



A M E R I C A N  
O S T E O P A T H I C A S S O C I A T I O N

## **Bureau of International Osteopathic Medicine: 2018 Poster Competition Guidelines**

### **Eligibility**

All entrants to the abstract competition are invited to display a poster at the BIOM poster session. All posters must be based on abstracts submitted to the research competition.

### **What to Include**

The poster text should be closely based on the text in the abstract. The poster might allow space for additional text, as well as charts, graphs, diagrams, images, maps, and/or headings that add to the text. However, poster submitted should hew to the basic format of research, presenting Introduction (background), Methods, Results, and Discussion sections.

In addition, all ethical requirements of a research abstract, including IRB and HIPAA (privacy) law compliance, must be upheld in the poster text and images. In addition, the list of authors must be included on the poster and must be identical to the list on the abstract.

### **Poster Size**

Posters are typically designed in Powerpoint (or a similar program). To create a poster of proper size, open Powerpoint, select the Design tab in the navigation bar, click on Page Set Up, and change the size of the slide to 36 x 42 inches to 42 x 42 inches. (After setting the size, use the zoom function at bottom right to view the poster as you design it.)

### **Font Size**

Posters require large font sizes. For the paragraph text, use font size of at least 32-36 points. For the main title, use 110-160 points. Section headings can be between the two sizes. In captions, diagrams, and reference, use a font no smaller than 20 points.

### **Image Size**

For best results, use images shot with a digital camera at a density of 300 dots per inch (dpi). Blowing a photo up to suitable poster size will cause images shot at 72 dpi (or another low density) to appear blurry. For similar reasons, avoid using images that have been cropped.

### **Readability**

Posters that are hard to read tend to be overlooked. To ensure readability, avoid these errors:

- Use a white or light-colored background throughout, and don't put text over images.
- Avoid large blocks of text. Enhance readability with paragraph breaks.
- Make sure diagrams have strong contrast between graphic elements (such as bar graphs, arrows, or symbols) and text that explains these.

### **Additional Assistance**

Many universities have training modules that teach students how to create a poster. We encourage all osteopathic medical students to access these programs wherever possible.

### **Poster Display at BIOM**

The 2018 poster display will be digital. For this reason, there is no need to print the poster. A digital version of the poster will be shown on a large screen in the BIOM/OMED conference hall.

### **Submission Instructions**

Poster display requires submitting an abstract in any of the three categories (Research, Global Health Outreach or Narrative Medicine). Please follow submission instructions for the relevant abstract competition. Additional information will be sent to all entrants by email.