Preparing for Research Day 2016

Abstracts due: *September 16, 2016*
Posters due: *October 20, 2016*
Slides due: *October 20, 2016*
Research Day: *November 17, 2016*

What is Research Day?

- A forum through which you can share your work with colleagues, decision-makers, patients, families, and the public in a **friendly** and **collaborative** setting.

- An opportunity to practice your skills in communicating your research message.

- A chance to learn about the research activities happening at TRI.

Activities of the Day *(To be finalized)*

- ~ 100 Minute Madness presentations
- Guest speakers
- Mentorship lunch for trainees
- Poster and interactive display presentations
- Awards and Recognitions (e.g. Team Excellence awards, leadership and scholarship awards, poster/presentation/display and TechnoVation awards)

Who attends?

- Members of the public, policy makers, commercial partners, donors, investors, patients and their families, academic colleagues, clinicians and other researchers from TRI

- Media: The Toronto Star attended last year and wrote this article

- The broad scope of attendees means Research Day is very different than a traditional academic conference

- At Research Day, your main objective is to communicate **why** your work is important to an audience who may not have background knowledge

What do I need to prepare?

- Abstract - due September 16, 2016
- Poster* - due October 20, 2016
- Minute Madness slides - due October 20, 2016
- Minute Madness talk - presented on November 17, 2016

*The alternative to creating a poster is to set-up an Interactive Display on Research Day (limited in number)

What do I need to prepare?

Abstract - *submit by September 16*
Your abstract (template) will be compiled in a book that will be handed out to attendees as they arrive. Please limit your abstract to 200 words.

Minute Madness - *submit slides by October 20*
You will have *one minute* to get on stage and talk about your work during one of the morning sessions. You will need to create two slides (template). The first title slide will be shown briefly when you are introduced. The second will stay up for the duration of your talk.

Poster/Interactive Display - *submit poster by October 20*
You will stand by your poster (template) or interactive display in the afternoon and describe your work to attendees.

Structure of your message

All of your Research Day materials should answer the following questions:

- What is the problem you're trying to solve and why is it important?
- How did you tackle this problem?
- What did you discover?
- Who will benefit from your research and how?

Guiding Principles

- Don’t use jargon
- Use simple language
- Be concise
- Avoid clutter (less is more for tables and graphs - try to apply this idea throughout your slides and poster)
- Choose large fonts and use high contrast
- Speak with enthusiasm and confidence

In the following slides, we present the right and wrong ways to present your work at Research Day using an example based on this study.

Abstract - Bad Example

A randomised controlled trial of a novel intervention to reduce winter injuries

The objective of this tribological study, which was a randomised controlled trial involving 30 pedestrians (median age 21 years, range 18-70) descending ice-covered inclines in the built environment at two sites in Dunedin, New Zealand, was to investigate the hypothesis that wearing socks over shoes improves traction in the outdoor built environment. This study had REB approval.

The priary outcome measure, differences in participant self-reported slipperiness, was measured on a 5-point scale. The data was recorded using a pencil and paper. The difference in mean self-reported slipperiness scores between the control (15) and intervention (14) groups was 1.3 (95%CI: 0.4–2.3). Agreement between self-rated and observer-rated slipperiness was high (r=0.70). A higher proportion of the intervention group (71% vs 53%) appeared confident. There was no evidence of risk compensation in the intervention group (difference in mean descent times 1.9 seconds, 95%CI: -6.1–10.0).

Abstract - Marked Up

This title could be made more intuitive

A randomised controlled trial of a novel intervention to reduce winter injuries

No mention of why this problem is important.

The objective of this tribological study, which was a randomised controlled trial involving 30 pedestrians (median age 21 years, range 18-70) descending ice-covered inclines in the built environment at two sites in Dunedin, New Zealand, was to investigate the hypothesis that wearing socks over shoes improves traction in the outdoor built environment. This study had REB approval.

Unnecessary detail and undefined acronym

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Avoid jargon like “outdoor built environment” or “tribological”

Spelling error. Bad!

This term is not operationally defined

What’s the take home message??

Abstract - Improved

Can wearing socks over footwear prevent winter falls?

K Morrone[1,3], S Kong[2,3], Y Li[3]

[1]Department of Mechanical and Industrial Engineering, University of Toronto, [2]Department of Electronics, Carleton University, [3]Toronto Rehabilitation Institute, University Health Network

Winter falls are a major public health problem. Every year many people are injured from a fall on ice or snow-covered stairs and walkways. Many others avoid going outside in winter to avoid the risk of a fall. Older adults and those with disabilities often find themselves isolated and their health suffers from their lack of activity. In some countries, people wear socks over their shoes for better grip on ice and snow. The goal of this study was to determine if people wearing socks over their footwear felt they had better grip compared to their regular footwear.

