

journey of a journal

How to prepare for and present at a journal club



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**How to do
critical appraisal**

Introduction

**How to present
at a journal club**

**Why attend
journal clubs?**

**How can make
it successful**

**The future of
the journal clubs**

**Historical
background**

**The benefits of
a journal club**

Introduction

Presenting a paper at a journal club can be a **daunting prospect** for a trainee and may even leave him **feeling underprepared**.

However, the ability to **critically appraise** and **present an academic paper** is a competency required of the trainee doctor.

Introduction

- **benefits**
- **characteristics**
- **impact of new technology**

Historical background

Before the 17th century the doctrines of the ancient world dominated the theory and practice of western medicine.

Galenism

taught that disease resulted from an **imbalance of the “humours”**, and that treatment with **bloodletting** and **purging** would reestablish equilibrium.

During the 17th century, however, a new approach to medicine, based on observation and experimentation, gained a growing acceptance and challenged the status quo.

MEDICINA CURIOSA

O R,

*A Variety of new Communications in Phy-
sick, Chirurgery, and Anatomy, from the
Ingenious of many Parts of Europe, and
some other Parts of the World.*

June 17. 1684.

The Contents.

1. An Introductory Account of a Treatise concerning the Organs
of the Uterus, containing the Structure, Use, and Dis-
eases of the same. Set forth the 1st Time at Paris in the
French Tongue, by Marthe de Verrey, in 170.
2. A rare & Curious Description of the Head and Left Part of the Head
Treatise, containing the Causes and Cures of the Diseases of
the Ear.
3. An account of a Book containing the Structure of a Muscle,
joining with the longest Structure, and admirable Anatomy
described in Latin by Antonius de Perda, of Maffiusburg
M.D. Printed at Amsterdam: 1684. 10 8^o.
4. An Essay of some chief waters contained in an Excellent
Physical Observations of the same nature.
5. New Experiments concerning the Passage of the Urine into
the Bladder, Extracted from the Paris Journal de Medi-
cine.
6. Two Months the Learning the Signs of Hearing.

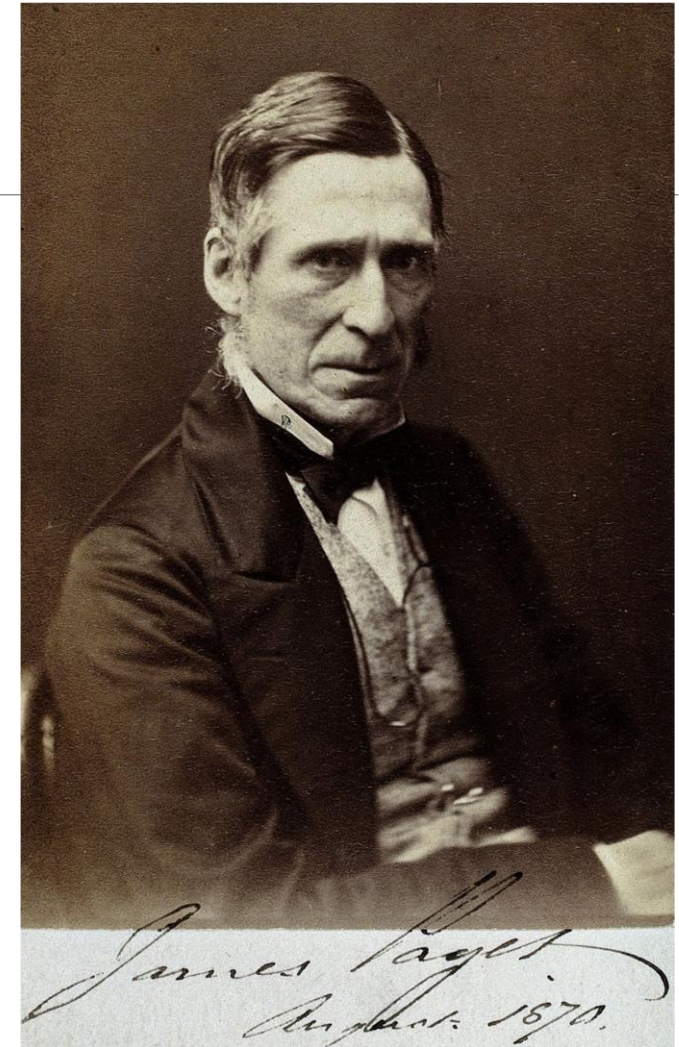
THE PREFACE

THE great Benefit which has been made in many
Parts of Europe for some years past, in the Cultiva-
tion of Arts and Sciences, is an Example to the
World.

Historical background

The first **mention** of a journal club is found in the 1835–54 memoirs of **British surgeon Sir James Paget**.

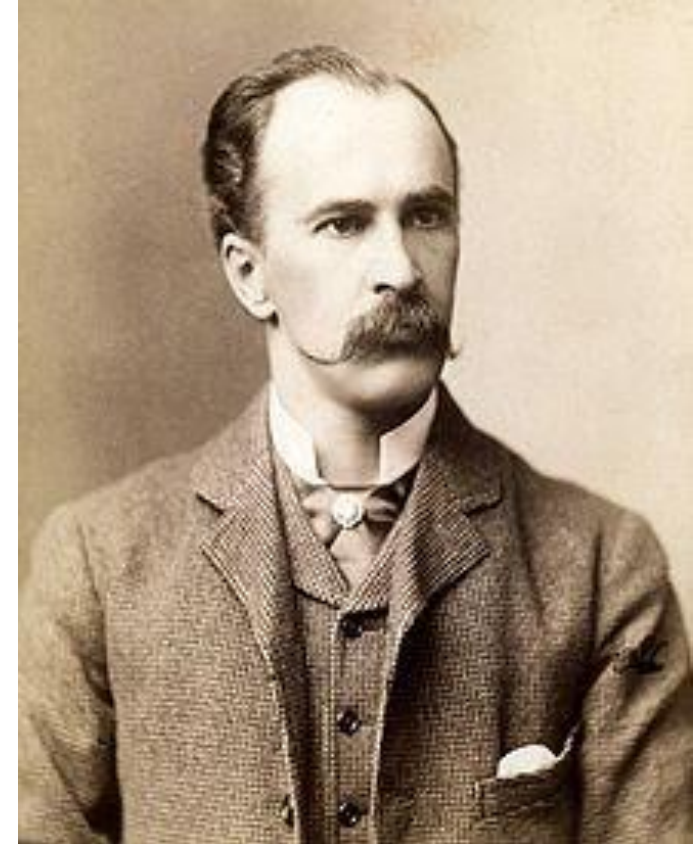
He reported that ‘self-elect of the pupils, making themselves into a kind of club, had a small room over a baker’s shop near the Hospital-gate where we could sit and read the journals’.



first war 1825 second 1852 third 1885

Historical background

Sir William Osler is widely credited as establishing the first **organized** journal club at McGill University in 1875.¹



Historical background

In 1966, **Professor Mattingly** of Exeter University wrote one of the first **articles** about journal clubs as an:

- ‘ **introduction to the systematic use of medical literature** ’ for junior staff, and
- ‘ **a convenient method of surveying the medical literature** ’ for senior staff.¹

Since then journal clubs have been widely used to keep abreast of the current literature.

1. Mattingly, 1966

Historical background

In the 1990s the concept of evidence-based medicine was introduced, defined as **‘...the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients’**.¹

1. Sackett et al, 1996

Journal clubs also allow **academic debate** and **networking** between colleagues of varying seniority.¹

Regular meetings to discuss and appraise the medical literature help trainees to develop their critical appraisal skills.

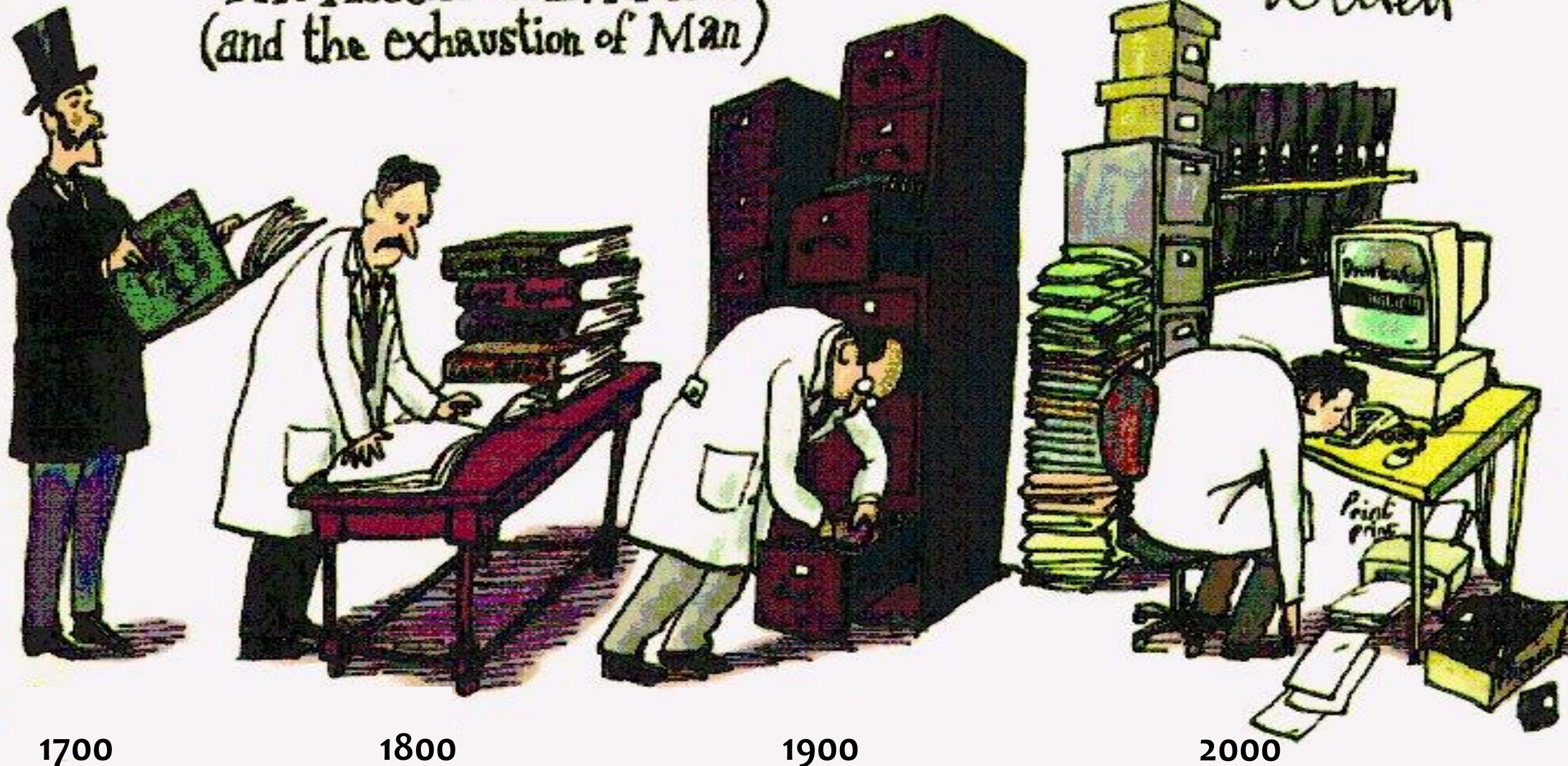
These skills are increasingly seen as a requirement for specialist hospital doctors and the ability to demonstrate them is assessed at specialty training interviews.²

1. Esi, 2007

2. Picard et al, 2010; Leung et al, 2013

The Ascent of Evidence (and the exhaustion of Man)

Wissett



1700

1800

1900

2000

Critical Appraisal

“ the process of systematically examining research evidence to assess its **validity, results,** and **relevance** before using it to inform a decision ”



Ref: Hill and Spittlehouse, 2001, p.1

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

- Guidelines
- Review articles
- Recent advances

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

Research literacy and evidence-based practice are developed

The Importance of Research Literacy

Developing the critical skill of interpreting medical research

By Angela Senders, ND, MCR, Andrew Erlandsen, ND, and Heather Zwickey, PhD

 [Printer Friendly Page](#)

This article was initiated and supported by the Scientific Affairs Committee of the [American Association of Naturopathic Physicians](#): Michelle Simon, ND, PhD; Ather Ali, ND, MPH, MHS; Bob Bernhardt, MEd, LLM, PhD; Carlo Calabrese ND, MPH; Michael Cronin, ND; Peter D'Adamo, ND; Bill Walter, ND; and Heather Zwickey, PhD.

