Top tips for presenting at Journal Club

# What is Journal Club?

* The club takes place on Wednesday mornings between 08:30 – 09:30
* The venue is usually the Bryant Education Centre Lecture Theatre but can vary – check the email sent out a few days before each session
* For registrar presentations there are two presenters, each has a 30 minute slot
* Each presenter will give a summary and critique of a recent medical journal article, usually a piece of primary research
* The group will ask questions and discuss the papers methods, findings and conclusions
* It is an opportunity to develop skills in critical appraisal
* It allows us to consider the implications of the most up-to-date clinical evidence and potentially change practice as a result

# How I do to prepare?

* Select a paper in good time
	+ It can be anything recent relating to Mental Health
	+ It can be on any topic that interests you
	+ The best presentations involve a well-written paper that has implications for the way we practice
	+ Controversial areas of clinical practice always make for a good discussion!
	+ You can ask colleagues for suggestions if you are stuck
* Read it thoroughly – if there’s anything you don’t understand just ask
* Make a PowerPoint presentation
	+ This should take 20 minutes to present with 10 minutes for questions
	+ Aim for no more than 10-15 slides
* The journal club administrator will ask you for your topic one week before your presentation. It is also helpful if you send them the paper you have selected so it can be sent out for attendees to have a chance to read it in advance

# What should the presentation involve?

Below is a suggested structure for your PowerPoint presentation.

**Background – Give the audience necessary context**

* Introduce the key topics
* Define key terms
* Explain the rational for the study
* Explore the previous studies which have led to it

**Methods – Describe the study design (this is the most important section)**

* Explain exactly what the authors did with reference to: the study population; inclusion and exclusion criteria; any interventions; how the results were analysed (ask if you need help with statistical elements)
* Comment on why the authors may have designed the study this way

**Results and conclusions – Describe the study results**

* Describe the population who took part
* Sift out and present the most important positive and negative findings
* Describe the authors main conclusions

**Critical appraisal**

* Provide a critique of the study
* Describe the main strengths
* Describe the main weaknesses
* Explain whether there was anything you think could have been done differently
* Discuss whether you think the author’s conclusions were justified
* Discuss whether you think the results are generalisable
* There are plenty of resources online that describe how to conduct a critical appraisal, one source you may find useful are the checklists produced by the Centre for Evidence Based Medicine which can be found at: <https://www.cebm.ox.ac.uk/resources/ebm-tools/critical-appraisal-tools>

**Conclusions – Bring it all together**

* What are your overall thoughts
* Should this paper’s findings change clinical practice?

Good luck! If you need any further help or have any questions regarding your presentation you can contact: Robert Lundin (robert.lundin@waikatodhb.health.nz) or Sean Davidson (sean.davidson@waikatodhb.health.nz)