

ESPN Congress 2023 Vilnius

Guidance for 3-minute pitch (3MP) presentations

The congress this year will bring a new method of presentation, giving authors the chance to present highlights from their research on a platform presentation. The aim of these sessions is to engage the audience by focusing on the most important parts of well conducted research.

In addition to full oral presentations, there will be 144 slots for 3MP presentations at ESPN 2023. This will give submitting authors a good chance of being able to present their research orally – in fact, **there is a 1 in 3 chance that every abstract submitted will be an oral presentation!**

The 3MP presentations will be organised as follows:

- 3MP will be integrated into the general conference program (e.g. as part of symposia with invited speaker and full oral presentations) to ensure good attendance and interaction with senior ESPN members.
- Presenters will have 3 minutes to present their work and will be limited to a maximum of 3 slides.
- There may be time for 1 question after each presentation.
- Strict adherence to time limitations and schedule will be mandatory. The session Chairs will be stopping people who run over time.
- All the 3MPs in a session will be compiled into one folder to save time in transitioning between speakers.
- Presenters will need to join the presenting queue at the front of the session hall at least 10 minutes before their presentation to ensure smooth flow of the presentations.

The organising committee will arrange a recorded webinar for authors whose abstracts are selected for the 3MP presentation, this will provide further information on the format with the opportunity to ask questions.

Tips for designing and delivering a successful 3MP presentation:

- Focus on engaging the audience and making the presentation clear, concise, and relevant.
- Don't put too much information on the slides, it makes it very difficult to read and interpret them and the audience may dis-engage.
- Clearly present your primary research question and focus the rest of the presentation only on the information that is relevant to answering it.
- Focus on the most relevant aspects in each section. For example, if you studied several clinical outcomes, focus on only describing the detailed results relating to the primary outcome.
- Consider using graphical results, pictures, or diagrams with a focus on the primary finding using relevant graphs/figures.
- Balance the parts of your presentation (introduction, methods, results, and conclusion):
 - Clearly introduce the aim of your research
 - Focus on presenting key results.
 - Present a clear conclusion
 - Where appropriate, mention the clinical utility of your lab study
 - Where appropriate, mention the future directions (or next steps) of the project
- Limit presentation of any information that does not directly come from your research.
- Carefully review each piece of information in your presentation. If you can remove it without changing your primary message – consider removing.
- Practice your presentation with strict timings, especially with senior colleagues.
- Don't spend time thanking all your colleagues and collaborators at the end, focus on delivering your scientific and clinical message

We look forward to welcoming you and hearing your presentations at ESPN 2023 in Vilnius!

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On Behalf of the ESPN 2023 Organising Committee