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*Quality Healthcare
Meetings Since 1946*

Kirsten Baca, MD, the 2024 Ogden Surgical-Medical Society (OSMS) President along with OSMS Board Members Clark Madsen, MD, MS, McKay-Dee Family Residency Core Faculty, Stephen D. Scharmann, MD, Assistant Residency Director, and Bryan J. Campbell, MD, Core Faculty, are honored to invite you to participate in a Poster Contest at the May 2024 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: The Poster Presentation session will be Tuesday, May 14, 2024, from 5:30 PM to 6:30 PM.

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

Details:

Submission Information:

- **Please confirm attendance and topic by May 1, 2024**, with Teresa Puskedra, OSMS Executive Director, 801-564-5585 or 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 or by mail to P.O. Box 9311, Ogden, Utah 84409.

Presentation:

- Poster presenters need to be at the WSU venue on **May 14, 2024, at 12:00 PM**. Presenters are encouraged to bring their own lunch or buy from a food kiosk on campus after check in. Poster participants are invited to a pizza party after their poster presentation at 6:30 PM at The Pie Pizzeria, Suite #12, 4300 Harrison Blvd., Ogden, Utah 84403.
- 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 Tuesday, May 14, 2024, at 5:30 PM poster representatives will talk about their posters for a few minutes before the attendee clinician group engage in Q & A with them. Poster presenters must stay with their posters until 6:30 PM Tuesday, May 14, 2024.

Post-Presentation:

- Please pick up your poster at **5:30 PM on Thursday, May 16, 2024.**
- Monetary Prizes for Doctorate Candidates will be awarded for First, Second and Third Place, \$500, \$250, and \$100 respectively.
- Monetary Prizes for Medical School Students will be awarded for First, Second, and Third Place, \$200, \$100, and \$50 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

The link below has detailed instructions on how to get to the university and the W8 parking lot. Signage will direct you to parking lot W8, where you won't need to pay for parking, 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 77 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
teresapuskedra@ogdensurgical.com
ogdensurgical.com

Suggestions for Creating a Successful Poster

(Not Requirements)

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)

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

Graphics

- 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)

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