For most of human history, most people could not read at all. Literacy was not only a demarcator between the powerful and the powerless; it was power itself.—Ursula Le Guin¹

About the Authors



[Angela Senders, ND, MCR,](#)

Research literacy is

the ability to

access,

interpret, and

critically evaluate

primary medical literature.

These skills are **not necessarily intuitive**, and for most practitioners, they **must be systematically taught, practiced, and honed** so they can make good use of the available literature.

Successful research literacy requires that physicians

- be familiar with the multitude of available research databases and
- be able to structure their clinical questions in a way that optimizes **searchability** and **literature retrieval**.

Once research yields the article of choice, physicians must determine
which research question is being asked by the investigators and
whether the study design and analysis are appropriate to answer the query.

Finally, physicians must decide
if the results of the study are clinically meaningful and relevant to their own
work in the field.

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

Research literacy and evidence-based practice are developed

The needs of continuing medical education are met

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

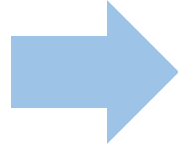
Research literacy and evidence-based practice are developed

The needs of continuing medical education are met

Interview skills are developed

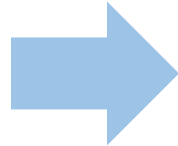
Common consultant interview questions and how to answer them

(Categories: Continuing professional development, Feature, Prepare for interview)



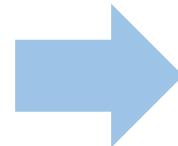
Preparing your medical CV

(Categories: Research, Teaching, Communicate, Write, Feature, Organise and prepare your CV, Prepare for interview)



How to succeed at research fellowship interviews

(Categories: Research, Feature, Prepare for interview)



Getting to know your interview panel will help you to prepare. It is recommended that **meeting with everyone on the panel**, if possible, is a **way of anticipating the questions** they may ask.

Alexandra Cope, a consultant general and colorectal surgeon at Wexham Park Hospital.

“ When you do meet with people on the panel they will ask you
the types of questions that they are likely to ask you at interview.

Consider their thoughts on issues and think about what you need to build into your answers, ” she advises.

Alexandra Cope, a consultant general and colorectal surgeon at Wexham Park Hospital.

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

Research literacy and evidence-based practice are developed

The needs of continuing medical education are met

Interview skills are developed

Academic debate is stimulated

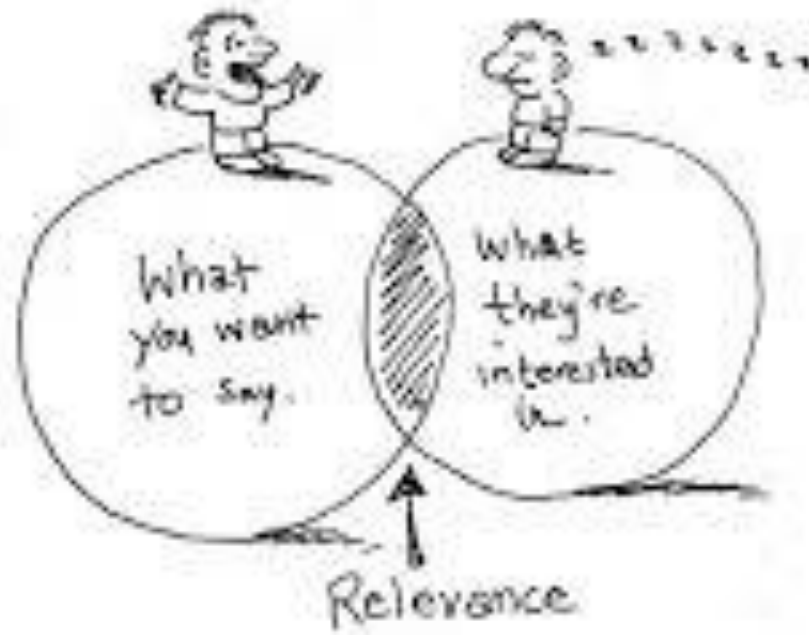
Academic debate

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The debate in a college environment provides students' opportunities to apply their knowledge of debate principles, develop proper attitudes and skills, and experience almost real-life debates.

Date: Feb 16, 2017



The long tradition of Academic Debate

started in about 481 to 411 B.C. and
persisted in American schools as an educational method in college
characterized by the debate tournament.

A form of informal debate, academic debate merely allows students to systematically express their opinion and support their arguments with facts or evidence.

They are designed to

facilitate the development of advanced speaking skills,

improve critical thinking, and

increase students' confidence about participating in academic community discussions and dialogue.

The Value of Academic Debate

Academic debate is simply defined as a debate conducted under the auspices of an educational institution aimed at providing educational opportunities for its students.

The purpose of an academic debate is to allow evenly matched opponents to present balanced arguments and evidence about critical issues.

The Value of Academic Debate

Some of the benefits students gained from their debate experience

awareness and knowledge of social issues,

development of critical thinking and communication ability,

appreciation of change, and

respect for academic research.

The philosophy of college debate

“ to learn not to win”

**The most important thing is to be able to
present both sides of the issue and
make a critical decision on matters
concerning public interest.**

The Value of Academic Debate

The debate in a college environment provides **opportunities to apply their knowledge of debate principles, develop proper attitudes and skills, and experience almost real-life debates.**

More importantly, debating is to keep political and public issues alive in the hearts and minds of the academic community.

The Value of Academic Debate

The value of academic debate for some critics is limited to discussing social issues and developing students' attitudes and abilities.

Others see it as a structured academic game with self-actualization and enjoyment as goals.

In practice, however, academic debate influenced some of the most critical issues in society.

The Value of Academic Debate

For example, the goals and rationales of criminal punishment according to literature were not the only outcome of evolving criminal procedures and customs but painstaking academic debate.

The Value of Academic Debate

Another is a [strong influence](#) of academic debate on public attitude and government policy towards the harmful effect of some media content such portrayal of sex and violence, food consumption and eating disorders, and direct behavioral effect of television advertising on children.

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

Research literacy and evidence-based practice are developed

The needs of continuing medical education are met

Interview skills are developed

Academic debate is stimulated

Intradepartmental social and professional networking takes place

The benefits of a journal club

Critical appraisal skills are developed

Participants keep abreast of current medical literature

Research literacy and evidence-based practice are developed

The needs of continuing medical education are met

Interview skills are developed

Academic debate is stimulated

Intradepartmental social and professional networking take place

Publications are generated (e.g. letters to editor, further research)

Any evidence ?

How to run an effective journal club: a systematic review

Y. Deenadayalan BPT IMMP BEHM (MBA), K. Grimmer-Somers PhD MMedSci BPhy ,
M. Prior BPhy (Hons), S. Kumar PhD MPT BPT

First published: 31 October 2008 [Full publication history](#)

DOI: 10.1111/j.1365-2753.2008.01050.x [View/save citation](#)

Cited by (CrossRef): 77 articles  [Check for updates](#) |  [Citation tools](#) ▼

Results

They identified 101 articles, of which 21 comprised the body of evidence. Of these, 12 described journal club effectiveness. Methodological quality was moderate.

The papers described many processes of effective journal clubs. Over 80% papers reported that journal club intervention was effective in improving knowledge and critical appraisal skills.

CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS



CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS

1. They are held at **regular intervals** (e.g. weekly).
2. They are held at a set **time convenient** for the members.
3. **Attendance** is compulsory and an attendance register is held.
4. The attending clinicians share **common clinical interests**.
5. There is a nominated **chairman**, who possesses research experience and is widely respected. His/her role is to chair meetings as well as guide club members in their choice of journal articles.

CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS

6. The club has a **clear purpose** which is agreed by the members and is periodically reviewed

7. The articles selected for discussion are aligned with the agreed '**overall aim**' of the club and of **clinical relevance** to the members

CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS



CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS

8. Original articles are the most frequent papers discussed

ORIGINAL ARTICLE

FEB 22, 2018

Aspirin or Rivaroxaban for VTE Prophylaxis after Hip or Knee Arthroplasty

Anderson D.R., Dunbar M., Murnaghan J., et al. | N Engl J Med 2018; 378:699-707

In a large, randomized trial involving patients undergoing knee or hip arthroplasty, aspirin was found to be noninferior to rivaroxaban in clot prevention and had a similar risk of serious bleeding.

CME  



ORIGINAL ARTICLE

FEB 22, 2018

Efficacy of Larotrectinib in TRK Fusion–Positive Cancers in Adults and Children

Drilon A., Laetsch T.W., Kummar S., et al. | N Engl J Med 2018; 378:731-739

Fusions involving tropomyosin receptor genes are noted in cancers affecting children and adults. The TRK inhibitor larotrectinib induced a response in 75% of patients, regardless of age, tissue of origin, or TRK fusion partner. Toxic effects were generally mild.



ORIGINAL ARTICLE

FEB 22, 2018

Human Neonatal Rotavirus Vaccine (RV3-BB) to Target Rotavirus from Birth

Bines J.E., At Thobari J., Satria C.D., et al. | N Engl J Med 2018; 378:719-730

CHARACTERISTICS OF SUCCESSFUL JOURNAL CLUBS

8. **Original articles** are the most frequent papers discussed

The screenshot shows the PubMed Health website interface. At the top, the URL is ncbi.nlm.nih.gov. Navigation links include About, Home, See us on Facebook, Follow us, Add us, and Help. The PubMed Health logo is prominent, followed by a search bar containing 'hepatic encephalopathy' and a Search button. Below the search bar is a navigation menu with tabs: Contents, For researchers, What's new, Featured review, and Understanding clinical effectiveness. The main content area shows search results for 'hepatic encephalopathy'. On the left, there are filters for Article types (Consumer information, Systematic reviews, Clinician information, Educational resources, Methods resources) and Added to PubMed Health (In last 7 days, In last 30 days, Custom range...). The main results area displays a summary for 'About - Hepatic Encephalopathy' with a description: 'Confusion, mental dullness, drowsiness and even coma caused by liver failure.' Below this, it shows 'Results: 1 to 20 of 112' and a list of results. The first result is 'Portosystemic shunts compared with sclerotherapy/banding lowers variceal rebleeding, but increases hepatic encephalopathy', which is a systematic review from the Cochrane Database of Systematic Reviews. On the right side of the results, there are options to Download or email, Create alert, and Create RSS. At the bottom right, there is a section titled 'Systematic Reviews in PubMed' listing several reviews related to hepatic encephalopathy.

ncbi.nlm.nih.gov

About | Home | See us on Facebook | Follow us | Add us | Help

PubMed Health

hepatic encephalopathy Search

Contents For researchers What's new Featured review Understanding clinical effectiveness

Home > Search Results

Article types

- Consumer information
- Systematic reviews
- Clinician information
- Educational resources
- Methods resources

Added to PubMed Health

- In last 7 days
- In last 30 days
- Custom range...

Content providers

- AHRQ (US Agency for Healthcare Research and

About - Hepatic Encephalopathy

Confusion, mental dullness, drowsiness and even coma caused by liver failure.

