HOW TO PUT IT TOGETHER: CREATE A CLINICAL POSTER OF YOUR EXPERTISE

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Learning Objectives

At completion of the session, participants will be able to:

1) Define a case study/report and a case series
2) Describe four examples of types of case reports
3) List at least four components of what to include in a case report/series poster
4) Describe the different components of a poster presentation of a program
5) Describe key formatting issues of a poster presentation

Polling question

Who has experience using PowerPoint to put together a
• Slide presentation
• Poster presentation

Polling question

How many participants have presented a case study as a
• poster presentation,
• slide presentation, or
• submitted an article for publication or a report to an administrator

Polling question

How many participants have presented a program as a
• poster presentation,
• slide presentation, or
• submitted an article for publication or a report to an administrator

Polling question

Who is considering the possibility of presenting a case history or program
• as a poster presentation at the upcoming PABC Physio Forum or a Physio Forum in the future.
• As a slide or poster presentation within your hospital or institution
• As a slide or poster presentation at a national or international meeting
PUTTING TOGETHER A CASE REPORT POSTER

DEFINITION OF TERMS
Case Report (Quantitative)

A case report is a systematic, non-experimental description of clinical practice.

A case report systematically describes practice but does not involve research methodology.

(Domholdt, 2000)

DEFINITION OF TERMS
Case Study (Qualitative)

A case study is a method of structuring a qualitative research project by detailed analysis of a well-defined unit or case.

A case study is a type of descriptive research.

(Domholdt, 2000)

DEFINITION OF TERMS
Case Series: Quantitative

A group or series of case reports involving patients who were given similar treatment.

Case series usually contain detailed information about the individual patients: demographic information (e.g., age, gender, ethnic origin) and information on diagnosis, treatment, response to treatment, and post-treatment follow-up.

Because case reports typically describe clinical practice involving one or more patients, they are perfect for clinicians to conduct!


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First Steps

1) Be aware of the research evidence that underlies your practice. Research should be explicitly used to guide practice.

2) Do a literature search (PubMed, CINAHL) on your topic to explore what’s already out there.
First Steps (continued)

3) For example, if you decide that you’ve had success with AFOs in improving functional walking in the community, find out what’s already been done first!

4) If many large studies have already demonstrated this effect, then you know you’re an evidence-based practitioner (but a case report on the topic will contribute little “new” evidence).

Types of Case Reports

Case reports can be used to:

- highlight a novel technique or area of practice
- present an unusual or interesting clinical finding or scenario
- describe a unique or particularly successful treatment approach
- describe a “practice pearl” of wisdom

Case Report Guidelines: Physiotherapy Canada

Introduction
Methods: case description, intervention, outcome measures
Results
Discussion

Word limit: 2500; ≤30 references; ≤6 tables or figures

Case Report Poster Components: PABC Practice Forum Poster

Author(s), title of case report/series, institutions
Introduction
Case Presentation
PT Management and Outcomes
Discussion

Case Report Poster Components: Title & Author Information

Poster title [large font]
Names of all who have contributed to the case report/case series [smaller font]
Your institution and any associated institutions [smaller font]
Funding support [here or at bottom of poster]
Case Report Poster Components:
Introduction & Uniqueness of Case

Tell why the case is important and why it is being reported
Cite a few relevant background articles
Describe rationale, contextual issues, and unique features of your case

Case Report Poster Components:
PATIENT DESCRIPTION

Age, gender, health history, diagnosis, other presenting concerns
Assessment results (with specific test scores, numeric values)
Clinical concern that needs to be addressed
Can be presented as a table to save space

Table 2. Birth Weight, Gestational Age, and Parental Concerns

<table>
<thead>
<tr>
<th>Infant (age at assessment)</th>
<th>Birth Weight (grams)</th>
<th>Gestational Age (weeks)</th>
<th>Parental Concerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant 1 (9.5 months)</td>
<td>3202</td>
<td>40</td>
<td>Floppy, delayed motor skills, underweight</td>
</tr>
<tr>
<td>Infant 2 (9.7 months)</td>
<td>2495 (borderline SGA)</td>
<td>38</td>
<td>Floppy, delayed motor skills, possible cerebral palsy</td>
</tr>
<tr>
<td>Infant 3 (13 months)</td>
<td>3402</td>
<td>37.5</td>
<td>Gross motor delays, low muscle tone</td>
</tr>
</tbody>
</table>

