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Dramatherapists

Preparing a Clinical Poster
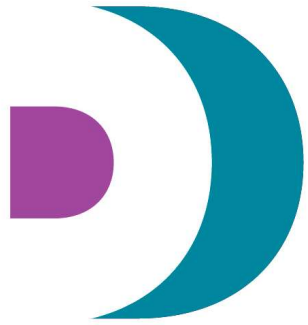
What makes a good poster?

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- Important information should be readable from about 10 feet away
- Readers will only spend 10 seconds scanning unless gripped (the 10/10 rule)
- Should draw your attention
- Title is short and interesting
- Text is clear and to the point- approx. 300 words
- Use of bullet points, numbering and headlines
- Effective use of graphics, colour and fonts
- Includes contact details if reader would like more information

Why are you creating a poster?

- To display the results of a study in your department.
- For a specific conference (check the details)
- To build reputation
- To educate
- To get feedback
- Share information more widely
- Demonstrate good practice

Where do I begin?

- What is the most important/interesting information that I want to share?
- How can I visually share this – do I have photos, graphics, what programme will I use to develop the poster?
- How do I cut down on all of the words in my report to put on a poster?
- Get someone to read the poster

Points to Consider

- Print off a copy of your poster to take with you to the conference – that way readers can take the information away
- Language used – accessible
- Or consideration of whether you can use a QR code – so they can scan the information
- What happens to the poster after the conference?

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Introducing Gesture Based Therapy on an Assessment & Treatment for adults with a learning disability and mental illness.
by Jane Bourne HPCP registered Dramatherapist

Learning Disability Services

I am a Dramatherapist working within in-patient Specialist Services. I work on a Treatment & Assessment Unit with vulnerable adults who have experienced exploitation and abuse from others due to having a learning disability. For many of the patients that I work on the ward their disability and a mental health problem means that they can find communication verbally challenging. This can contribute to them expressing some of their needs through what can be seen as maladaptive behaviours.

As a Dramatherapist I am able to offer a psychosocial intervention that uses play and creative interactions to encourage patients to express themselves in a way that places less burden upon verbal communication and allows them to engage in positive ways.

Changes in Care

The NHS Transforming Care Agenda (2017) proposed that people with learning disabilities are supported in the community. It led to a national bed reduction and a requirement for people to stay in hospital for shorter admissions when they are admitted.

Travel Grant

I was awarded a travel Grant at the 'Nurses, Midwives & Mental Health Workers' Annual Reginal Conference, which was sponsored by the NIHR. The Grant was to learn from another NHS area and bring the knowledge back into my service. I proposed to travel to Cardiff's NHS Trust, to learn about Gesture Based Technology and implement it on the ATU. It is a form of interactive technology that uses movement to form art and it is ideal for assessing interaction, communication, relationships and linking when verbal communication is at its most limited. Implementing this intervention is in line with AHP priorities to utilise and implement technology (Allied Health Professionals in Action, 2017).

Conclusions

Gesture Based Therapy has been implemented into my service on two acute wards, one in a specialist Autism service, with the help of a Dance and Movement Psychotherapist and another in a Treatment and Assessment Unit. The outcomes are recorded via adapted questionnaires from staff and patients and appear to show positive engagement and communication. A 'Splashboard' which is a gesture-based system uses a Microsoft Kinect camera to interact and enables participation in art through the use of arm and body movements. This process encourages activity, communication and creativity. The use of an iPad can also be used with this system.

Helpful Resources on Building a Poster

(Cut and paste link into your browser)

https://www.youtube.com/watch?time_continue=5&v=1Rw
JbhkCA58&feature=emb_logo

https://blogs.lse.ac.uk/impactofsocialsciences/2018/05/11/
how-to-design-an-award-winning-conference-poster/