status of the mother dictate the foetus and infant.
- Vitamin D may be especially important of life when brain development has
- Suboptimal vitamin D levels in the focus may effect on the developing brain and cause delay

BACKGROUND

- Vitamin D is important for foetal development and especially for the development of the brain, but also lungs and bone
- We know that deficiency is very common worldwide, especially in northern hemisphere (due to less sun exp
- and in people with dark skin It can be easily remedied by simply increase D and/or spending more time in the sun
- There is no world-wide universal definition of limits to indicate deficiency, insufficiency and For bone health sufficiency 50nmol/L, for psy
- motor and
- language >75nmol/L appears correct to get fu When measuring vitamin D status, it is usually the metabolically inactive form 25(OH)D that is me a half-life of 2-3 weeks compared to the active form (1,25(OH)2D) which has a half-life of only 4-6 hours

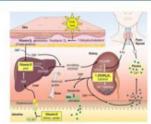


Figure 1. Overview of vitamin D metabolism and the rale of vitamin D in mainteining the calcium homeostasis (Legarth et al. 2018).

IMPACT OF SUBOPTIMAL VITAMIN D ON PREGNANT WOMAN, INFANT AND CHILD **UNTIL 5 YEARS OF AGE**

- Foetus undergoes critical development with periods of rapid
- Nutritional and environmental exposures du sensitive periods may influence foetal grovi velopment of
- organs and systems, gene expression throug Changes in exposure (nutrition privironme epig ic changes. the t population fertilization increase risk of epig may
- preed ficien tus
 preed insul ce, gesta
 hyper it, regna ces, postpartum o
 bacters ag s
 amin defa y in Vitamin no diabetes sss, postpartum depression and
- y in 1 ccs may increase risk of asthma, etes, ADHD, autism, schizophrenia.

DISCUSSION

There is a discrepancy in the literature as to what /S End tamin optimal vitamin D levels are: s (25-50 nmol/L), vitanil 75 nmc and vitamin D suff (>75 nm, me iso screpans in the itempure of tr. fect of vita D stars child motor in the iterature of tra

Modern Ming link ween poor maternal vitamin D lattus are poor maternal vitamin D lattus are poor maternal vitamin D lattus sun-light exposure and very few of the study latter. Jow vitamin D levels. Some studies indicate lation flow vitamin D levels. Some studies indicate our warnin D status in first trimester may negatively effect or development, while others find a more significant impact deficiency during the last trimester (<50nmol/L or <30nmol/L) There is no indication that higher desages of supplementation than what is needed to maintain a good vitamin D status throughout pregnancy gives any additional positive effect. No indication that higher dosages given to infants improve motor development either (small study).

Maternal suboptimal prenatal vitamin D status appears to significantly affect child motor development. Screening pre women or women trying to conceive for risk factors of low vitamin D may be a wise strategy 75-100 nmol/L appears to be an optimal target level. Combination of sun exposure and sufficient vitamin D intake after birth may mitigate some of the negative impact of poor prenatal vitamin D status Brief consultation with health worker enquiring about habitual diet and sun exposure may be effective in identifying women and children at risk of suboptimal vitamin D

CONTACT INFO

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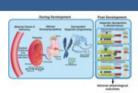


Figure 2. Model of in utino vitamin D deficiency-induced epig long-term health outcomes in offspring (Ideralbdullah et al., ibdullah et al. 2019).

MITIGATING STRATEGIES

- Supplementation (to infant) and sun exposure may help mitigate any impact on motor development from poor maternal of nin D status during pregnancy

 Up to pregnant women experience depressive disorder
- s have shown that they have lower vitamin D status
- Sun exp (7-14h/week) and vitamin D supplementation myrove delayed motor development in the infants of the mothers
- (4000) in improve desiyed motor development in the infants of to mothers.
 Supplemental alone is not sufficient, possibly due to high control levels Dickling vitamin D receptors. Maternal stress the pregnancy may therefore be important to assess.
 Journal vitamin D supplementation dosage and safe limits during pregnancy should be investigated further.

- Current recommended dosages may not be sufficient to ensure optimal level of vitamin D during pregnancy May be better to focus on target vitamin D level rather than supplementation dosage given, as there is a high variability in conversion of 25(OH)D to 1,25(OH)2D
- Standardizing when vitamin D is measured may provide valuable input for further studies. Continuous monitoring before conception and throughout pregnancy may help further determine windows of especially high importance for mator development
- It should be noted that incompliance to existing guidelines may be an important cause of poor vitamin D status

KEY REFERENCES

Complete list of references available as handout or through scanning QR-code





YOUR ABSTRACT WILL BE EVALUATED ON THE FOLLOWING REQUIREMENTS.

- Topic is relevant to the holistic nutrition profession
- Topic is within NANP's Scope of Practice and Code of Ethics
- 300 words or less
- Does not contain references
- Does not sell a product/service
- Title is clearly stated in 12 words or less
- Research MOTIVATION, PROBLEM, RESULTS and CONCLUSIONS are clearly stated
- · Flows well and is easy to understand
- Appropriate grammar, spelling, and punctuation are used

Contact Randi Dixon at rdixon@nanp.org for more information.

Note the deadline listed on the NANP Call for Posters page and complete the online application available at https://healcon.org/call-for-posters/

RESOURCES



How to Write an Abstract for a Conference https://www.exordo.com/blog/how-to-write-an-abstract-for-a-conference/ (Scroll down to How to Write an Abstract for a Scientific Conference)

Writing Abstracts and Developing Posters for National Meetings https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114208/

Examples of past NANP poster abstracts https://nanp.org/healcon-poster-sessions/

HOW TO PREPARE YOUR POSTER PRESENTATION

Please review the following resources for creating a poster and poster presentation.

How to Make a Better Research Poster https://www.youtube.com/watch?v=AwMFhyH7_5g

Giving an Effective Poster Presentation https://www.youtube.com/watch?v=vMSaFUrk-FA

ADDITIONAL RESOURCES

Free Research Poster PowerPoint Templates https://www.posterpresentations.com/free-poster-templates.html

Creating Your Own Graphics
Add a Pie Chart
https://support.office.com/en-us/article/add-a-pie-chart-1a5f08ae-ba40-46f2-9ed0-ff84873b7863

How to Make a Chart or Graph in Excel (With Video Tutorial) https://blog.hubspot.com/marketing/how-to-build-excel-graph

Printing

Take or send a PDF of your poster to a print shop such as FedEx Kinko's for printing on heavy stock or cloth. Cost may vary depending on printing location.

https://www.office.fedex.com/

https://www.postersession.com/

https://www.liquidimaging.co.uk/largeformatposters_academic_fabric_posters.asp