

Poster Competition Guidelines

Category Criteria

1. Early Career Researcher (ECR):

- **Experience:** Any practitioner with research experience of up to 5 years. No formal research qualifications required. Students and up-and-coming researchers are also encouraged to apply to this category.
 - **Position:** Includes undergraduate/graduate students, early-stage practitioners, or those new to research roles.
 - **Research Activity to Date:** Small but promising contributions, such as initial research projects, pilot studies, small grants or impactful service evaluations or quality improvement projects.
 - **Focus:** Foundational skills and/or contributing to larger projects under supervision.
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2. Mid-Career Researcher (MCR):

- **Experience:** 5–15 years of research experience, including roles up to the level of a PhD. Formal research qualifications required (e.g. NIHR-ICA, pre-doc awards, clinical academic)
 - **Position:** Includes any practitioner with a PhD and/or individuals leading smaller projects or teams, often with increasing responsibility and autonomy.
 - **Research Activity to Date:** Frequent contributions to projects or publications; growing recognition within our local research community.
 - **Focus:** Independent or collaborative work with an emphasis on deeper specialization or applied research outcomes.
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3. Advanced (Senior) Researcher:

- **Experience:** 15+ years of impactful research experience, with formal qualifications (PhD and above including professors).
 - **Position:** Includes lead researchers, or experts managing large projects, whether academic or applied.
 - **Research Activity to Date:** Significant, influential contributions to the field; serves as a mentor or thought leader.
 - **Focus:** Leading and developing research, often with a strong interdisciplinary or policy-oriented perspective.
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4. Innovation:

Creation, introduction of or adoption of new ideas, pathways, ways of working or technology to solve identified problems with measured outputs. Key criteria include:

- **Problem:** Use of data to demonstrate problem and subsequent impact(s)
- **Aim:** Desired outcome of the introduction of your innovation/change
- **Change:** Detail of the innovation/change and how it differs from the previous norm
- **Impact:** Use of data to demonstrate any improvements made.
- **Sustainability/Next Steps:** What has happened since, what future plans do you have for this piece of work?

Disclaimer: Please note that judges reserve the right to move entries from the submitted category and judge it within another category if it is deemed to be more appropriate.

Structure

If your poster is a representation of a research study, you will want to include the following sections:

- Introduction or objective
- Methods
- Results
- Conclusions and/or discussion
- Acknowledgements

If your poster is a representation of an event or other kind of project, you may want to use the 5 W's for guidance:

- Who (introduce the author, organization, or community)
- What (what did you do? how did you do it?)
- Where (where did you do it?)
- When (when did it take place?)
- Why (what are the outcomes, implications, or future possibilities?)
- Acknowledgements

Formatting

File type:	.ppt / .pptx
Poster Size:	A1
Font Choice:	Use professional, sans-serif fonts (e.g., Calibri, Aptos, Franklin Gothic) for body text and a complementary serif font for headings if desired. Please No comic sans .
Font Size:	For legibility, the following sizes are a good starting point: To be legible at: <ul style="list-style-type: none">- 6 feet (1.8m) use 30 pt.- 10 feet (3m) use 48 pt.- 12 feet (3.7m) use 60 pt.- 14 feet (4.3m) use 72 pt.
Images & Graphics:	Use high-resolution visuals (300 DPI minimum). Include charts, diagrams, or photos that are relevant, well-labelled, and visually appealing. QR codes or links to supplementary materials (e.g., videos, datasets) are allowed.
Colour Palette:	Use a cohesive, professional colour scheme with good contrast between background and text (e.g., dark text on a light background).
Affiliates:	Include any affiliated organisations logos.

Author Credit:	Title, Full name, Any relevant qualifications, email address (if desired)
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Please submit entries to:

licb.lincsrihub@nhs.net

Closing date for submissions will be: 20:00, 01/03/25

Good luck!