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Clark Madsen, MD, MS, the 2022 Ogden Surgical-Medical Society (OSMS) President, with OSMS Board Members and McKay-Dee Family Residency Faculty Stephen D. Scharmann, MD, Assistant Residency Director, Bryan J. Campbell, MD, Core Faculty, and Clark Madsen, MD, MS, Core Faculty, are honored to invite you to participate in a Poster Contest at the May 2022 Ogden Surgical-Medical Society Conference.

**What:** The OSMS conference, which includes physicians and other health providers from the Western United States, will include the Poster Presentation.

**When:** Poster Presentation sessions will be Wednesday, May 18 at 2:30 PM, 3:30 PM and 4:30 PM.

**Where:** Weber State University, Shepherd Union Building, 3rd Floor

**Details:**

**Submission Information:**

- **Please confirm attendance and topic by May 1, 2022**, with Teresa Puskedra, OSMS Executive Director, 801-564-5585 or [teresapuskedra@ogdensurgical.com](mailto:teresapuskedra@ogdensurgical.com).
- **No prior poster proposals are needed. Complete and sign the disclosure form** included with this invitation before the OSMS conference and send to [teresapuskedra@ogdensurgical.com](mailto:teresapuskedra@ogdensurgical.com) or by mail to P.O. Box 9311, Ogden, Utah 84409.
- All poster participants can attend the 3.5 day-CME Conference, which includes breakfast and lunch for free, and receive their CME for free courtesy of the Ogden Surgical-Medical Society.

**Presentation:**

- Presenters need to be at the WSU venue on **May 18, 2022, at 12:00 PM** and can attend the conference lunch if desired.
- Please sign in at the registration desk on the third floor of the WSU's Shepherd Union Building located to the west of the elevators.
- Starting Wednesday, May 18, 2022, at 2:30 PM poster representatives will talk about their posters for a few minutes before the attendee clinician group present and engage in Q & A. Poster presenters must stay with their posters until 5:30 Wednesday, May 18, 2021.



George M. Fister, MD

**Post-Presentation:**

- Please pick up your poster at **5:30 PM on Thursday, May 19**. If you are not able to pick up your poster, Teresa will mail or deliver your poster to your designated department university address.
- Monetary Prizes for Doctorate Candidates will be awarded for First, Second and Third Place, \$500, \$250, and \$100 respectively.
- Monetary Prizes for Students will be awarded for First, Second and Third Place, \$100, \$50, and \$25 respectively.

**Weber State University Address:**

3848 Harrison Blvd., Ogden, Utah 84408

Parking instructions in process due to the construction of the trax system at Weber State University. Signage will direct you to the correct parking location once you are on campus.

**Directions/Map link:**

[https://www.google.com/maps/d/u/0/edit?mid=1SGd1Zyh2h0aI\\_z9ymwWoHVSyNf5uZHsS&usp=sharing](https://www.google.com/maps/d/u/0/edit?mid=1SGd1Zyh2h0aI_z9ymwWoHVSyNf5uZHsS&usp=sharing)

- Our nonprofit organization was formed in 1946 and has provided medical education to our community with an annual conference for 75 years. The meeting is attended by approximately 500 (approximately 1/3 are primary care physicians) practitioners and held here in Ogden, Utah. Our website is <http://www.ogdensurgical.com>, where you can obtain a history and flavor for our organization. If you cannot attend all of the 3.5-day conference, please make your choice of attendance by the topics you are most interested in on any given conference day and let Teresa know this information. The conference agenda is available on [ogdensurgical.com](http://www.ogdensurgical.com).

Warm Regards,  
Teresa Puskedra  
Executive Director  
Ogden Surgical-Medical Society  
801-564-5585

## **Creating a Successful Poster**

### **Plan**

- Size – 4 feet by 4 feet
- Text – amount of copy, font type and size
- Images and graphics

### **Assemble**

- Proof, edit, re-proof, re-edit

### **Print**

- Check campus and local printing service rates/experience
- Printing charges range from \$9-12 per square foot depending on paper selection
- Plan for a 1-2-week turnaround time
- Check if you can submit your poster for printing via e-mail, CD, floppy disc or thumb drive
- Specify the date your poster is needed, its finished size and paper type

### **Display Options**

- Paper or canvas roll
- Poster board

### **Selecting Poster Content**

Describe all parts of the research, educational program or community service project, including why it did or did not work.

- Background
- Hypothesis/program or project objectives
- Research design/program or project description
- Results/evaluation
- Conclusion(s)
- Future plans
- References

Present a clinical scenario with discussion of an actual patient presentation or review current evidence-based recommendations for a clinical topic

#### Clinical case presentation

- Introduction
- Case description
- Discussion of current practice guidelines for management of the patient

### Evidence-based review

- Evidence summary
- Recommendations from others
- Clinical commentary

### **Tips on Constructing Your Poster**

#### Be consistent

- Keep consistent margins
- Keep line spacing consistent
- Keep color, style and thickness of borders the same
- Keep shading consistent

#### Limit text

- Put details in a handout
- Goal: 20% text, 40% graphics, 40% space (this is a suggestion only)

Make sure ideas flow from panel to panel logically (consider numbering panels)

Use Charts and graphs to illustrate data (avoid large tables of raw data)

Use high resolution photographs (Web images often won't work)

#### Pick 2-3 fonts

- Headings – Good Old Style, Bold, Shadowed, Garnet, Centered
- Body Text – Verdana, Black, Left Justified
- Labels – Arial, Black, Left Justified

#### Pick 2-3 colors

- Use the same principles for contrast that you might use for a PowerPoint presentation
- Conserve on ink by limiting solid color backgrounds by using white or light colors

#### Test readability

- Title banner should be able to be read from 20 ft
- Body text should be able to be read from 6 ft
- Suggested font sizes (will vary slightly depending on font style)-these are only suggested sizes, not mandatory.
  - Title of poster: 96-120 pt
  - Author(s) and institution: 60-72 pt
  - Headings: 60-72 pt
  - Body Text: 32-48 pt
  - Labels: 20-32 pt
- Do not use all capital letters

## Abstract requirements:

### Research

- Project description
- Objectives/purpose
- Methodology
- Presenters' role in project
- Results/evaluation
- Conclusion

### Clinical Inquiry

- Introduction
- Case description
- Discussion of practice guidelines

### Community Project/Educational Program

- Project/program description
- Objectives/purpose
- Methodology
- Presenters' role in project/program
- Results/evaluation
- Conclusion

### **Judging Criteria** - Entries will be judged on:

- Originality/innovative nature of project or question
- Statement of purpose/goals
- Project description
- Evidence-based nature of content
- Validity of conclusions

**Objectives** for the poster contest. After the poster session, attendees will be able to:

- Utilize this process in a quality project within their practice
- Use the information gained in the research project to modify daily practice
- Access community medical resources more effectively
- Watch for similar cases in practice