

Poster Development Guide

How to prepare and submit your poster · Annual Poster Competition 2026

Follow these six steps to develop a high-quality research poster for the BSDHT Annual Poster Competition. Your poster must match your submitted abstract and meet all technical specifications.

1. PLAN YOUR CONTENT



- ✓ Use whatever format is appropriate for your poster
- ✓ Match content exactly to your accepted abstract
- ✓ Identify your key findings
- ✓ Aim for 800 words or fewer across the whole poster

2. WRITE YOUR ABSTRACT SECTIONS



- ✓ **Introduction:** background and aim
- ✓ **Methods:** study design and ethics statement if relevant
- ✓ **Results:** key findings with data
- ✓ **Conclusions:** evidence-based, with practice implications; state if any further research planned

3. CREATE VISUALS & DATA DISPLAYS



- ✓ Use graphs and charts to avoid large tables of raw data
- ✓ Label all figures clearly
- ✓ Images must be at least 300 ppi (pixels per inch) at full size
- ✓ Choose bold, simple visuals readable at a distance

4. DESIGN & LAYOUT



- ✓ A0 Portrait (841 mm × 1189 mm) or similar
- ✓ Keep layout simple; use contrasting colours
- ✓ Use minimal text - use keywords and phrases
- ✓ Include your photo at the top of the poster

5. REVIEW & PROOFREAD



- ✓ Check the content matches your submitted abstract
- ✓ Verify all author names, credentials and affiliations
- ✓ Confirm ethical approval statement is present; confirm if patient permission has been sought if a case study
- ✓ Ask a colleague to review before submission

6. SUBMIT YOUR POSTER



- ✓ Export as high-resolution print-ready PDF
- ✓ **Email to:** enquiries@bsdht.org.uk
- ✓ **Deadline:** Friday 30th October at 5pm
- ✓ Await confirmation of receipt from BSDHT office

WHAT YOUR POSTER MUST INCLUDE



Title

Matching your abstract



Author details

With credentials



Your photo

Top of poster



Data visuals

Labelled figures



Ethics & funding statement

Approval statement

COMMON REASONS FOR REJECTION



- Content does not match the submitted abstract
- Author details incomplete or presenter not asterisked
- No ethical approval and/or funding statement included
- Abstract exceeded 300 words or included graphs/tables
- Images below 300 ppi — poster will not print clearly
- Submitted after the 30th October deadline

SUBMISSION CHECKLIST

- ✓ Poster saved as high-res PDF file
- ✓ File size checked (300 ppi at A0)
- ✓ Title matches accepted abstract
- ✓ Presenter photo included at top
- ✓ All authors listed with credentials
- ✓ Email sent to enquiries@bsdht.org.uk by 30th Oct



Submit to: enquiries@bsdht.org.uk