



Santé Bruyère
Institut de recherche

Bruyère Health
Research Institute

Bruyère Health Research Day

Submission Guidelines & Criteria

Bruyère Health Research Day is an annual celebration of research happening across the organization. This event brings together researchers across disciplines to share ideas, network, and explore the unlimited possibilities of health care.

Research Day is not a hybrid or recorded event. All presentations are held in-person on Thursday, November 27, 2025.

Poster Presentations

Share the impact your research has at Bruyère Health and beyond.

How does it work?

Posters will be on display for a half-day each and rotated midway through the event. At least one presenting author should be available to discuss their work during the segment their poster is on display.

Who can submit?

Any Bruyère Health Research Institute student, postdoctoral fellow, trainee, staff, or investigator. Topics should be about research tied to Bruyère Health Research Institute.

How do you apply?

- Fill out the submission form, including your poster abstract, on Fourwaves' Submission page.
- Posters will be selected by the planning committee and be on display for a half-day each with dedicated time for attendees to circulate. A presenting author should be available during their assigned segment.
- If selected, poster presenters have the option to bring their own poster or have it printed and delivered to the venue by the planning committee.
 - If you bring your own – you are responsible for bringing and setting up your poster at your assigned spot at the venue.
 - If you are having it printed – you will be asked to upload your poster file to Microsoft OneDrive, Google Drive, or a storage drive that allows for unrestricted file sharing and add the link to your submission form. The planning committee will deliver and set up the poster at the venue on your behalf.

Poster requirements:

- Posters may be in English or French. Bilingual content is not required.
- **If you are bringing your own poster**, you are responsible for bringing it to the venue and setting it up before your poster segment. Posters should not exceed a width of 4' to ensure they fit our display boards.
- **If you are submitting a digital copy for printing**, your poster is required to be submitted as a PowerPoint file set to 3' x 4'. If selected, you will be prompted to upload your file to Fourwaves.
- Consult the template provided on Fourwaves to guide your poster design and to access logo/branding materials. The template is already set to 3' x 4' for printing. Content outside of the slide's edge will be cut off during printing.

How is the abstract judged?

Selections will be made to encourage a diversity of topics and career levels while adhering to our venue's space capacity. We recommend submitters:

- Work with their teams to reduce submission/topic overlap and consider co-authoring a single poster presentation by combining similar projects.
- Contains the major features of an academic abstract, including introduction, methods, results, and discussion/conclusion.
- Your introduction should provide goals, context, or background for the study.
- Outline findings and why they are important.
- Discussion may include your interpretation of results; what the study findings mean.

Research Snapshots

Can you share your research and its impact in 3 minutes or less? Take the mic and captivate your audience!

Sharing the excitement and relevance of your work with a public audience is an important skill to have. The ability to captivate any audience can help you show your impact throughout your field of expertise and beyond.

How does it work?

Snapshots are just that – a brief, but impactful look at your research. Like an elevator pitch or TED Talk, presentations are meant to be engaging, informative, and leave the audience understanding *why* this research is important, not just *how* the research is conducted.

Snapshot presenters are given a 3-minute onstage presentation slot on Research Day, which may be accompanied by slides.

Who can submit?

Any Bruyère Health Research Institute student, postdoctoral fellow, trainee, staff, or investigator. Topics should be about research tied to Bruyère Health Research Institute.

How do you apply?

- Create a 1-minute video pitch featuring you, the presenter, giving the committee a sense of your research and how you are able to engage with the audience.
 - Pitches do not need to contain slides or graphics.
 - Pitches over 1 minute may be disqualified.
 - Snapshots are for a single presenter only. Joint presentations are not considered.
 - Pitches cannot be done on behalf of another presenter. If selected, the snapshot slot is granted solely to the person presenting in the video.
- Fill out the submission form on Fourwaves' Submission page.
- Upload your video to Microsoft OneDrive, Google Drive, or a storage drive that allows for unrestricted file sharing and add the link to your submission form.
 - Check to see if this works in an incognito browser. If a login is required, please change your link to be accessible without an account.
- A maximum of 15 finalists will be selected by the planning committee by early October. Presentation times will be allotted after selection.

How is the video pitch judged?

Snapshots are not your traditional academic presentation. Pitches will be judged based on:

- Your delivery – are you both engaging and informative for a lay audience?
- Your ability to share the results and impact of research, not on their scientific terminology or methodology.
- Your ability to convey your content in a clear and accessible way.
- Whether viewers come away with an understanding of what the research and impact is

What makes a great pitch and presentation?

- Lean into the why, not the how. *Why* is this research important, rather than *how* was the study conducted. You may want to let some of the following questions guide you:
 - What health challenge are you trying to understand/address?
 - Does this provide insight into or help solve a health problem?
 - What is the impact of your research on patients, residents, caregivers, health care professionals and the health system, or the community?
 - Who benefits? Why will patients, residents, health care providers, or our health system be better off thanks to research?
- This is your chance to be engaging and creative – avoid using scientific/technical terms and jargon.

- Avoid a technical overview of methodology. If methods come into play, keep it simple (e.g. we compared people over 50 versus people under 50 and found...).