Thirty people walked down an icy slope; half wore their normal footwear and the other half wore socks over their footwear. All participants rated perceived slipperiness on a five-point scale. The experimenter also noted whether or not participants appeared confident as they walked down the icy hill, and how long it took them to complete the walk.

We found people who wore socks over their shoes reported better grip than the those who wore their normal footwear. The difference between the average slipperiness scores was 1.3 between the two groups. More participants with socks over their shoes walked more confidently compared to the control group (71% vs 53%), but did not walk any faster as a result.

Therefore socks may improve perceived safety when walking on ice, however, more research is needed to understand whether socks actually improve safe walking performance.

Poster - Bad Example

Click here to see an example of a bad Research Day poster

Poster - Marked Up

Click here to see what's wrong with the bad Research Day poster

Poster - Improved

Click here to see how the poster has been improved.

Interactive Display

- Most presenters will present a poster for Research Day, however an alternative is to create an *interactive display*.
- Consider submitting an interactive display if you think showing videos, demonstrating apps, prototypes, or other materials from your project would be the most effective way to describe your work
- Examples of interactive displays from Research Day 2015 are shown on the next slide

**Note that there is no deadline to submit the materials for an accepted interactive display other than to have it ready on Research Day.


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Minute Madness Slide - Bad Example

A Randomised Controlled Trail of a Novel Intervention to Reduce Winter Injuries

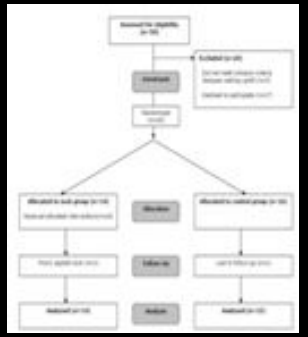
K MoRrone S Kong Y Lee

Introduction

- Limited research is accessible regarding economical solutions for fall preventative strategies which would decrease the risk of injury due to slips and falls on ice .

Methodology

- Real world conditions were used such to replicate the circumstances experienced when icy conditions were present. Researchers recruited thirty pedestrians who acted as participants. One group wore socks and one group did not.



Results

- Table 2. Pre-specified primary and secondary outcomes

Outcomes	Intervention group (n=14)	Control group (n=15)	Difference in means (95% CI)
Primary outcome (mean [SD])			
Self-rated slipperiness	1.6 (1.14)	2.9 (1.32)	1.3 (0.4 – 2.3)
Secondary outcomes (mean [SD])			
Observer-rated slipperiness	1.6 (0.66)	2.3* (1.07)	0.68 (0 – 1.3)
Seconds to descend slope	37.7 (9.36)	39.6 (11.57)	1.9 (-6.1 – 10.0)

- Wearing socks over footwear were significantly reduced the self-reported slipperiness of icy footpaths and a higher proportion of sock wearers displayed confidence in descending the study slopes.

Discussion

- More research is needed. Come see my poster!!!

Minute Madness Slide - Marked Up

A Randomised Controlled Trail of a Novel Intervention to Reduce Winter Injuries

K MoRrone S Kong Y Lee

Introduction

- Limited research is ac tions for fall prevent
  strategies which wou slips and falls on ic

Too much text. You want the audience to listen to you and not read.

Irrelevant figures just add clutter

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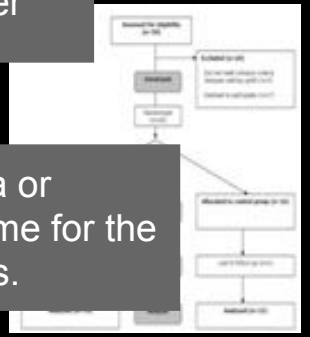
  were present. Researchers recruited thirty pedestrians who acted as participants. One group wore socks and one group did not.



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Seconds to descend slope	37.7 (9.36)	39.6 (11.57)	1.9 (-6.1 – 10.0)

No need to include lots of data or graphs. There's not enough time for the audience to explore the details.

self-reported slipperiness of icy footpaths and a higher proportion of sock wearers

Discussion

- More research is needed. Come see my poster!!!

Never make this statement. It's implicit and uses up important time

Minute Madness Slide - Improved

Overall suggestions

- Have your materials read/viewed/listened to by many people, including lay persons
- Practice your minute madness talk at least 3 times in front of other people
- Practice what you will say when you are presenting your poster at least 3 times with different people
- It is ok to bring notes on stage with you, but avoid reading from them
- Have fun!!

Can I see some more examples from past Research Days?

Abstract 1
Abstract 2
Abstract 3
Abstract 4
Abstract 5
Abstract 6

Poster 1
Poster 2
Poster 3
Poster 4
Poster 5
Poster 6

Minute Madness 1
Minute Madness 2
Minute Madness 3
Minute Madness 4

*These example abstracts were adapted from previous Research Day submissions and the original author names were removed.