



Writing Winning Abstracts

Practice, Practice, Practice!

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What is an abstract?



Statistically-Funny.blogspot.com



What is the purpose of an abstract?

- “Highly strategic mini-stories” (Greer & Wingo, 2017)
- Create an important **first impression** of work
- Should **stand alone** as a tool for readers, researchers, librarians
- Appeal to targeted audience

Greer, J. & Wingo, N. (2017). “My research article was accepted for publication!” *American Nurse Today*, 12(1), 1-3.
<https://www.myamericannurse.com/research-article-accepted-publication/>

When do scholars write abstracts?

- For completed manuscripts
- For works in progress
- For acceptance to conferences (podium, poster)
- For grants

What are characteristics of abstracts?

- Can be up to 600 words, depending on specifications
- Typically 150-300 words
- Summarize major sections of paper/presentation
- Use succinct, clear language to convey major ideas
- Do not typically cite sources
- Convey significance of work
- Should be able to stand alone

What parts are included?

- Title
- Introduction/Background
- Methods
- Results
- Discussion/Significance
- Conclusions/Implications
- Keywords

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Original Article

Improving Population Health Among Uninsured Patients with Diabetes

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Abstract

Diabetes is a leading cause of morbidity and mortality; prevalence of diabetes is especially high in the southeastern United States among minority populations and those from lower socioeconomic sectors without access to health care services. The purpose of this project was to evaluate the clinical and financial outcomes of a nurse-led, interprofessional collaborative practice model that provides care coordination and transitional care for uninsured patients with diabetes. Data for this study were collected and evaluated from medical records of patients seen at the Providing Access to Health Care (PATH) Clinic between August 1, 2015, through May 30, 2017. Clinical outcomes were evaluated by comparing hemoglobin A1c (HbA1c) values before and after referral to the PATH Clinic. Cost savings to the academic medical center were evaluated by comparing costs associated with inpatient or emergency department encounters before and after referral to the PATH Clinic. A significant decrease in HbA1c ($P < .0005$) was noted for patients attending the PATH Clinic. In addition, financial analyses revealed a 55% decrease in pre to post PATH Clinic patients' direct costs. Similarly, a 42% decrease in the pre to post PATH Clinic patients' direct cost per encounter was noted. Average length of stay also was reduced when these patients were readmitted to the academic medical center. Results from this study support the effectiveness of the PATH Clinic model in caring for uninsured patients with clinically complex medical and social needs, often with behavioral health problems, who incur high health care spending and are often readmitted.

Keywords: diabetes care, uninsured, interprofessional model, clinical outcomes, financial outcomes

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What are types of abstracts?

- Structured
 - Use headings as specified by journal, association, etc.
 - Each section is labeled (e.g., Background, Methods, etc.)
- Unstructured
 - Follow specifications in order, but do not use headings
 - One well-developed paragraph

Structured abstract example

Experiences of Mothers of Infants with Congenital Heart Disease Before, During, and After Complex Cardiac Surgery

Objective: Experiences of mothers of infants undergoing complex heart surgery were explored to build evidence-based family-centered interventions.

Background: Congenital heart disease (CHD) is the most frequent birth defect in the United States and is common world-wide.

Methods: Eight mothers recalled through journal entries their experiences of the days before, during, and after their infant's heart surgery. Colaizzi's phenomenological method was utilized for data analysis. A validation survey of seven additional mothers from a support group occurred via email.

Results: Six themes were identified and validated: Feeling Intense Emotion; Navigating the Medical World; Dealing with the Unknown; Facing the Possibility of My Baby Dying, Finding Meaning and Spiritual Connection, and the umbrella theme of Mothering Through It All.

Conclusions: Through a clearer understanding of these experiences as described by the mothers themselves, health care providers gain insight as to how to better support mothers of infants undergoing complex heart surgery.

Unstructured abstract example

Virtual Postoperative Visits for New Ostomates

Post-operative education, discharge instructions, and follow-up appointments provide a foundation for new ostomates after discharge but a gap in care remains. New ostomates utilize resources twice as much as other colorectal patients. Virtual visits allow visual inspection of the patient while providing verbal support. The purposes of this project were to determine the feasibility of Virtual Postoperative Visits, to define specific issues patients want addressed, and to assess whether patients are satisfied with a virtual format. In this pilot project 10 patients attended 2 virtual visits following hospital discharge. The virtual visits were conducted via video conferencing software. Descriptive statistics analyzed data gathered from a survey assessing patient satisfaction, content analysis described video interactions. 100% of patients successfully completed two visits. Mean time to first visit was 9 days. 90% of patients felt these visits helped with ostomy management and agreed they should be part of the discharge plan. All patients felt comfortable with the virtual format. Common themes discussed included pouching issues and skin irritation. We found that virtual visits are feasible, and patients are satisfied with this format in addressing goals of care. Future work will focus on large scale implementation of virtual visits for new ostomates.

