

# Posters, Patient Leaders & Possibilities

## What is a poster?

Conferences often have posters which give people an opportunity to share their work. They aren't necessarily academic – they are just a way of sharing a piece of work or a project. They are like an engaging snapshot of your work – to raise awareness or promote your work.

### “Posters aren't for me”

Posters are for  
'proper' research

I need software

It's expensive

I'm not a  
professional -  
where do I start?

What's the point?

### “Posters ARE for Patient Leaders”

A project you have been involved with, a specific event or experience that you have had could all form the basis of a poster. It doesn't have to be what you might think of as academic research – as long as you have explored an issue thoughtfully or a question and can share what you did and what happened or what you found out and learnt!

PowerPoint or Word are all you need! They need not take hours to create either.

The only cost with doing a poster is the printing. Some organizers might offer bursaries. Printing costs are typically from £15 upwards.

A good question or title is key to getting peoples attention.

Keep it concise and well-laid out.

It doesn't have to be corporate – let your personality show, since that is an important part of being a patient leader.

Use images or graphics if you can - but check copyright!  
Needs to be clear from a few meters away.

It can be a visual story.

Focus on the key points – what did you learn or find out or achieve?

Conference organisers are getting better at realising the potential of having patient leaders and the insight that they bring as part of the conversation at events. Whilst some organisers might be behind the curve in this one, delegates are often more open minded! Sharing our success stories as Patient Leaders can help change culture.

## So, give it a go!

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## Examples and further resources

### Pain Toolkit

Bradford Teaching Hospitals NHS Foundation Trust

**An audit of the value of The Pain Toolkit in facilitating self-care: The Patient's Perspective**

**Author:**  
Lisa Tomkins, Paediatrics Team Manager & Liaison Clinician, Pain Management, Bradford Teaching Hospitals NHS Foundation Trust; Lisa Tomkins, Paediatrics Team Manager, Bradford Teaching Hospitals NHS Foundation Trust

**Introduction:**  
The Pain Toolkit was developed to aid self-management support for people with long-term pain in addition to the NICE & NPSA evidence of self-care & self-management. The Toolkit has been used in a variety of settings, including GP practices, community health centres, and primary care centres. The Toolkit has been used in a variety of settings, including GP practices, community health centres, and primary care centres. The Toolkit has been used in a variety of settings, including GP practices, community health centres, and primary care centres.

**Conclusion:**  
The results indicate that the majority of patients found the Pain Toolkit useful and that it was used to facilitate self-management. The Toolkit was used to facilitate self-management in a variety of settings, including GP practices, community health centres, and primary care centres. The Toolkit was used to facilitate self-management in a variety of settings, including GP practices, community health centres, and primary care centres.

**The top five key tools that patients found most useful in helping them to self-manage pain were:**

1. Ability printing
2. Assessment of their drug from review of the condition
3. Being patient with yourself
4. Smoking & alcohol
5. Learning to breathe a pain-free day

**Discussion:**  
The results indicated that the majority of patients found the Pain Toolkit useful and that it was used to facilitate self-management. The Toolkit was used to facilitate self-management in a variety of settings, including GP practices, community health centres, and primary care centres. The Toolkit was used to facilitate self-management in a variety of settings, including GP practices, community health centres, and primary care centres.

### Medical Student

**Patient self-care and healthcare provider resilience: opportunities for synergy**

Michael Tomkins, The University of Bradford

**Background:**  
The United Kingdom today has an increasing number of people with long-term pain. It is a challenge to meet the needs of these people and to ensure that they have the best quality of life. This poster explores the opportunities for synergy between patient self-care and healthcare provider resilience.

**Self-Care:**  
Self-care is important for patients. It involves patients taking control of their own health and well-being. It includes activities such as taking medication, exercising, and managing stress. Self-care is an essential part of long-term health management.

**Resilience:**  
Resilience is the ability to adapt successfully in the face of stress and adversity. It is a psychological, emotional, and cognitive state that allows individuals to cope with challenges and maintain their well-being. Resilience is a key component of healthcare provider self-care.

**Opportunity:**  
Healthcare professionals must have specific skills to support self-care. There is a growing need for healthcare professionals to develop their resilience and self-care skills. This poster explores the opportunities for synergy between patient self-care and healthcare provider resilience.

**Challenges and solutions:**  
A number of barriers must be overcome in order to take advantage of this opportunity. These include a lack of awareness, limited resources, and a lack of support. Solutions include education, training, and support for healthcare professionals.

**References:**  
A list of references is provided at the bottom of the poster, including articles and books on self-care and resilience.

### #HelloMyNames



## Further guidance on creating a poster

### Poster Design Tips

### Making an impact with your poster

If you do a poster, do share it with other Patient Leaders, using #PatientLeaderPosters on Twitter!