<< First < Prev Page 1 Next > Last >>

Results: 1 to 20 of 112

☐ [Portosystemic shunts compared with sclerotherapy/banding lowers variceal rebleeding, but increases hepatic encephalopathy](#)

A third of deaths from cirrhosis are due to variceal bleeding. Randomised clinical trials have compared three types of Cochrane Database of Systematic Reviews: Plain Language Summaries [Internet] - John Wiley & Sons, Ltd. Version: October 18, 2006

Download or email

Create alert

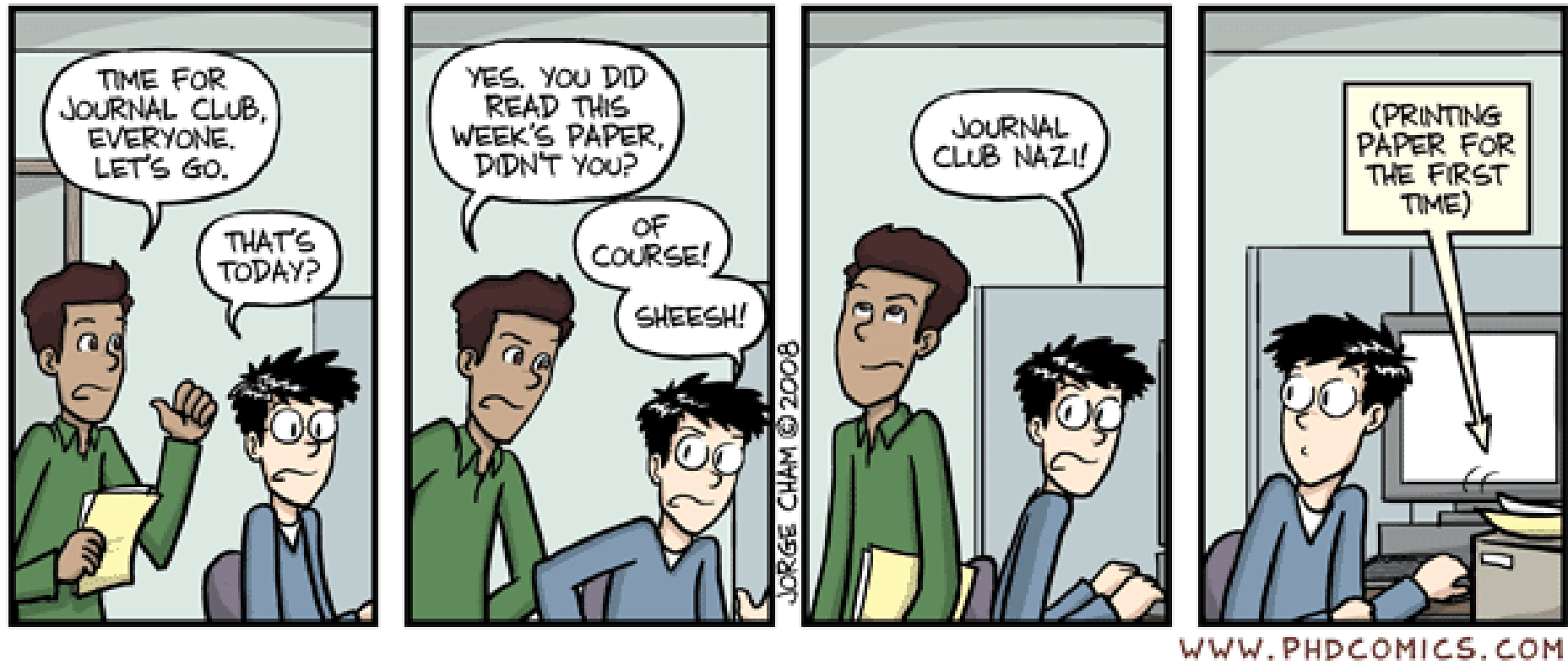
Create RSS

Systematic Reviews in PubMed

Assessment of the Spectrum of Hepatic Encephalopathy: A N [Liver Transpl. 2018]

Effect of probiotic treatment on cirrhotic patients [Hepatobiliary Pancreat Dis Int...]

Transjugular intrahepatic portosystemic shunt for hepatorena [Dig Liver Dis. 2018]



9. The papers are **read in good time before the meeting**.
Circulating the subject matter by email or the internet are effective ways to do this.

10. **Food** is available at the meetings; the provision of food at meetings is widely reported to **improve attendance**.



The future of the journal club

The future of the journal club

In the past journal clubs involved the members travelling to meet at a given **location**.

Recently, journal clubs have used **web-based platforms**. These also improve participants' ability to undertake critical appraisal of the literature although journal clubs in person are more efficient at developing these skills.¹

Most departments therefore still hold **physical meetings** with internet technology used as an adjunct. ²

1. Macrae et al, 2004 and McLeod, 2010

2. Millichap and Goldstein, 2011

The future of the journal club

The screenshot shows the Symplur website interface. At the top, there is a navigation bar with the Symplur logo, links for SYMPLUR SIGNALS, HEALTHCARE HASHTAGS (with a dropdown arrow), BLOG, and CONTACT, along with a search bar labeled 'Search Symplur'. Below the navigation bar, there are several tabs: Healthcare Hashtags (highlighted in orange), Tweet Chats, Conferences, Diseases, Ontologies, and Regular. The main content area is divided into two columns. The left column is titled 'Twitter Journal Club Hashtags' and contains a table with five rows of hashtag information. The right column is titled 'Twitter Journal Club Influencers' and features social media sharing buttons for Twitter and Facebook, along with a counter showing 0 likes.

Hashtag	Type	Topics and Description
#AmbJC	Regular	ambulance, emergency medical care, Twitter Journal Club
#ClinTeachJC	Healthcare Tweet Chats	medical education, Twitter Journal Club A Virtual Journal Club (VJC) discussing the following: Billett, S. (2015), Readiness and learning in health care education. The Clinical Teacher. d...
#cpjc	Regular	clinical psychology, psychology, Twitter Journal Club
#EASTjc	Healthcare Tweet Chats	acute care, acute care surgery, EAST, General Surgery, Surgery, surgical critical care, trauma, Trauma Care, Twitter Journal Club The Eastern Association for the Surgery of Trauma (EAST) journal club discusses newly published literature relevant to the acute care surgeon practici...
#FemInEMJC	Healthcare Tweet Chats	emergency medicine, healthcare, healthcare equality, journal club, Twitter Journal Club, women doctors The feminem blog is pairing with ALiEM blog to discuss journal club articles pertinent to academia, gender inequalities, and emergency medicine.

Social media platforms such as **LinkedIn** and **Twitter** have also been used to host journal clubs.

Early forays into **microblogging-based journal club discussions** (e.g. via Twitter) have produced encouraging results.

The future of the journal club

Scheduled discussion forums advertized and conducted on Twitter can be used to access an international, multi-disciplinary community and engage readers directly with authors.



The future of the journal club

One such experimental study, conducted over a 48-hour period, reported participation from 45 contributors representing clinicians, students and members of the public, from 10 countries.

Thangsamy and Woo, 2013

Research

Publication

Multimedia

Media

Traditional STEP 1

Traditional STEP 2

Novel: STEP 3

Novel: STEP 4

Research completion

- Develop question and design
- Complete research (study or review)
- Analyse results



Journal publication

- Write manuscript
- Submit to journal
- Peer review
- Address concerns
- Finalise paper and sign over copyright



Multimedia creation

- Blog
- Infographic
- Video
- Podcast



Media dissemination

- Twitter
- Facebook
- Blogs
- Other relevant social media platforms
- Journal website

The future of the journal club

Positive correlations have been shown between the number of 'tweets' a journal article generates and more traditional measures of influence such as citations.¹

Regarding the risk of unprofessional conduct, the vast majority of contributions raise no concerns.²

In light of this the potential of social media sites to compliment physical meetings and stimulate debate is now being investigated by international medical journals.³

1. Eysenbach, 2011 2. Leung et al, 2013 3. Leung et al, 2013

The advantages of journal clubs via social media platforms

The advantages of journal clubs via social media platforms

- Immediate access to authors and editors
- Immediate appraisal and feedback for editors and authors
- The ability for discussion between authors and readers
- The opportunity to promote international discussion
- Enhanced dissemination to developing countries and remote areas
- Development of a forum to answer questions and explore practical applications
- Discussion open to people interested in the topic who are not medical professionals (adapted from Leung et al, 2013).

How to present at a journal club

Presenting at a journal club

Most presentations take place at physical meetings for which standard approaches apply.

Powerpoint slides will help convey the structure of the presentation and the data under discussion.

Presenting at a journal club

Where such facilities are unavailable, slides on overhead projectors or simple handouts are suitable alternatives.



Presenting at a journal club

The timing of the presentation should be appropriate to the content of the paper and duration of the meeting.

Rehearsing the presentation will help to combat nerves and further familiarize the speaker with the content, facilitating an engaging and interactive presentation.

Some meetings may favour a less formal roundtable discussion format where the chairperson will help guide the discussion, encouraging group participation.

Presenting at a journal club

Schwartz et al (2007) drew a **comparison** between presenting a critical appraisal and presenting patients; in both the aim is to convey the essential information in a concise manner using a standardized structure.

Just as a junior doctor's ability to present clinical problems improves dramatically with practice, the skill of engagingly and concisely conveying the essence of a paper can also be learnt.



Presentation Skill & Powerpoint Presentation

Does it necessary ?

What and How

- What is going to present?
- How is it going to present?



Please Reflect

1. Description of **event** (outside events)
2. Description with **feeling** (inside event)
3. Description of **findings** (compare to past and others)
4. Description of **facts** (strength and weaknesses)
5. Description of **future** plan (opportunity and threat)
6. Description of **other** action (generalization)



Fiction
not the facts

- Steve Jobs "storyboards" the plot
- Slides complement the story



Focus on Benefits

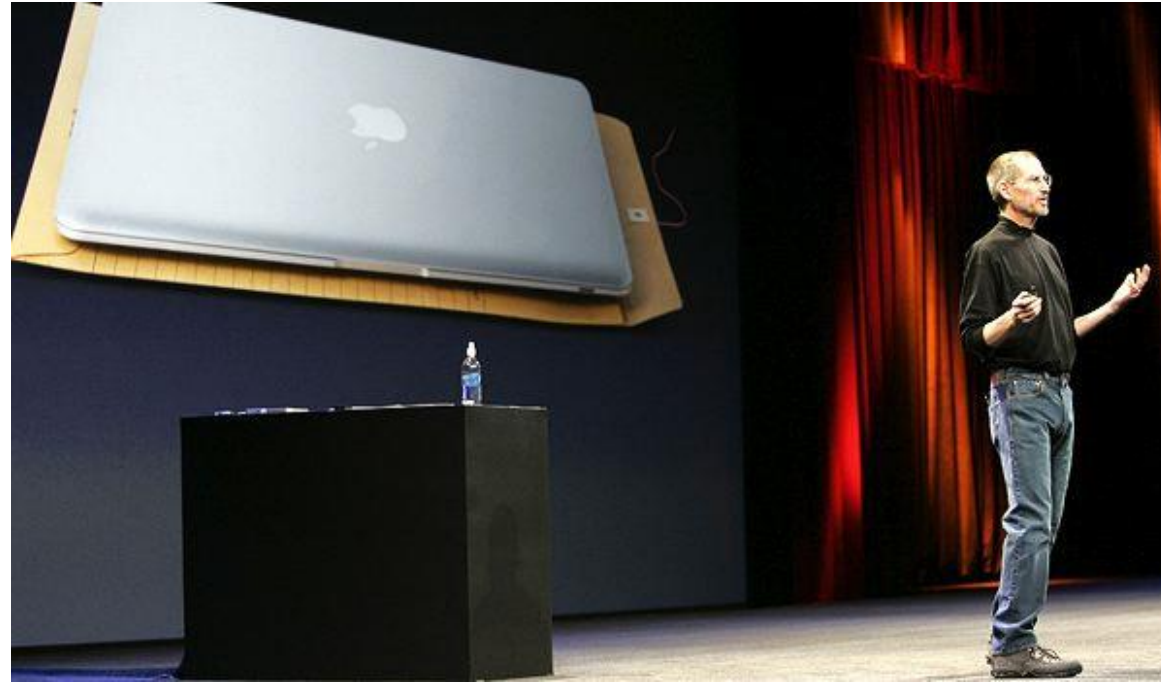
- Listeners are asking themselves one question: Why should I care? What can I achieve?
- They only care about how your presentation will improve their knowledge or something