Abstract for a manuscript

Supplementing Intensivist Staffing with Nurse Practitioners: A Literature Review

In the United States, providing health care to critically ill patients is a challenge. An increase in patients older than 65 years, a decrease in critical care physicians, and a decrease in work hours for residents cause intensivist staffing issues. In this article, use of nurse practitioners to fill the intensive care unit intensivist staffing gap is assessed and evidence-based recommendations are identified to better incorporate nurse practitioners as part of intensive care unit intensivist staffing. The literature reveals that when nurse practitioners are part of a staffing model, outcomes are either positively impacted or no different from physician outcomes. However, successfully integrating nurse practitioners into an intensive care unit team is not adequately discussed in the literature. This gap is addressed and 3 mechanisms to integrate nurse practitioners into the intensive care unit are identified: (1) use of a multidisciplinary staffing model, (2) completion of onboarding programs, and (3) evaluation of nurse practitioner productivity.

Keywords: ICU staffing models, critical care, nurse practitioner

Abstract for a conference presentation

Impact of an Interprofessional Collaborative Practice Clinic for Uninsured Patients with Diabetes

Background: Diabetes is a leading cause of mortality and morbidity. In 2013, diabetes, had a prevalence of approximately 13% of the U.S. population, was the 7th leading cause of death, and affected approximately 30.3 million Americans. Diabetes is costly in terms of the financial and clinical resources required to successfully treat and maintain quality of life for individuals affected. Total direct medical costs of diabetes in the U.S. in 2012 were \$175 billion, and the indirect cost of reduced productivity was an additional \$69 billion. **Methods:** The PATH (*Providing Access to Healthcare*) Clinic utilizes a collaborative, team-based model to care for uninsured patients with diabetes who are discharged from UAB Hospital with no source for ongoing care. The clinic is an ongoing partnership between the UAB School of Nursing and UAB Hospital and Health System which provide funding to sustain the clinic. The interprofessional team of providers at the PATH Clinic includes nursing, social work, nutrition, optometry, medicine, public health and physical therapy. More recently, new HRSA funding has allowed the clinic to add the behavioral health services of a psychiatric mental health nurse practitioner, psychiatrist, clinical social worker, and exercise physiologist to meet the complex needs of our patients. **Results:** Cost analyses revealed reduced inpatient admissions, reduced length of stay for inpatient admissions, and significant financial savings to the hospital overall for patients using the PATH Clinic. Clinical analysis revealed a highly significant reduction in A1c values. Analysis of behavioral health measures is ongoing. Surveys of both providers and patients reveal high satisfaction. **Implications:** The PATH Clinic exemplifies the value of an interprofessional team-based model of care on both population health outcomes and cost of diabetes management. Triple Aim outcomes in terms of improved health, improved satisfaction with care, and decreased costs can all be achieved for vulnerable uninsured patients with chronic disease using collaborative teams and ongoing care management.

Abstract for a grant

Bridging the Gap in Behavioral health for Uninsured Populations in Birmingham

The purpose **of this project** is to expand access to integrated behavioral health services in two existing nurse-led clinics providing community-based, primary care and chronic disease management for uninsured patients in Birmingham, Alabama. These two practices, the PATH (*Providing Access to Healthcare*) Clinic and the Heart Failure Clinic, are both interprofessional collaborative practices (IPCP) led by the University of Alabama at Birmingham School of Nursing (UABSON). Patients seen at both clinics are medically complex and suffer from a variety of social determinants which impact their health. In addition, a significant portion also suffers from mental and behavioral health conditions including depression and substance abuse. We propose to integrate behavioral health services through a “wrap around” process at both clinics.

Strengths and innovations of this project include: (a) the incorporation of behavioral health into two ongoing IPCP primary care clinics serving high risk uninsured populations; (b) the coordination of screening and treatment components into a system of services for patients at significant risk of falling through the cracks; (c) implementation of a rapid cycle quality improvement program using the Institute for Healthcare Improvement Model for Improvement framework; (d) the involvement of a Clinical Exercise Physiologist as part of a program of behavioral health; and (e) the collaboration and support of an Academic Medical Center including the integration of clinic and hospital EMRs and the provision of additional funding.

