

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.

- 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.

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

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

RESOURCES FOR WRITING AN ABSTRACT

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