

Abstract writing - OAHF

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- *Huge thank you to Professor Ruth Barker for allowing the reproduction of part of her presentation on this topic for TAAHC and Stephanie Matsakos the use of her QI project information*



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Acknowledgement of Country

I acknowledge the Traditional Custodians of the lands on which I live and work, the Kalkadoon (Kalkatungu) people, and pay my respects to Elders past, present, and emerging.





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Outline

- How to write an abstract – step by step
 - Traditional version
 - QI Version
- How to use AI to write an abstract

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Musts

| | | | | |
|---|--|--|--|---|
|  Tell a good story Gets your project selected for presentation Attracts an audience to your presentation |  Tell your story concisely (max 300 words) |  Relate your story to forum theme Theme: <i>Connecting Across Wide Horizons: Innovate, Adapt and Thrive</i> |  Follow the instructions – word length, structure, layout |  No references, abbreviations or acronyms (NDIS) |
|---|--|--|--|---|

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Final Musts



Always spell and grammar check



Peer review: Ask someone who doesn't know your topic to read your abstract

RICE/Research officer
 Manager
 Peer
 ANYONE

Does this make sense?

What are the strong bits?

What are the bits letting me down?

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What will be accepted??

- Quality improvement initiatives
- Service evaluations
- Clinical or workforce innovations
- Research projects
- Education or supervision initiatives
- Student projects
- Pilot and feasibility studies
- Any other projects in your workplace

[Outback Allied Health Forum, 2026 | JCU Centre for Rural & Remote Health](#)

Abstract and Poster Submission and Guidelines

[OAHF 2026 ABSTRACT GUIDELINES](#)

[ABSTRACT SUBMISSION FORM](#)

Please note that presentations should be submitted to the OAHF committee by COB Sunday 10th May 2026. This helps us to ensure things run smoothly during the forum.

All speakers must register for the OAHF 2026. Registration is via Eventbrite and can be accessed in the "Registration" tab below.

[DOWNLOAD PRESENTATION AND POSTER GUIDELINES](#)

Download our Presentation and Poster Guidelines via the link above.

https://s3-ap-southeast-2.amazonaws.com/os-data-2/micrrh-jcu-edu-au/documents/oahf_2026_abstract_guidelines_1.pdf

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Quality Improvement Project

- Title
- What we did (methods/activities)
- What we produced (outputs)
 - description of the change/ improvement,
 - new resources or process and
 - an evaluation finding/outcome
- What we learned.

Get the right information
in the right boxes!!!

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Title – Qualitative or QI Report

PCC

- P – Population
- C-Concept
- C-Context

e.g.

Physiotherapy antenatal services delivered via group telehealth model can improve maternal access in remote Queensland.

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Conclusion / What do you want people to remember

- **Sentence 1** – What was the most important thing you learnt? What do you want people to remember?
- Choose one thing that you want the audience to recall (in a nutshell)

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What we did – QI

- **Sentence 1:** Statement of what is already known about the topic/problem/issue?
- **Sentence 2:** What is locally being done about this? What is the nature/extent/impact of the problem/issue **LOCALLY**?
- **Sentence 3:** What was the aim of your project?
- **Sentence 4:** What did you do?

Physiotherapists support improved maternal outcomes by preventing and managing pregnancy-related pain and pelvic floor dysfunction, and promoting safe physical activity. A total of 472 babies were born from November 2025 to January 2026 in the Darling Downs however only 10 women (2%) accessed antenatal physiotherapy, all of whom were Toowoomba based. This quality improvement initiative aimed to enhance rural access to antenatal physiotherapy through implementation of a virtual Telehealth model across Darling Downs Queensland. Baseline data were collected retrospectively from 12 months of antenatal physiotherapy waitlists prior to the project. A centralised referral and attendance database was established, and key stakeholders co-designed updated referral workflows, eligibility criteria, and engagement resources to promote the telehealth antenatal service and streamline access.

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What we produced (outputs) – QI

- Sentence 1: What was the change/ improvement?
- Sentence 2: What new resources or processes were implemented?
- Sentence 3: What did you find? What was the outcome?

The Rural Antenatal Physiotherapy Telehealth Group was launched in November 2025 to provide weekly, one-hour physiotherapist-led antenatal sessions via virtual Telehealth model. Stakeholder collaboration enabled consistent referral management, and the introduction of a dedicated telehealth medical record form supported accurate data collection. Across the first four months, 28 women attended the physiotherapy antenatal group sessions (13 from Toowoomba and 15 from rural sites), with seven patients receiving individual follow-up consultations after the group and individual assessment. Waitlist duration decreased from a mean of 44.65 days (October–December 2025) to 29 days (January–February 2026). Total antenatal physiotherapy referrals rose from 65 over the preceding 12 months to 45 within the first three months of rollout.

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What we learnt?

- Sentence 1 – What did you learn about doing this project locally?
- Sentence 2 – What do you want people to remember?