Create User-Friendly Headlines



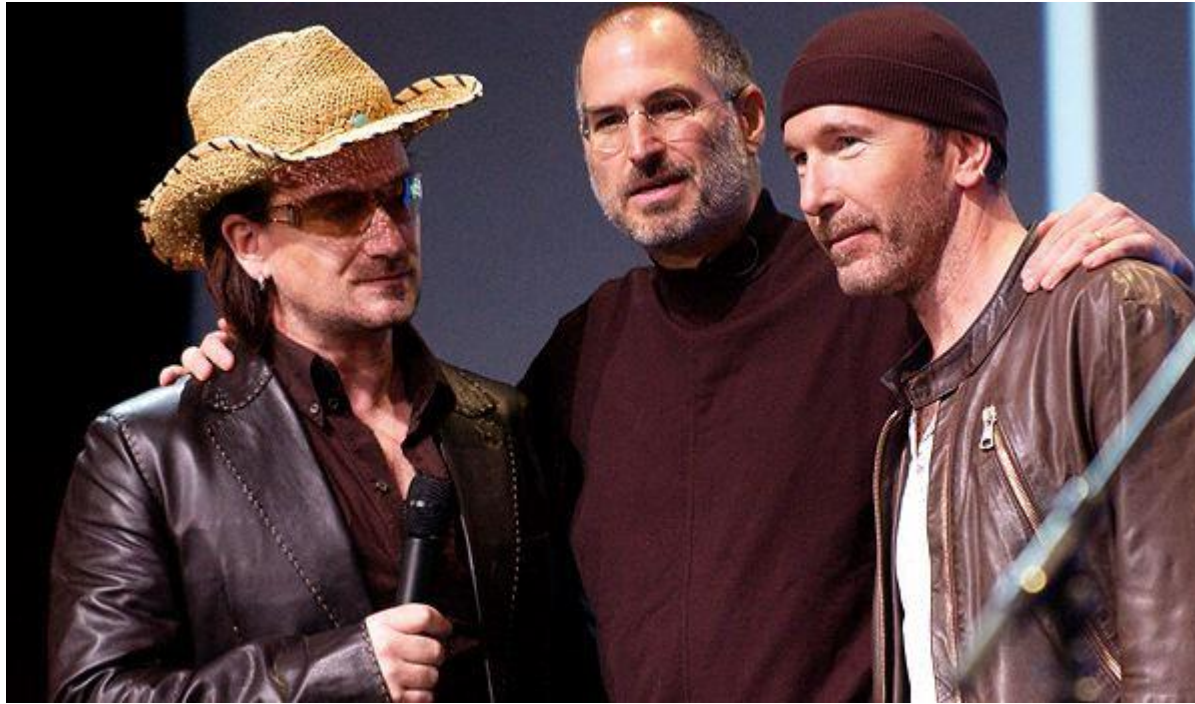
- Jobs introduced the MacBook Air " **The world's thinnest notebook.**"
- Fill in the details during presentation but one sentence to position every product.

Create Visual Slides



- Relies on photographs and images
(information is more effectively recalled when text and images are combined)
- For example, Macbook Air, he showed computer fitting inside a manila envelope.

Obey the 10-Minute Rule



- Neuroscientists : **Brain gets tired after 10 minutes**
- Jobs presentation lasts about 1.5 hours but every 10 - 15 minutes, with video, demonstrations or guest speakers



**Practice
a lot**

- Jobs spends hours rehearsing every facet of his presentation
- Every slide is written carefully

Effective Presentation

- Convey the Message to the listeners

(ရော့)

- Capture the Listener's attention

(ပေါ့)

- Be well-organized

(ပြော)



Contents

- Preparation

(ပြင်ဆင်မှု)

- Presentation

(ပြောဆိုမှု)

- Post Presentation

(ပြန်လည်ပြင်ဆင်မှု)

Preparation

Practice makes perfect

[check] [recheck] [countercheck]

- Presentation is
90% preparation and
10% pandering
- The success is sweat and the secret is sweat

- **Know topic**
(it increases credibility)
- **Know neighborhood**
(familiarize with venue and equipment)
- **Know audience**
(communication principles-you can't present to nobody)

One Husband Five Wives Approach

What is the main agenda?

Why are you going to present?

When would it be executed and finished?

Who are the audience?

Where is the venue?

How will it be presented ?

(ဘာကို ၊ ဘယ်သူ့ကို ၊ ဘယ်နေရာ ၊ ဘယ်အခါနဲ့ ၊ ဘယ်လို ၊ ဘာပေးကောနဲ့)

Stages of Mastery



Stages of Mastery

1st Level
Practice



Stages of Mastery

2nd Level
More Practice



Stages of Mastery



Stages of Mastery

1st Level
Practice



2nd Level
More Practice



3rd Level
Lots of Practice



Presentation

Just KISS

Keep It Simple and Straight

ရှင်းရှင်းတင်ရှင်းရှင်းချဟ

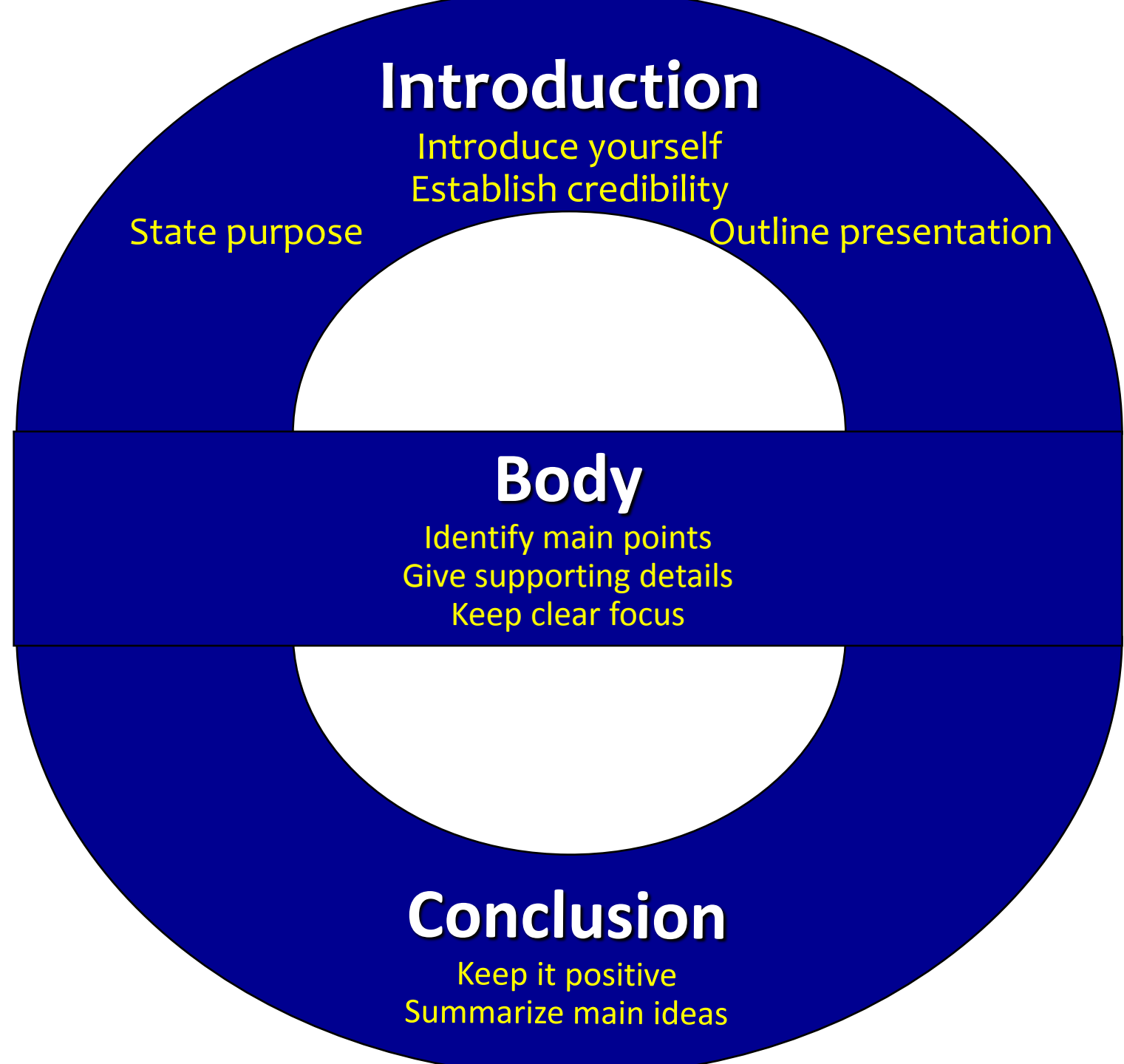
Simplicity is ultimate sophistication
(Leonardo da Vinci)

