

My personal story about writing an abstract for WCPT Congress

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Lets start with the title...

Remember:

- The title determines whether or not the abstract would be worth the read: it must be interesting!
- Keep it short (maximum 20 words).
- Avoid all abbreviations and technical language.

Consider these examples:

- Association between bag weight, carrying style and low back pain and spinal curvatures among school children in Ablekuma South.
- Exploring the applicability of healthcare communication theories in private physiotherapy practice: implications for teaching communication.
- Empathy: can it be enhanced by learning from the interactions between healthcare professionals with a disability and their patients?

Form your title



Background

Your abstract is your “once upon a time” story. It tells the whole story! The background section is ‘setting the scene’

- Tell us about your research/project.
- Highlight the interesting details and present them.
- Say why its important.
- Tell us how the world would benefit from your research or project!

Here's mine

Carrying school bags forms part of the daily routine of school children in the Accra Metropolis. Carrying of these heavy school bags especially in an inappropriate manner has been found to have negative musculoskeletal effects on developing children. Ascertaining the direct and indirect effects of the weight and way of carriage of school bags on school children could save the child the trouble of possible secondary effects such as scoliosis, kyphosis and even chronic pain. It also creates awareness for parents, teachers and all others who are directly or indirectly involved in the welfare of the developing child.

What about yours?



Purpose

- The purpose simply captures the ‘WHY’ of your study.
- It may include your hypothesis.

My example

The aim of the study was to determine the association between school bag weights, style of carrying and the deviations in the frontal and sagittal curvature and self-reported low back pain among school children.

Methods

- What was done – a case study, an observational study etc.
- How were participants selected.
- In which setting was the study/project conducted.
- What criteria were applied.
- How were the data managed.

Drafting sections - example

School children were selected from 20 different public and private schools in Ablekuma South district of the Accra Metropolis of Ghana. A weighing scale was used to measure the weight of the participants and the school bags separately. The vertical inelastic plumb line was then used to screen the sagittal and frontal spinal curvatures and the backpack questionnaire was also used to obtain data on self-reported low back pain. One-way ANOVA and Chi-Square was used to analyze the data obtained using SPSS version 20.

Results

- As a result of your procedure, what was found or created?
- **NEVER predict your results!!!**

Example

A total of 624 participants were recruited for this cross sectional study. Of this, 90.2% used backpacks as bags for transporting school items. Furthermore, 54.7% of private school participants reported that their bags were heavy, whilst 59.6% of their counterparts in public schools reported same.

There was a significant association between carrying style and sagittal ($p = 0.003$) and frontal ($p = 0.005$) curvatures respectively but not low back pain ($p = 0.9$). The weights of the bags also had a significant association with sagittal curvature ($p < 0.0001$) but no association was reported for the frontal curvature ($p = 0.8$) as well as low back pain ($p = 0.9$).

Conclusion(s)

- What can be deduced from your study?
- Reasonable?
- Can the results be confirmed?
- Suggestions for future work?

Example: conclusion

A few backpacks had the correct features of an ideal bag for school children. This study also revealed that deviations in the spinal curvature were as a result of carrying style. The carrying style and weights of the school bags did not account for their low back pain. Many children however complained of pain in others areas besides their lower back, hence further studies is recommended to ascertain the veracity of such occurrences.

Implications

Tell about the context “the bigger picture” of your work!

- How will the results of your work affect patients/clients/society at large?
- Impact on physiotherapy practice.
- Impact on further research.
- Impact on health policy.

Example: implications

The findings of this study serve as a basis for education on proper school bag ergonomics among school children. The Ministry of Education in collaboration with Ghana Education Service may use findings to formulate and implement policies regarding the appropriate school bag and the minimum weight school children could carry to school.

Don't forget...

To include, where appropriate:

- Compliance with ethical guidelines
- Ethics committee approval
- Trial registration information
- Funding acknowledgements

To know whether your research/project requires ethical approval look at the call for abstracts

<https://www.wcpt.org/wcpt2019/programme/abstracts>

ASSOCIATION BETWEEN BAG WEIGHT, CARRYING STYLE AND LOW BACK PAIN AND SPINAL CURVATURES AMONG SCHOOL CHILDREN IN ABLEKUMA SOUTH

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Background: Carrying school bags forms part of the daily routine of school children in the Accra Metropolis. Carrying of these heavy school bags especially in an inappropriate manner has been found to have negative musculoskeletal effects on developing children. Ascertaining the direct and indirect effects of the weight and way of carriage of school bags on school children could save the child the trouble of possible secondary effects such as scoliosis, kyphosis and even chronic pain. It also creates awareness for parents, teachers and all others who are directly or indirectly involved in the welfare of the developing child.

Purpose: The aim of the study was to determine the association between school bag weights, style of carrying and the deviations in the frontal and sagittal curvature and self-reported low back pain among school children.

Methods: School children were selected from 20 different public and private schools in Ablekuma South district of the Accra Metropolis of Ghana. A weighing scale was used to measure the weight of the participants and the school bags separately. The vertical inelastic plumbline was then used to screen the sagittal and frontal spinal curvatures and the backpack questionnaire was also used to obtain data on self-reported low back pain. One-way ANOVA and Chi-Square was used to analyze the data obtained using SPSS version 20.

Results: A total of 624 participants were recruited for this cross sectional study. Of this, 90.2% used backpacks as bags for transporting school items. Furthermore, 54.7% of private school participants reported that their bags were heavy, whilst 59.6% of their counterparts in public schools reported same. There was a significant association between carrying style and sagittal ($p = 0.003$) and frontal ($p = 0.005$) curvatures respectively but not low back pain ($P = 0.926$). The weights of the bags also had a significant association with sagittal curvature ($p < 0.0001$) but no association was reported for the frontal curvature ($p = 0.784$) as well as low back pain ($p = 0.914$).

Conclusions: A few backpacks had the correct features of an ideal bag for school children. This study also revealed that deviations in the spinal curvature were as a result of carrying style. The carrying style and weights of the school bags did not account for their low back pain. Many children however complained of pain in others areas besides their lower back, hence further studies is recommended to ascertain the veracity of such occurrences.

Implications: The findings of this study serve as a basis for education on proper school bag ergonomics among school children. The Ministry of Education in collaboration with Ghana Education Service may use findings to formulate and implement policies regarding the appropriate school bag and the minimum weight school children could carry to school.

Key-words: 1. Backpack 2. spinal curvatures 3. low back pain

Funding acknowledgements: None

More information

- Writing an abstract for WCPT congress
https://www.wcpt.org/sites/wcpt.org/files/files/congress/19/WCPT2019_Writing_an_abstract_final.pdf
- For further examples of abstracts presented at a WCPT congress
<http://www.abstractstosubmit.com/wcpt2017/abstracts/>

Don't forget...

- Draft and review; edit carefully for grammar, punctuation, typos, etc.
- Get help with your writing, if needed.
- Ensure your abstract complies with the requirements in the call for abstracts.
- Get a colleague or friend to provide feedback.
- Submit on or before the due date.

WCPT's abstract mentoring service

Is for:

- First time presenters at a WCPT congress and those with limited or no experience of submitting an abstract for a scientific congress.
- Those whose first language is not English or who are not used to the structure of the abstract format.
- That don't have local/national research support networks.

WCPT's abstract mentoring service

Mentors will feed back on draft versions to help the author present their material clearly and concisely prior to submitting the abstract to the formal abstract review process.

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