Program Information:  
The RN-BSN Program at Broward College is now accepting abstracts for a poster presentation at our Fourth Annual RN Student Day Conference – “The Nurse’s Guide to Self-Care; Mind, Body and Soul”. Abstracts must be postmarked by October 15, 2015 and authors will be notified of the review committee’s decision by October 24, 2015. Confirmation of participation must be received no later than November 1, 2015. Please see specific information related to poster size, etc., below. Presenters are responsible for their own expenses related to the conference.

Program Objectives:  
Upon the completion of this program, participants will be able to:

• Describe why the healthcare worker will benefit from stress reduction
• Discuss methods of stress reduction
• Experience methods of stress reduction
• Incorporate stress reduction methods into daily routine
• Evaluate the effectiveness of a stress reduction routine in improving self and reducing stress

Topic:  
The topic is stress reduction for healthcare workers. There will be a presentation given by Dr. George Peter on his doctoral research, “Mindful Meditation”. There will also be opportunities to experience stress reduction methods such as:

   o Massage
   o Aromatherapy
   o Reflexology
   o Skin care

Target Audience:  
Participants in this RN Student Day Conference will be registered nurses, healthcare students, faculty, the local community and vendors.

Abstract Guidelines

1. Abstracts must be typed single spaced in font size 11 or 12 not to exceed 350 words.

2. Two copies of the abstract should be submitted via email attachment as word documents to Arlene Ritchie aritchie@broward.edu. Arlene Ritchie will then send a return email to validate receipt.

3. One abstract copy should include author’s name and contact information and a second abstract copy should not have any author identification.

4. Author identification should include name, credentials, mailing address, work phone, and e-mail address.

5. Include the following information at the top of the abstract page: a) identify if this is completed research, research in progress, innovative educational project or innovative clinical project, b) describe IRB approval status and by whom, if required, and c) identify any funding source.

6. Research and innovative clinical/educational project abstracts should include the following sections: title, purpose/aim, methodology, results and implications for nursing.

Deadline: October 15, 2015
Guidelines for Poster Presentations

- Please limit the size of your entire poster or poster sections to 4' high x 8' wide. Wall space and table space will be provided. If your poster is not self-supporting, please make sure it will adhere to the wall.
- Be sure to include the abstract title, author names, and the institution where the work was completed, in large letters centered at the top of the poster. Place your address, phone number and email address on the back side of the poster.
- No computers or extra aids may be used during a poster presentation.
- We suggest that you place a reproduction of the abstract in the upper left side of the poster, and use the headings "Introduction", "Methods", "Results" and "Conclusions" to identify your poster layout. Include an acknowledgment section, containing anyone who helped you conduct this project.
- Use a type size that can be read easily from a considerable distance (4 feet or more). Try using a type between 14 – 20 pt. The title should be larger than the rest of the text. Select a legible font such as Times Roman, Times New Roman, Baskerville, or Palatino.
- Come prepared with any relevant handouts you may wish to share and business cards to hand out.

Set up time is 7AM

Thank you,
RN-BSN Program at Broward College