STRUCTURE

1. Powerful start

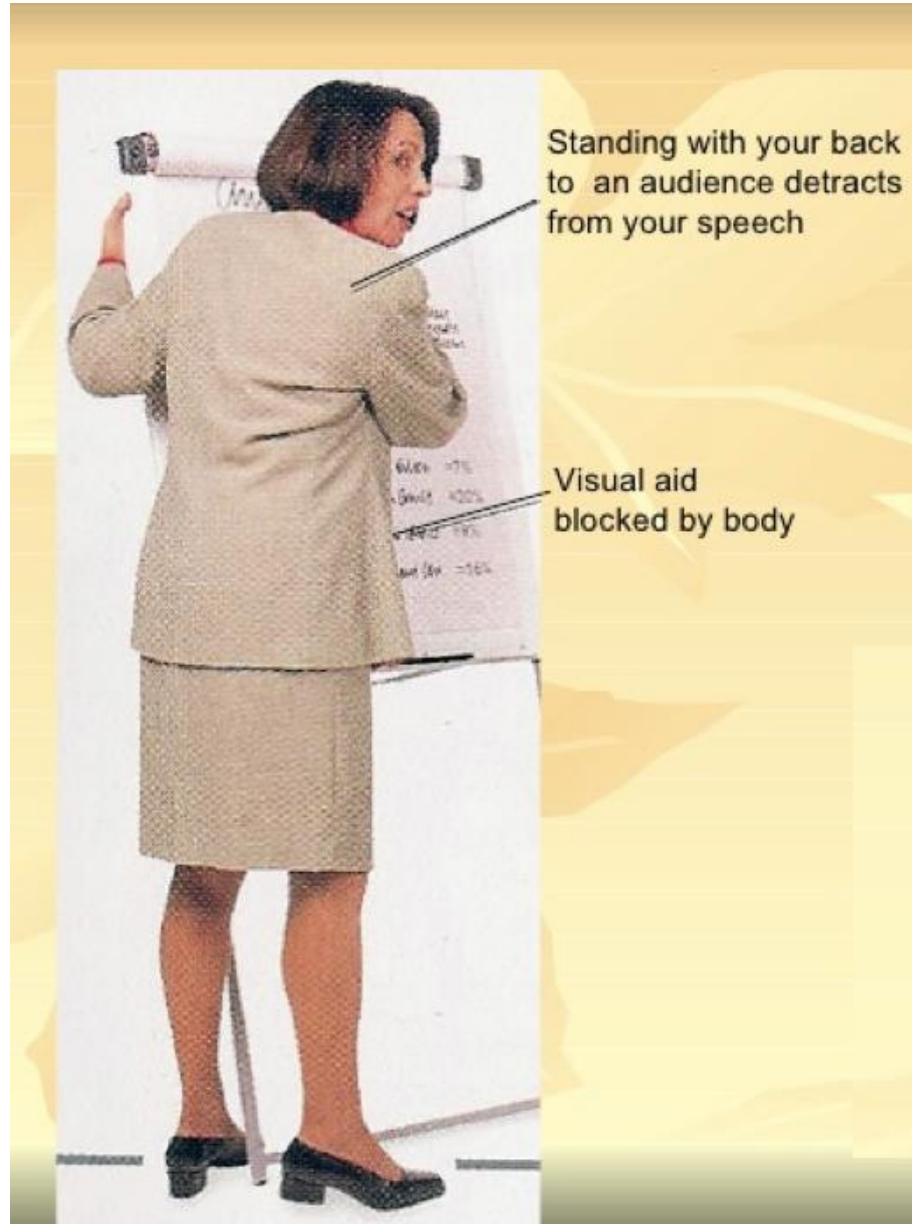
2. Coherent middle

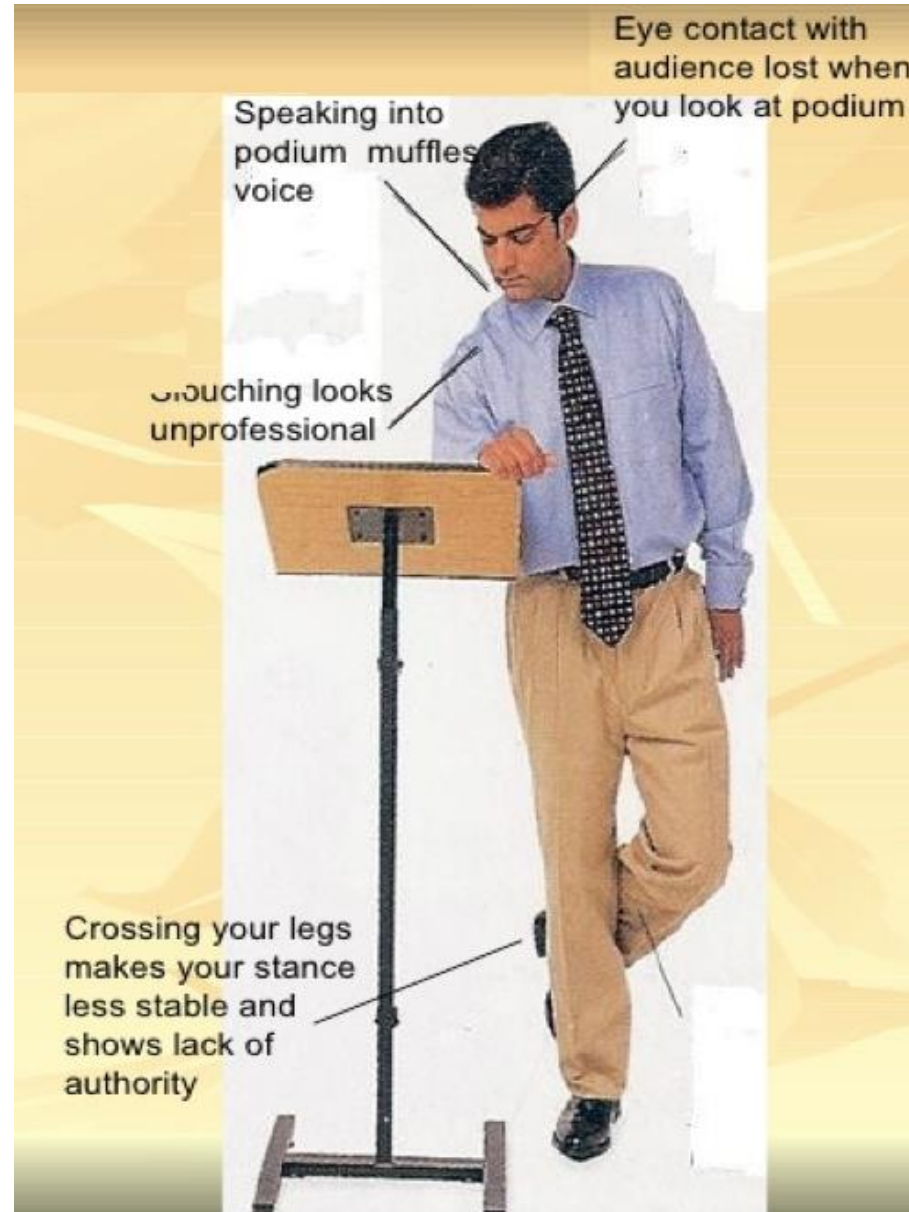
3. Strong finish



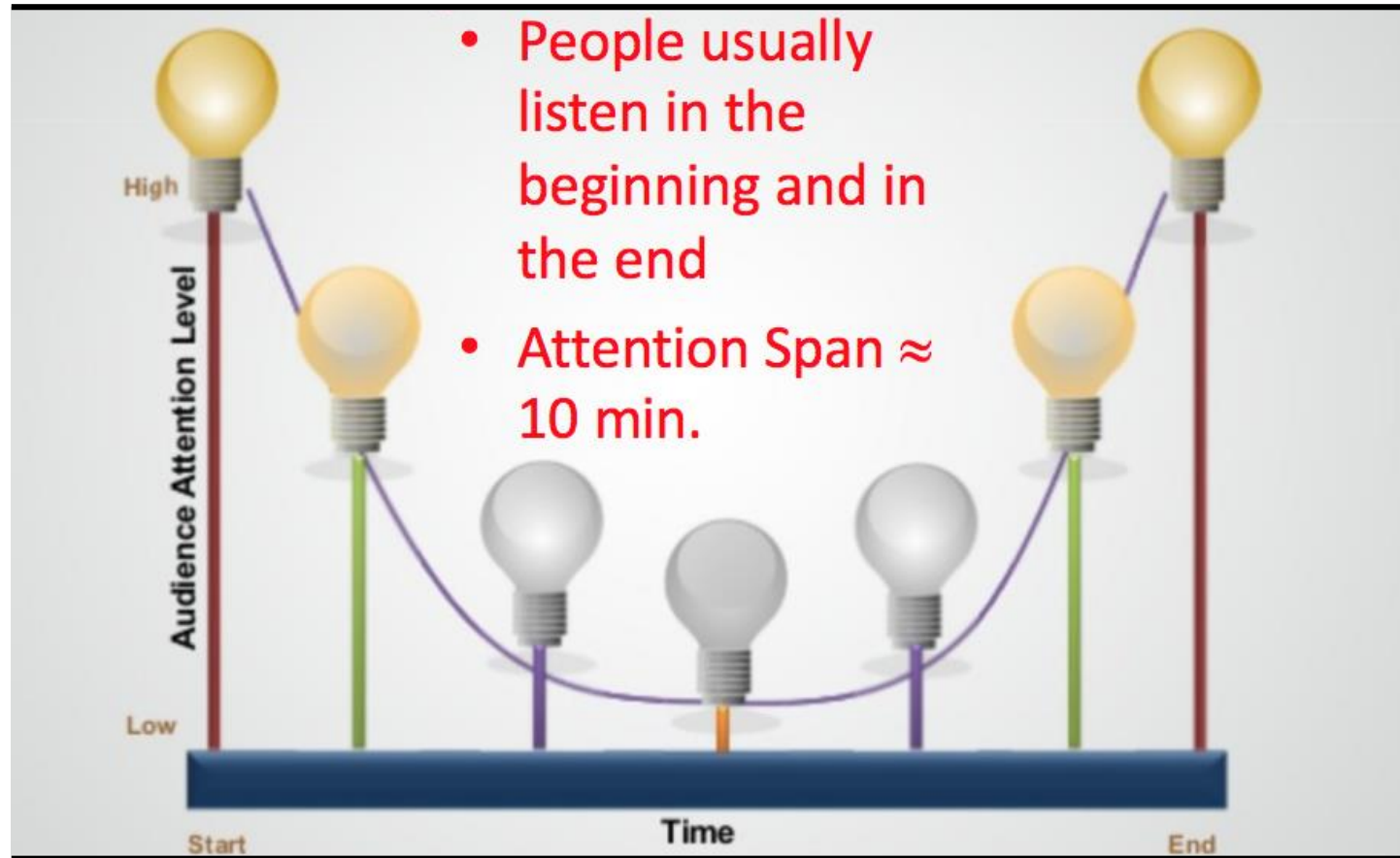
- Careful about verbal, non verbal and paraverbal
(multiple routes)
- Compare with lifetime events
(people remember stories not data)
- Can pace about instead of being a statue
(3 zones)





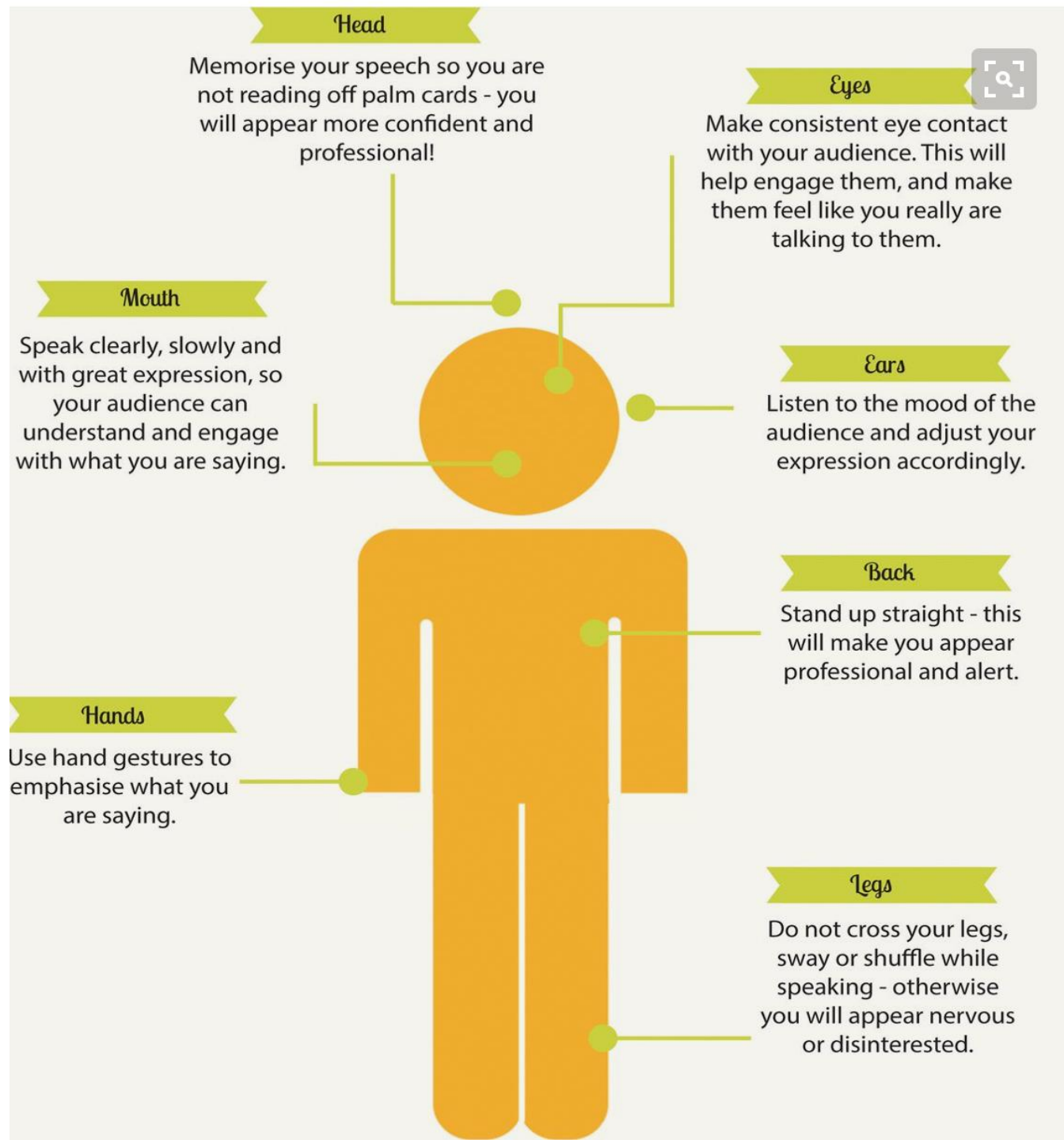


Develop Audience Interest



Strategies





ဘာနဲ့ ပျဉ်းပွားလဲ

- ခေါင်း
- မ်ကလုံး
- ပါးစပ်
- နား
- နောက်ကော်
- ပျဉ်းပွား
- လက်

→ CLARITY

Be clear with your message, keep it simple

→ CONCISE

Least possible words is saves time for sender and receiver

→ CORRECT

Accurate facts and figures, proper use of grammar, spelling and language

→ COMPLETE

Must convey all the facts required by the receiver

→ CONSIDERATION

Consider the audience and their requirements

→ CONCRETE

Be definite and specific, not vague

→ COURTESY

Think about the receiver, their viewpoint and be respectful

ဘယ့်လိုမျှဟမ္ဘာလဲ

- ရွှင်းရွှင်းလင်းလင်း ၊
- တိတိက်က် ၊
- မှန်မှန်ကန်ကန်၊
- ပျပျညညစုံစုံ၊
- ဆီလော်သင့်တော့ ၊
- ခိုင်ခိုင်လုံလုံ
- ယဉ်ယဉ်ကောင်းကောင်း၊

Post Presentation

- Allow questions
- Ask opinions (Feedback)
- Always thanks the audience

“

**We all need people
who will give us
feedback.
That's how we improve**
Bill Gates, Microsoft



Quick Quiz Question-to select right answer/answers

You're Giving A Presentation...