Implementation findings demonstrate that physiotherapy-led antenatal care delivered via telehealth is both feasible and effective in improving rural equity of access. Structured workflows and clear communication pathways supported service continuity and engagement. Integration of digital delivery with local coordination enhanced reach across geographically isolated communities. This model highlights the potential for scalable, sustainable telehealth antenatal physiotherapy services to reduce rural healthcare disparities and promote equitable access to maternal health care across Queensland.

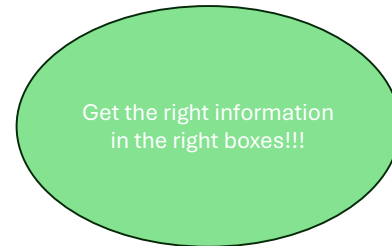
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Structure for OAHF

Nominate type of presentation e.g. poster, research, quality improvement

RESEARCH

- Title
- Introduction
- Methods
- Results/Outcomes
- Discussion/Learnings
- Conclusion/Recommendations

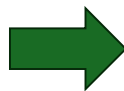


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Title – Quantitative study

PICO

- P – Population or problem
- I – Intervention or exposure
- C – Comparison (or not)
- O – Outcome



Put words into a statement or question

e.g.

- *Rural and remote placements create financial hardship for Allied Health students.*
- *Does rural and remote placements create financial hardship for Allied Health students?*

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Introduction

- **Sentence 1:** Statement of what is already known about the topic/problem/issue?
- **Sentence 2:** What is currently done about this or understood? What is the nature/extent/impact of the problem/issue?
- **Sentence 3:** What are you trying to better understand or solve?
- **Sentence 4:** Why did you do this project? What did you aim to achieve?

Allied health students undertaking rural and remote placements experience higher out-of-pocket costs, including travel, accommodation, and loss of income, compared with metropolitan placements. Although financial supports such as scholarships, subsidies, or in-kind accommodation exists, their adequacy is unclear and financial strain remains a barrier that influences placement choice. Understanding the types, magnitude, and impacts of financial burden experienced by students in rural Queensland is essential to inform more equitable placement support models. This project explored students' experiences of managing financial responsibilities while on rural placements.

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Methods

- **Sentence 1:** What you did, over what timeframe and with whom and where?
- **Sentence 2:** Describe how you found out/measured it.
- **Sentence 3:** Describe the procedure you followed.

A twelve months mixed-methods study was conducted with allied health students undertaking clinical placements of 8 weeks or longer in Charleville and Mount Isa. Financial experiences were assessed using an online survey capturing direct and indirect costs, funding sources, and financial stress, supplemented by semi-structured interviews exploring impacts and decision-making. Surveys were completed in Week 1, 5 and in their final week of placement. A purposive subsample participated in interviews. Quantitative data were analysed descriptively and comparatively, while qualitative data was thematically analysed by two researchers, including one student investigator.

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Results/Outcomes

- **Sentence 1** – What happened, did the project go to plan?
- **Sentence 2** – What did you learn/what were the results?
- **Sentence 3** – What does this indicate?

Twenty-five allied health students participated. Most were on placement in Mount Isa (n=18), and were studying physiotherapy (n=10) or dietetics (n=8). Mean placement length was 8.3 weeks. Despite access to subsidised accommodation, most students (n=21) incurred substantial additional costs relating to travel and maintaining rental accommodation in their home locations. Many reported reliance on credit and unorthodox measures (ie. scavenging) to meet placement-related costs. Four students were from the rural location and reported substantial savings from participating in the rural placement. Findings suggest current subsidy models address only a limited component of overall financial burden, with hidden, cumulative costs creating inequitable barriers to participation.

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Discussion/Learnings

- **Sentence 1** – What needs to be done?
- **Sentence 2** – What will be required to make this change?

Rural health services should implement placement support models that better reflect the true costs incurred by students. This will require formal partnerships with universities to co-design and administer targeted financial supports, alongside locally led initiatives that reduce day-to-day living costs and improve student wellbeing, such as free lunches at the local café.

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Tips



Find an abstract similar to your project and plug your topic into it.



Tell the story of your project to a colleague – now write it down!



Reduce words

Remove adverbs and adjectives e.g. very, extremely
If I take the word out does it change the meaning?

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Using AI to write an Abstract

- Co-Pilot or Qchat or Chat GPT* or LM Notebook*
- *Using the attached report and conference abstract instructions. Please write a title and abstract for the 2026 OAHF conference that incorporates the conference theme “Connecting Across Wide Horizons: Innovate, Adapt and Thrive”. Make it 300 words or less.*

Other prompts you can use: *Use plain English, strength based and language and terminology consistent with the report*

Attached report – publication, reports, ethics applications etc.

**use only on personal computer with totally deidentified information (service and consumer)*

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Using AI to write an abstract

Provide additional prompts:

I like the introduction, particularly the phrase.....

I like the method but would like to reduce it by 25% while keeping all the content.

Can you make this more concise while keeping the content?

Could you change the focus slightly to.....

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OAHF Marking Criteria

- Clear explanation of the project or initiative
- Appropriate use of a research or QI framework
- Originality or innovation
- Relevance to rural and remote allied health practice
- Contribution to knowledge related to the forum theme

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Questions!

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Abstracts due –COB 10th May.