SGA = small for gestational age

Case Report Poster Components:
RESULTS

Provide reliability results for outcome measure(s)
Provide intervention results (response to treatment)

Case Report Poster Components:
DISCUSSION

Limitations of the case report
Clinical implications of the results
Future research directions
Key learning points from the case(s)
Case Report Poster Components: REFERENCES & ACKNOWLEDGEMENTS

Provide key references (in abbreviated form if space is limited):


Acknowledge funding support or support from colleagues, supervisor, or statistician.

Effects of Aerobic Conditioning & Strength Training in DS

Participant: 10.5 year-old girl with DS

Intervention: Home exercise program combining aerobic and strength training: 30-60 min/day for 6 weeks

Outcomes: Heart rate, respiration rate, oxygen consumption, strength, flexibility, BMI, GM scales of BOTMP.

Lewis & Fragala-Pinkham. Pediatric PT. 2005

Effects of Aerobic Conditioning & Strength Training in DS

Results: Improved sub-maximal heart and respiratory rates, aerobic performance, mm. strength and endurance and GM skills.

Conclusions: "For this subject, a combined aerobic and strength-training program resulted in improved C-P functions not observed in previous studies of subjects with DS."

Lewis & Fragala-Pinkham. Pediatric PT. 2005

How to Get Started!

First -- read the research literature!

If you are a clinician, partner with academic colleagues.

Many recent PT graduates are knowledgeable about developing and writing case reports.

Some Final Words from the Experts

Case reports are an ideal mechanism to illustrate how clinicians integrate the best available research evidence, clinical experience and patient choice.

[Dr. Irene McEwen: Writing Case Reports: A How-to Manual for Clinicians]
Some Final Words from the Experts

Case reports, which every clinician should be able to write, are nothing more than documentation of practice. In practice, we often fail to operationally define terms and to explicitly state our rationales for examination, treatment, and measurements of outcome.

[Jules Rothstein, Editor Emeritus, Physical Therapy]

Polling question

Who feels that you have gained sufficient knowledge and tools to put together a poster presentation of a case study or case series?

• Not confident
• Somewhat confident
• Would feel confident if I worked with a knowledgeable colleague
• Am confident to work independently on the poster with some or minimal assistance.

PUTTING TOGETHER A PROGRAM POSTER

Program Posters

Program Posters can be used to:

• highlight a novel program
• present a well-developed program that exemplifies a unique team of practitioners
• describe a unique or particularly successful program approach
• describe “practice pearls” of wisdom

Clinical Program: PABC Practice Forum Poster

• Author(s), title of case report/series, institutions
• Introduction
• Format of Program
• Program Evaluation
• Successes of Program
1.16.14

**Poster title**

- Use very large and bold font for title (70 pt)
- Use smaller fonts for authors
- User smaller or less prominent font for institutions and agencies
- Be sure to include logos of supporting hospitals, agencies institutions, or other sponsors.

**Introduction**

- Describe background, rationale and evidence base

**Format of Program**

- Can be described with different subsections.
- Select the best subtitles and subsections that best fit your program
- The poster template provides some suggestions and the examples at the end of the presentation provide other examples.
- Use pictures, flow diagrams and other illustrations that best reflect the organization of your program.

**Program Evaluation and Successes**

- Program evaluation can be described using outcomes that are meaningful to the health care practitioner, patient/participant, or funder.
- Describe all that apply
- List standardized questionnaires or tests uses
- Use pictures, diagrams or other illustrations to complement the text.
- Be sure to use your bragging rights to describe outstanding features of your program.

**Other Components of a Poster**

- Challenges
- Recommendations
- Future Directions
- References – nice but not essential
- Other Acknowledgements
  - Very important
Demonstration of flexibility of poster template.

Polling question

Who feels that you have the knowledge and the tools to put together a poster presentation of your program?

- Not confident
- Somewhat confident
- Would feel confident if I worked with a knowledgable colleague
- Am confident to work independently on the poster with some or minimal assistance.
Thank You for Your Attention!

Questions?

Comments?