1. How should you stand?

a) Arms crossed on chest

b) Straight

c) Knees unlocked

(b)

2. What should you do with your hands?

a) Put hands on hips

b) Put one hand in a pocket

c) Keep hands by your side

(c)

3. How can you emphasize something?

- a) Point finger at the audience
- b) Move or lean forward to show that something is important
- c) Use a pointer to draw attention to important facts

(b/c)

4. What should you do when you feel nervous?

- a) Hold pen or cards in your hands
 - b) Walk back and forth
 - c) Look at the flip chart or screen
(not at the audience)
- (a)

5. How should you keep eye contact with the audience?

- a) Make eye contact with each individual often
- b) Choose some individuals and look at them as often as possible
- c) Spread attention around the audience

(a/c)

6. How fast should you speak?

- a) About 20% more slowly than normal
- b) Just as fast as in a normal conversation
- c) Faster than in a normal conversation.

(a)

7. How should you express enthusiasm?

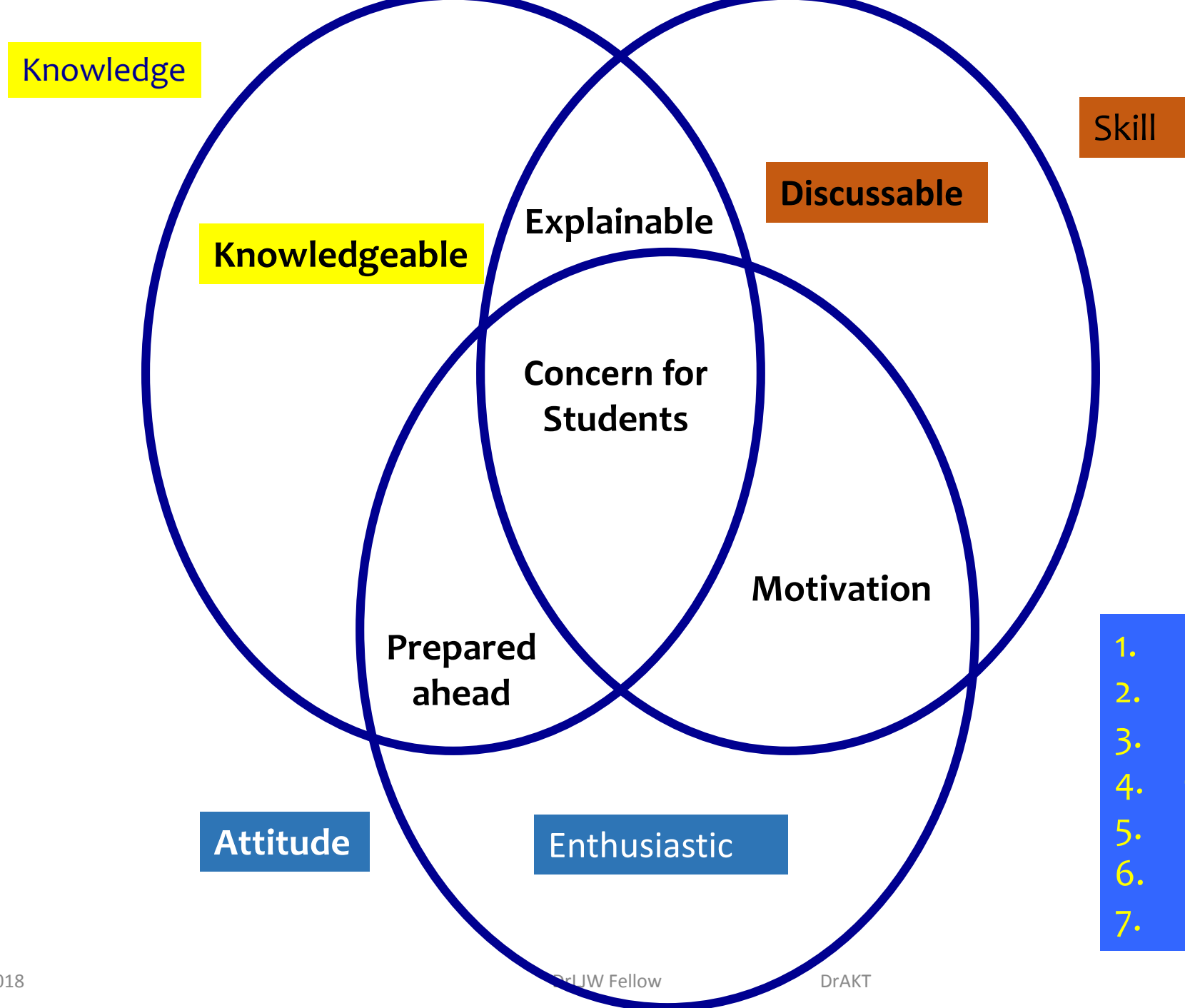
- a) By raising voice level
- b) By waving arms
- c) By making hand or arm gestures for important points

(a/c)

Characteristics of effective Presenter

- Knowledgeable
- Explainable
- Discussable
- Concern for audience
- Motivated
- Prepared ahead
- Enthusiastic





1. Knowledgeable
2. Explains
3. Promotes discussion
4. Concern for audience
5. Motivated
6. Prepared ahead
7. Enthusiastic

Summary

- ❖ Preparation
(check, recheck, countercheck)

PRACTICE

- ❖ Presentation
(verbal, paraverbal, nonverbal)

AUDIENCE

- ❖ Post Presentation
(summarize, thanks, improve)

FEEDBACK

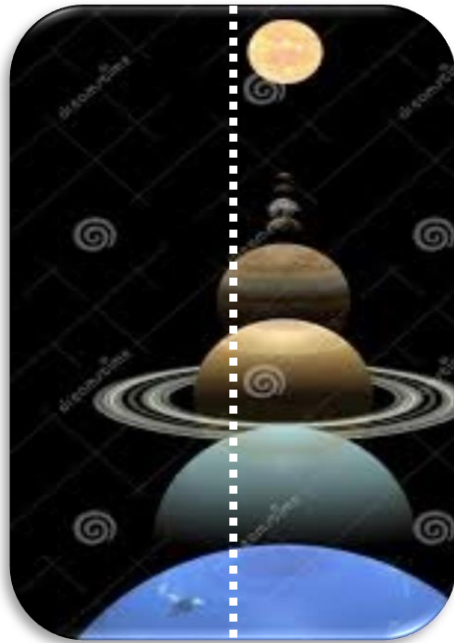
PowerPoint Survey

- Speaker reading slides 60%
- Text too **small** 51%
- Having the slides typed out in completely **full sentences** 48%
- Hard to see **colors** 37%
- Overly complex **charts** 22%
- Moving /flying **text** 24%

ABCD principles in PPT

ABCD principles in PPT

Alignment



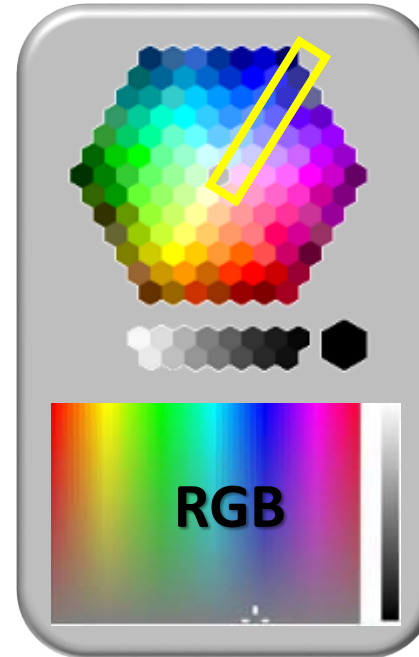
Line up..

Big&Bold



Big and mix

Contrast&color **D**own to earth

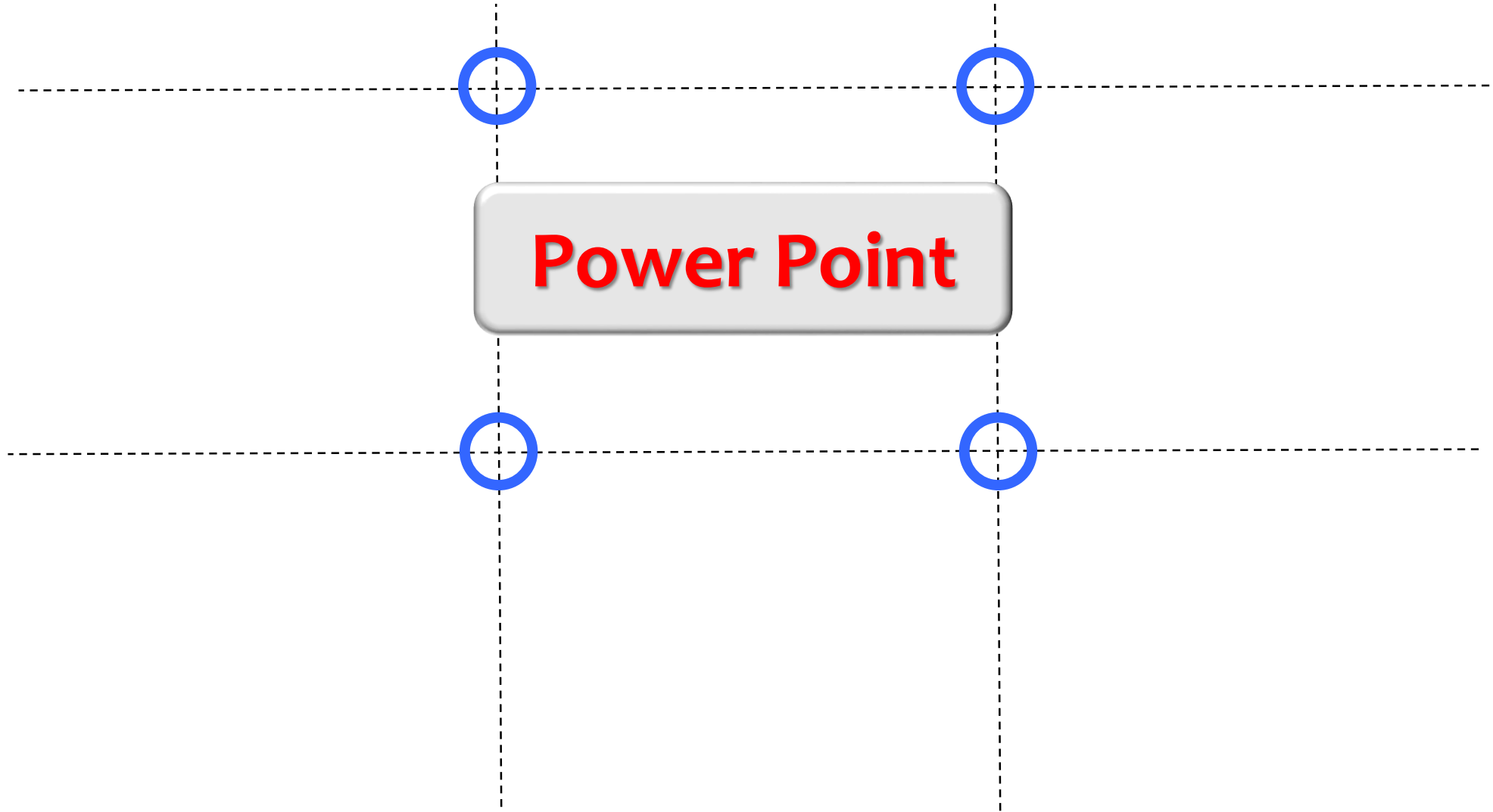


2~3 colors, complement
and consistent



Simply

Position the important element along the lines
Place the point of interest on **intersections**