Through this collaborative effort, **the following goals will be achieved:** 1) Implement an effective model in which behavioral health is fully integrated into primary care and chronic disease management; 2) Incorporate nursing and other health professions students into the expanded IPCP behavioral health model in order to expose future providers to integrated, team-based care and the healthcare needs of vulnerable populations; 3) Develop and implement a plan for long-term sustainability of the expanded IPCP model at both the PATH Clinic and Heart Failure Clinic.



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What kinds
of mistakes
do abstract
writers
make?

Mistake #1: Perfection Paralysis

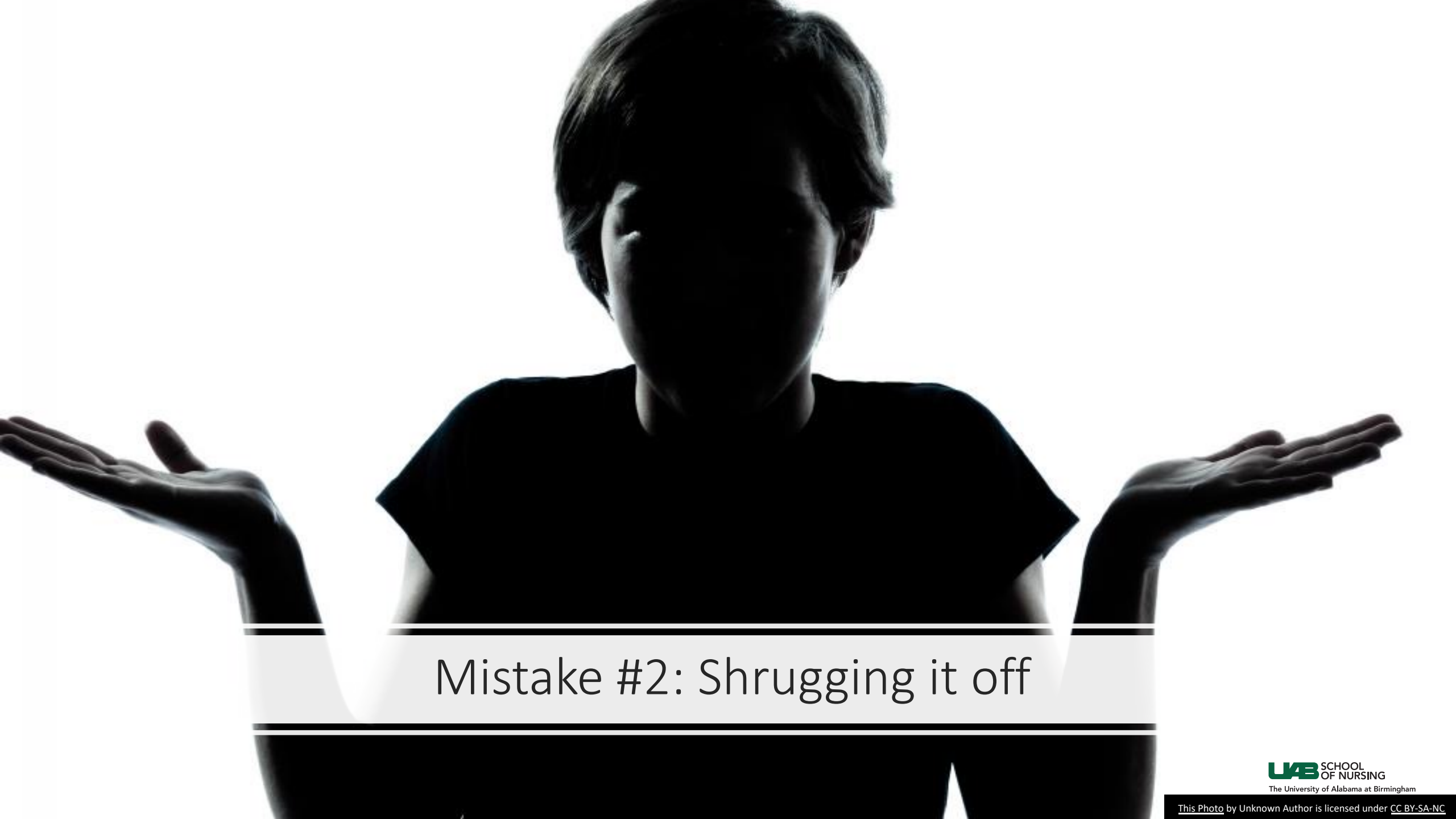


[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

A close-up photograph of a person's face, focusing on the eye and nose. The person has dark hair and is looking slightly to the side. The text "JUST DO IT." is overlaid in large, white, bold, sans-serif capital letters on the right side of the face.

