

How to prepare an E-poster for the Family Partitioners Conference 2024

Please prepare an e-poster on single PowerPoint presentation slide and save as PDF. Thus not in the traditional poster format which is vertical in shape and becomes very small when projected on a screen which is horizontal.

The e-posters will be projected on a big screen on a continuous basis at the rate of 3 minutes for each slide. You will also be expected to present your e-poster in a 3 minute slot.

The maximum number of words you can read load (present) in 3 minutes is 380.

To have the words readable on the poster is has to be a minimal font of 18. Still fairly small. The bigger the better. Font 28-32 reads easily. When 380 words in on a slide in font 18, the whole slide is filled with words.

See the example of a PowerPoint slide with 380 words in Arial Narrow font 18:

OCCUPATIONAL BURNOUT AMONG DOCTORS IN MANKWENG AND PIETERSBURG HOSPITALS, LIMPOPO PROVINCE
Author: ABC

Background: Occupational burnout among medical doctors is a major concern globally. Burnout can be described as a job-related stress syndrome caused by chronic exposure to work stress. Work environments with excessive work schedules and high demands, plus the need to prove that one's value, leave employees feeling emotionally drained, cynical about their work, and with a low sense of personal accomplishment. Physical depletion, feelings of helplessness, negative self-concept, and negative attitudes towards work, life, and others follow. Additionally, new technologies such as mobile devices can exacerbate burnout by preventing disconnection and the necessary recovery from work. The purpose of this study was to assess for the presence of occupational burnout among full-time employed doctors of all ranks at the Mankweng and Pietersburg tertiary academic hospitals in South Africa's Limpopo province.

Method: A quantitative, observational study was conducted firstly to determine whether burnout was present among medical doctors at these institutions and, secondly, to quantify the amount of burnout in those affected. Data collection was done using structured questionnaires. All ranks of medical doctors from various departments participated in the study, resulting in a total sample size of 150.

Results and Discussion: The study revealed that occupational burnout was present at these institutions, with an overall prevalence of 36%. When compared to other studies conducted at public sector hospitals in South Africa, this figure appears to fall within the middle range. However, different studies have used different criteria to measure burnout.

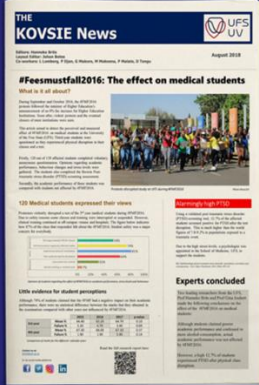
Conclusion: While a burnout prevalence of 36% at Pietersburg and Mankweng hospitals seems to fall within the lower middle range of what has been reported in South Africa and elsewhere, this must be viewed with caution. Research on burnout amongst medical doctors has shown a large degree of variation, most likely due to extraneous factors. As in the literature our study found no associations between sociodemographic factors and burnout, which either suggests that the cause of burnout should be sought elsewhere, or simply that the phenomenon of burnout is complex and multifactorial in origin. Currently, there is too much variation in the criteria of burnout amongst different studies, making comparisons difficult. More work is needed to standardize the measurement of burnout.

I would not recommend using the above format. Prof Hanneke Brits presented a wonderful poster during our last Family Practitioners Congress explaining how to make powerful Posters (see below). Please use the information from the poster to make also powerful posters. In short, her poster included the following:

The elements for a powerful poster are a clear message, readability, good graphics and visual attraction (colour). There must be a balance between text, graphics and aesthetics.

A third of the space was covered with colourful, aesthetic graphics/pictures of other posters with reference to the poster theme. Another third is covered with graphs and only a third with words. That is making the poster so striking. The word count on the poster is around 150.

Presenting Powerful Posters



Poster properties

- Posters and oral presentations have equal scientific and academic value
- Posters ensure visual communication throughout the conference
- E-posters offer the advantage of multi-media inclusion
- Posters offer an excellent opportunity for networking

Problem and Process

What are the attributes of an effective and powerful scientific poster?

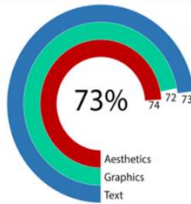
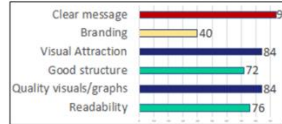
- 10 Experts in poster assessments
- Opinions on assessment
- Evaluation of 4 purposefully designed posters with
- A validated poster assessment tool
- Voluntary participation and ethics approval

Professional findings

What attracts you to a poster?



What do you consider most important in a poster?



Power points

- **Attract them with** your topic, colour and visuals
- **Give them** a balance between text, graphics and aesthetics
- **Leave them with** a clear message

Use the QR code to assess the posters via the validated tool

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