PowerPoint Basics (Big)

Headings 36-40 Point Type

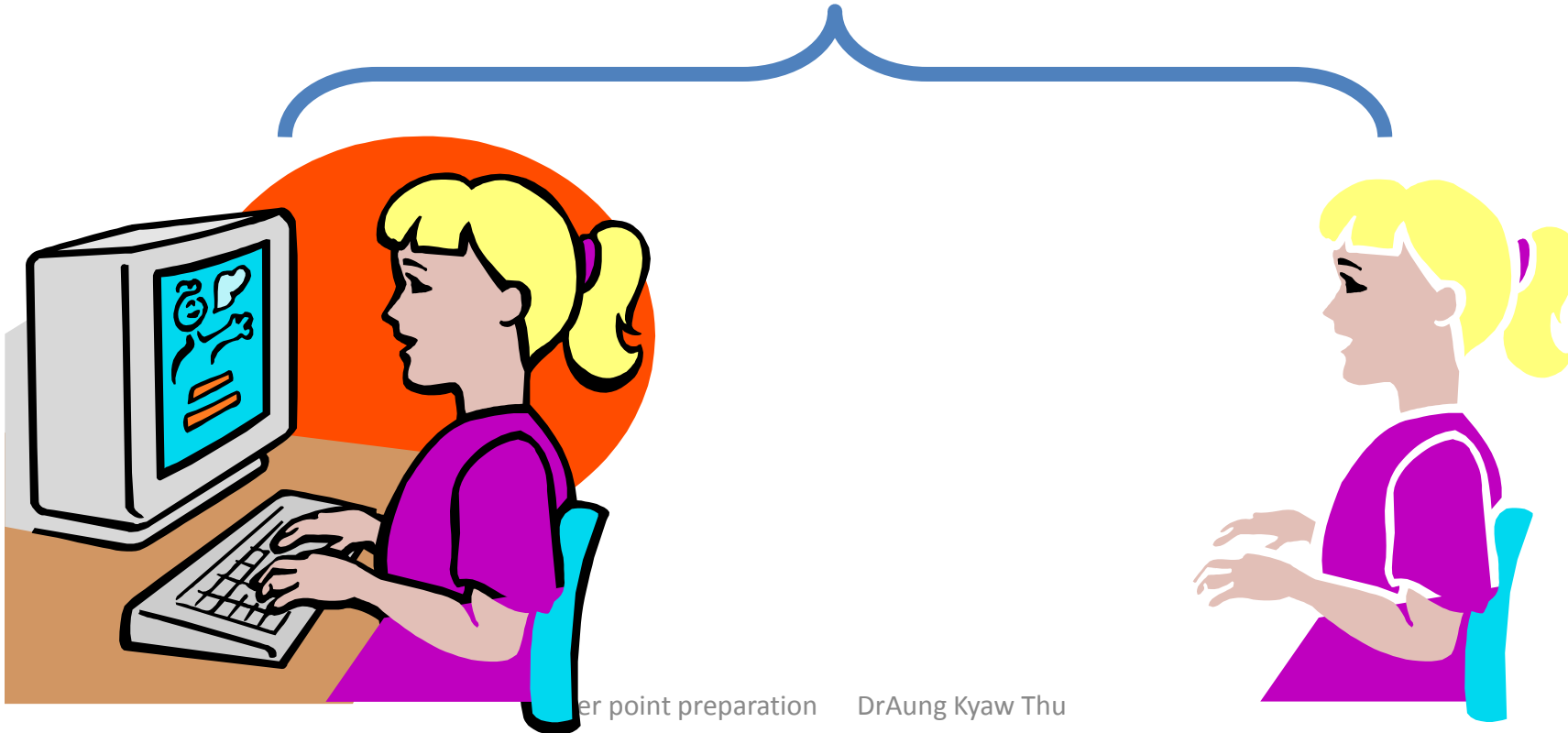
- Use preferably 32 (this!) text point type
...smallest recommended: 24 (this!)
- this is 28
- Use Arial
(Times New Roman harder to read from the back of room.)

Limit each slide to **one main idea (max 15-40 words)**

Make It Big (How to Estimate)

Look at it from 2 metres away

2 m



UPPERCASE vs. Mixed Case

- IT WILL TAKE THE AUDIENCE LONGER TO READ SLIDES THAT ARE ALL UPPER CASE
- Instead use only uppercase to EMPHASIZE specific text
- Better still use bold or color instead

Make It Clear (Contrast)

- Use contrasting colours
- Light on dark **vs** dark on light
- Use complementary colours

This is light on dark

This is dark on light

Make It Clear (Complement)

- Use contrasting colours
- Light on dark vs dark on light
- Use complementary colours

These colours do not complement

Make It Clear (Complement)

- Use contrasting colours
- Light on dark vs dark on light
- Use complementary colours