**JUST
DO
IT.**

Solution: Write
first, revise later



Mistake #2: Shrugging it off

Solution:
Revise
carefully



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Mistake #3:
Lazy titles



What makes a good title?

Compare:

1. Nurses' Thermal Environment in the NICU: "I Thought It Was a Hot Flash!"
2. Exploring peripherally inserted central catheter (PICC)-to-vein occlusion percentage and the occurrence of upper extremity deep vein thrombosis (UEDVT) in the in-patient adult population of Madigan Health Care System



Results for: test Reset

Suggested Niches: 10 of 4254

test ✕ **test: 101 keywords**

Includes:

Keywords	Filter	Relative Frequency ⓘ
test		<div style="width: 100%;"></div>
iq test		<div style="width: 20%;"></div>
speed test		<div style="width: 15%;"></div>
internet speed test		<div style="width: 10%;"></div>
citizenship test		<div style="width: 10%;"></div>
test driving		<div style="width: 10%;"></div>
test pregnancy		<div style="width: 10%;"></div>
free iq test		<div style="width: 10%;"></div>
test theory		<div style="width: 10%;"></div>
test velocidad de		<div style="width: 10%;"></div>
typing test		<div style="width: 10%;"></div>
personality test		<div style="width: 10%;"></div>
test free		<div style="width: 10%;"></div>

[Click Here to Have Your Niches Emailed to You](#) **Email All Niches**

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Mistake #4:
Keyword
crisis



How do you select keywords?

- 3 to 5 keywords
- Usually needed for journals
- Look at journal guidelines
- Look at other articles in the journal
- Pull at least one from purpose statement
- Consider using MeSH (Medical Subject Headings) terms

Mistake #5:
Ignoring
word limits



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How can I stay within a word limit?

- Eliminate prepositional phrases
 - Twenty of the patients = **Twenty patients**
- Choose verbs to replace verb + adverb
 - Nurses walked quickly = Nurses **hurried**
- Use semi-colons instead of conjunctions
 - The patient improved after 3 days, **and** he was discharged after one week.
 - The patient improved after 3 days; he was discharged after one week.
- Use plurals when possible
 - A patient who complains = **Patients** who complain

Write this,
not that!

Instead of this...

In this day and (in) age

At the present time

Very unique

In terms of

The fact of the matter is

Basically

A number of

Each and every

In order to

Write that...

Now

Now

Unique

Just say it!

Just say it!

Just say it!

Many, some, specific #

Pick one!

To

How can I
jumpstart
the abstract
writing
process?



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OJISH: See handout

- **O**utline the problem
- **J**ustify the study
- **I**ntroduce the study purpose
- **S**ummarize the study (Methods)
- **H**ighlight the findings and implications (Results, Discussion, Significance)

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<https://www.myamericannurse.com/research-article-accepted-publication/>

Use academic “moves”

- A major problem for...
- Current solutions include...
- However, the problem persists because...
- The purpose of this paper (study) is/was to...
- We hypothesize that... To test this idea, we plan to... [If work in progress, grant]
- Evaluations of this approach are expected to show... [work in progress]
- Key findings showed...
- Implications for nursing practice include...



OJISH abstract: Student example

- Where does the author...
 - **O**utline the problem
 - **J**ustify the study
 - **I**ntroduce the study purpose
 - **S**ummarize the study
 - **H**ighlight the findings
 - Significant findings & discussion
 - Implications



O: Outline a problem

“For more than a decade, Latino adolescents in the United States have indicated a number of problems related to risky sexual activity, such as unprotected sex and multiple partners... Previous studies... These variables include... A growing body of research has focused on...



J: Justify a new study with a gap

“Yet few systematic reviews of this literature have been conducted.”



I: Introduce purpose

“The purpose of this study is to present...”



S: Summarize methods

“... an integrative review of 31 studies (from 1998 to 2010) that examined the relationship between parenting variables and Latino adolescents (ages 11-19) living in the United States.”



H: Highlight findings

“Findings suggest... For example... Studies support... In addition, they offer direction...”

ACTIVITY: Try out the OJISH model



Allows you to think through logical structure for abstract



Hone an abstract you have already written



Pre-write an idea for an abstract



Current project



Other study/paper



Make something up!

Share your
abstract!



Final thoughts/questions/takeaways

