



## General Guidelines for Poster presentation in 6<sup>th</sup> IqHS international Conference

Dear Colleagues

The Iraqi Hypertension Society welcome all participant in this new way of presentation and we hope to you all the success. The idea of poster presentation is to present your research work or case study in a brief, concise and attractive way. You may prepare a 1-2 minute lightning talk about your research. This should be a unique experience or insight in simple, easy-to-understand language. Also prepare to answer questions about your research.

Four questions to ask when designing a poster:

1. What is the most important/interesting finding from my research?
2. How can I visually share my research? Should I use charts, graphs, photos, images?
3. What kind of information can I convey during my lightning talk that will complement my poster?
4. How can people find out more about my work?

**Best reason to give a poster presentation** - Learn to see your research through the lens of others.  
Ask new questions!

In preparing your poster, please consider the following guidelines:

- The official language of the conference Poster is **English**.

### Poster Dimensions

**Poster Size:** Poster should have 90 x 150 cm dimensions in vertical layout to fit the rollup design; this size be changed later if necessary and you will be informed about it.

**Please note that printing out your submitted full paper in A4 size format is NOT acceptable as a Poster content.**

### Design

You may choose to use the attached poster template as an example.

**N.B** You can use this template in your design, or you may have your own.

### Title

The title of your poster should appear at the top with lettering of at least 42 pt font size). Below the title, place the names of authors and their affiliation.

## **Text**

Text should be readable from at least 1-1.5 m away. Use a minimum font size of 17 pt. Keep the text brief. Try to use text to introduce the study, explain visuals and direct viewers' attention to significant data trends and relationships portrayed in the visuals, state and explain the interpretations that follow from the data. It is also a good idea to put future research plans or questions for discussion with viewers in your poster.

## **Figures**

Each figure should have a brief title. Figures should be numbered consecutively according to the order in which they are first mentioned. Try to use color figures rather than only black and white text to make your poster attractive and highlight the important technical content of your paper. Make sure that the text and the visuals are integrated.

## **Page Setup**

- Always set your PowerPoint page size before you start designing the poster!
- If you change the size after you have already added content, it may become distorted.

## **Layout**

- Divide the poster into columns (3-5 across, depending on poster size).
- Use headings to identify sections.
- Avoid long stretches of text.
- Break up text with pictures, tables, figures, etc. For visual appeal and to save space, use graphics instead of text to illustrate points

## **Content**

- Viewers should be able to scan material quickly. You have about 3 seconds to attract viewers!
- A poster is not an enlarged journal article—be brief, concise, and don't overwhelm viewers with too much information.
- Use short sentences or bulleted text.

## **Standard Components:**

- Title with authors' names, credentials, and affiliations
- Typical headings:
  - o Introduction
  - o Methods
  - o Results
  - o Conclusions
  - o References

## **Style**

- Use sans serif fonts for titles and headings (for example, Arial, Franklin Gothic, Helvetica, Tahoma, Trebuchet or Verdana).
- Use serif fonts for the body (for example: Times New Roman, Palatino).
- Do not use all CAPS, as it is hard to read. Try to use “Sentence case.”
- Text should be legible from at least 1-1.5 m away. Title font size should be about 100 points or larger and text 24 points or larger. However, font size is about judgment and what looks best with your poster.
- Graphs and tables should be large (minimum of 8.5 x 11 inches is preferable).

## **Colors**

- Color should be used to unify the poster.
- Choose 2 or 3 colors and keep them consistent.
- Use strong, primary colors.
- Use color to highlight keywords in text. However, most text should be black.
- Backgrounds should be plain (white is a good choice). Avoid backgrounds with patterns or gradients – sometimes they do not print well.

## **Graphics**

- Graphics can be tricky.
- Just because it looks good on the screen does not mean it will print well!
- Graphics should have a resolution of at least 300dpi.
- Try to avoid using screen shots – they are usually 72 dpi – screenshots are extremely pixelated (blurry) when printed on a large poster.
- DO NOT make graphics larger by stretching them on the screen. They will not look good. Size and resolution must be captured at origination (i.e.: scanning at a high resolution).
- Consider putting a thin border around each graphic – it makes them look better.

We are here for any assistance:

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