These colours complement

Color : 2-3 colors only

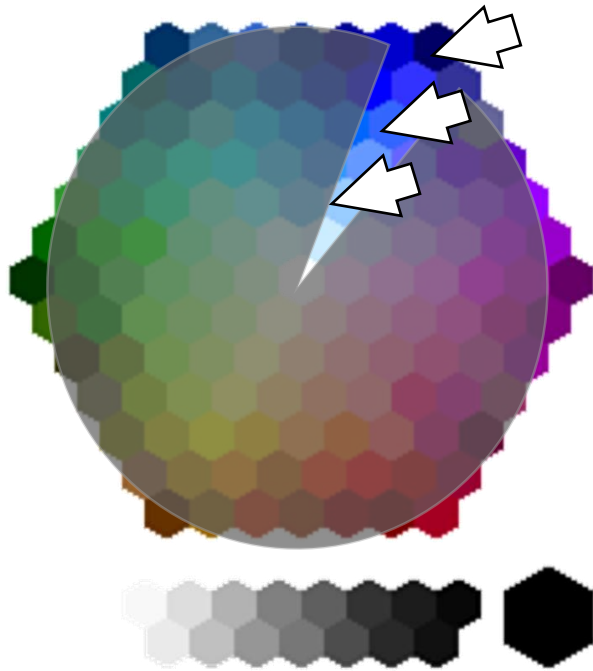
Same series

Adjacent

Complementary

Color : 2-3 colors only

Same series



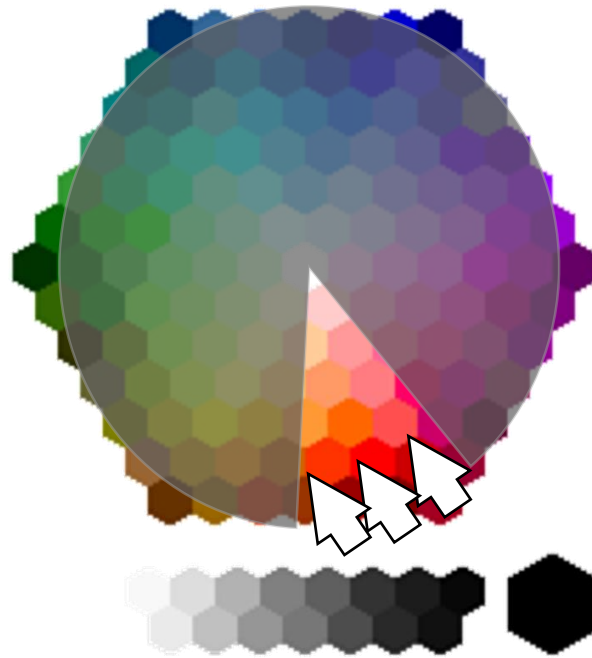
Adjacent

Complementary

Color : 2-3 colors only

Same series

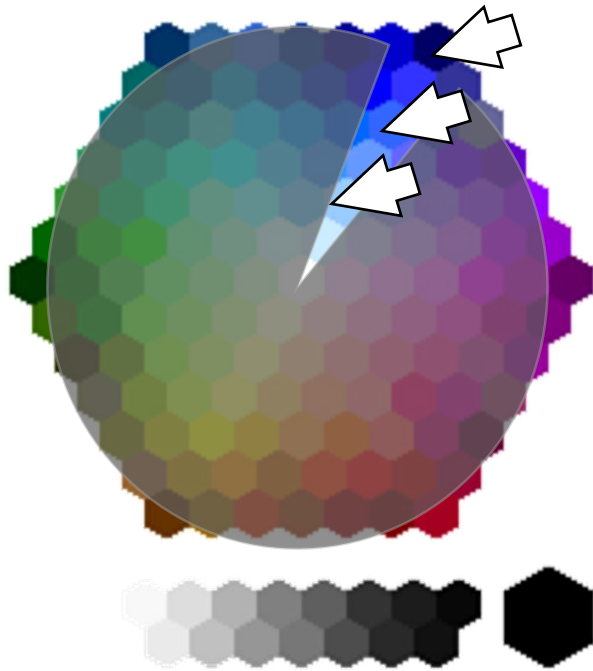
Adjacent



Complementary

Color : 2-3 colors only

Same series



Adjacent



Comfort

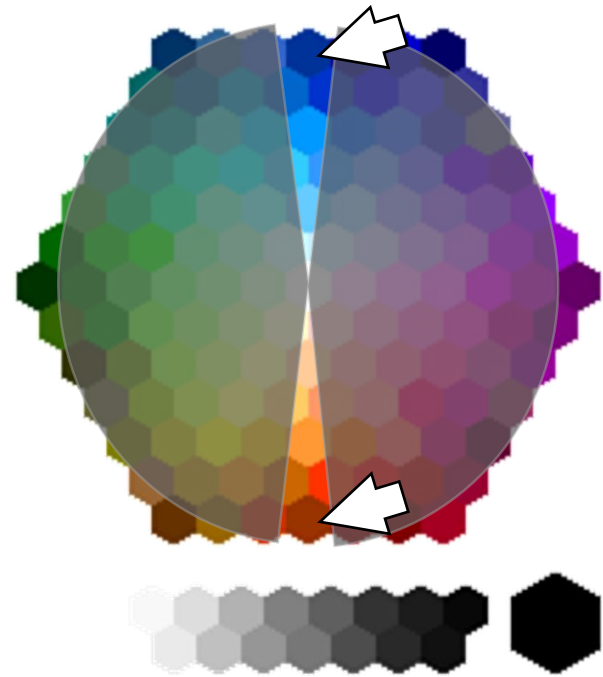
Complementary

Color : 2-3 colors only

Same series

Adjacent

Complementary

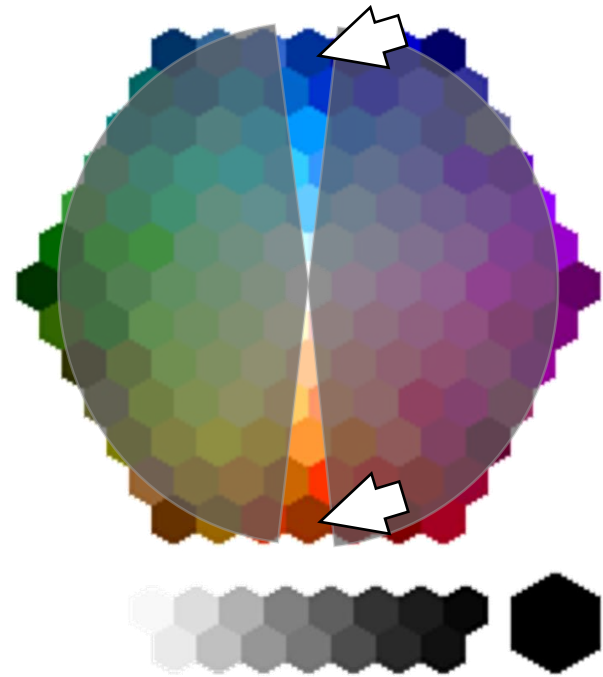


Color : 2-3 colors only

Same series

Adjacent

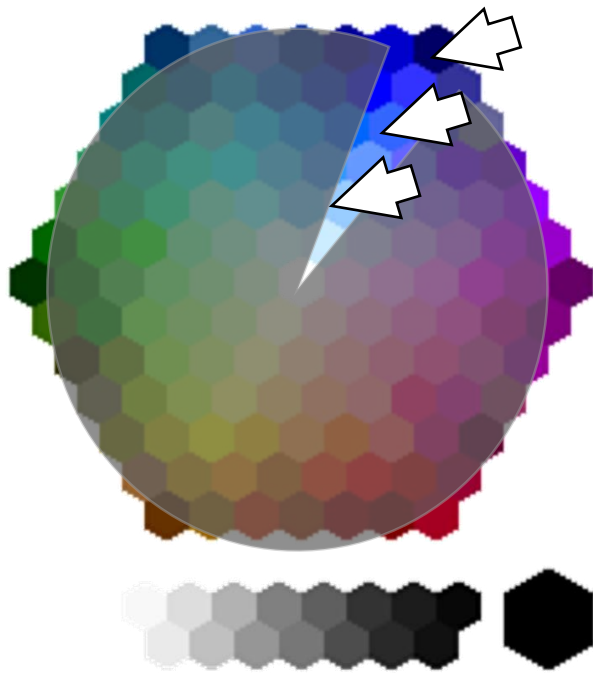
Complementary



Tense

Color : 2-3 colors only

Same series

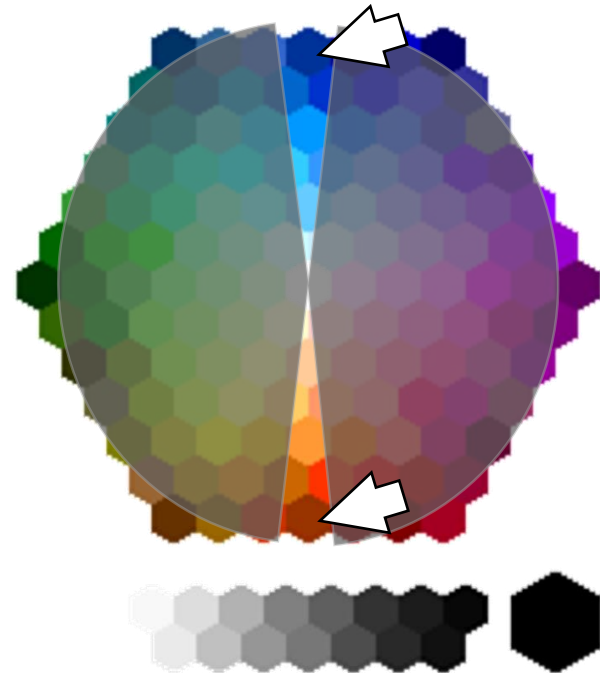


Comfort

Adjacent



Complementary



Tense

- Dark blue to project a stable, mature message has a calming effect
- Red or Orange to trigger excitement or an emotional response
- Gray to promote the idea of quality
- White background with black font is a strain for eyes if used long term

Be Consistent

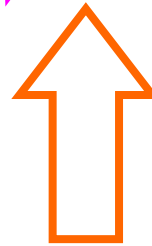
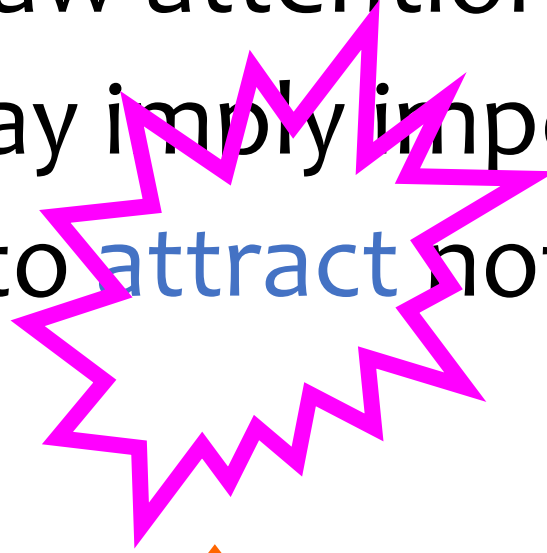
- Differences draw attention
- Differences may imply importance
- Use surprises to attract not distract



Confusing differences!

Be Consistent

- Differences draw attention
- Differences may imply importance
- Use surprises to attract not distract



This surprise attracts

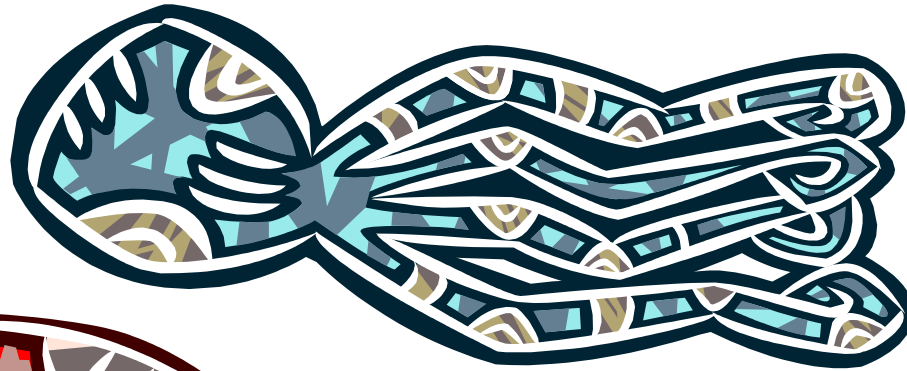
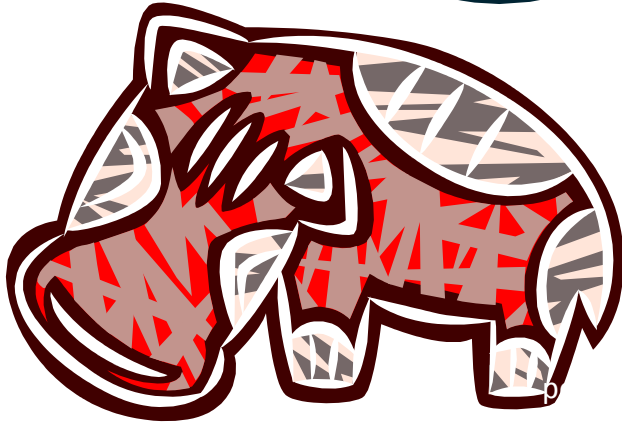
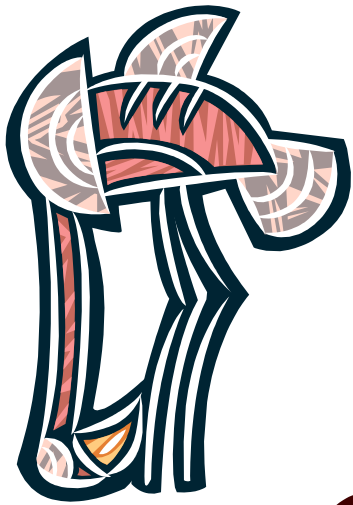
Keep It Simple (Text)

- Too many colours
- Too Many ^{Fonts} and Styles
- The 6 x 8 rule
 - No more than 6 lines per slide
 - No more than 8 words per line

Keep it Simple (Picture)



- Art work may distract your audience
- Artistry does not substitute for content



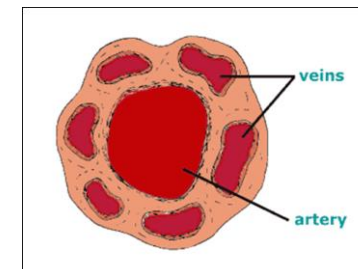
Photographs are fantastic



Cartoons are fun



Diagrams are useful



The thing is that they must
speak & supplement



Delete – Keep It Short & Simple

Let's save Water

- Insufficient water storage is big worldwide problem
- Fresh water available to humans is only 1% of the total amount of water in the Earth.
- The UN classified Korea as a water-scare country in 1990
- Korea is twice as likely to use water as it is in France and Britain
- If you do not spare water, you will face a water shortage crisis in the next few years.

VS

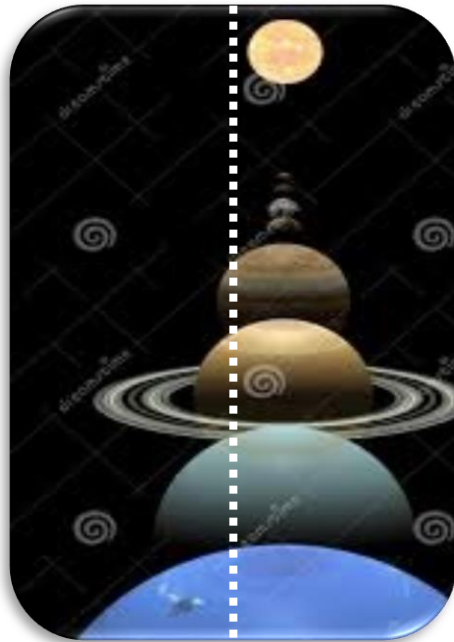


“Simplicity is the Ultimate Sophistication”

- Leonardo da Vinci -

ABCD principles in PPT

Alignment



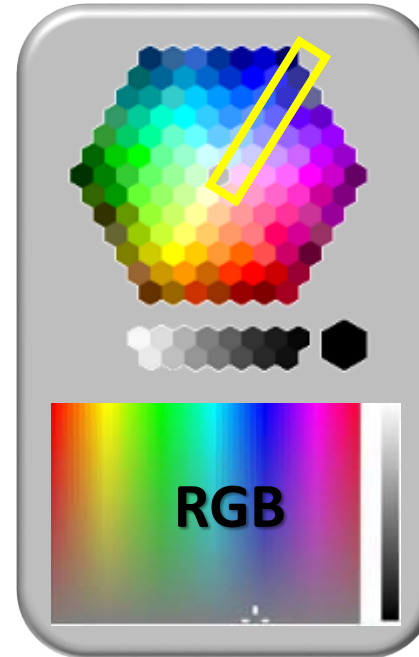
Line up..

Big&Bold



Big and mix

Contrast&color **D**own to earth



2~3 colors, complement
and consistent



Simply

Suggestions

- Use slides to *supplement not represent*
- Use several simple slides rather than one complex one
- Plan on no more than one slide per minute

The end of presentation

Thank you
FOR
Thinking
Together
These things
TENACIOUSLY

references

- Dr Aung Kyaw Thu : How to make a powerpoint presentation
- The natural medicine journal : The importance of research literacy

journey of a journal

How to prepare for and present at a journal club





THANK FOR KIND ATTENTION