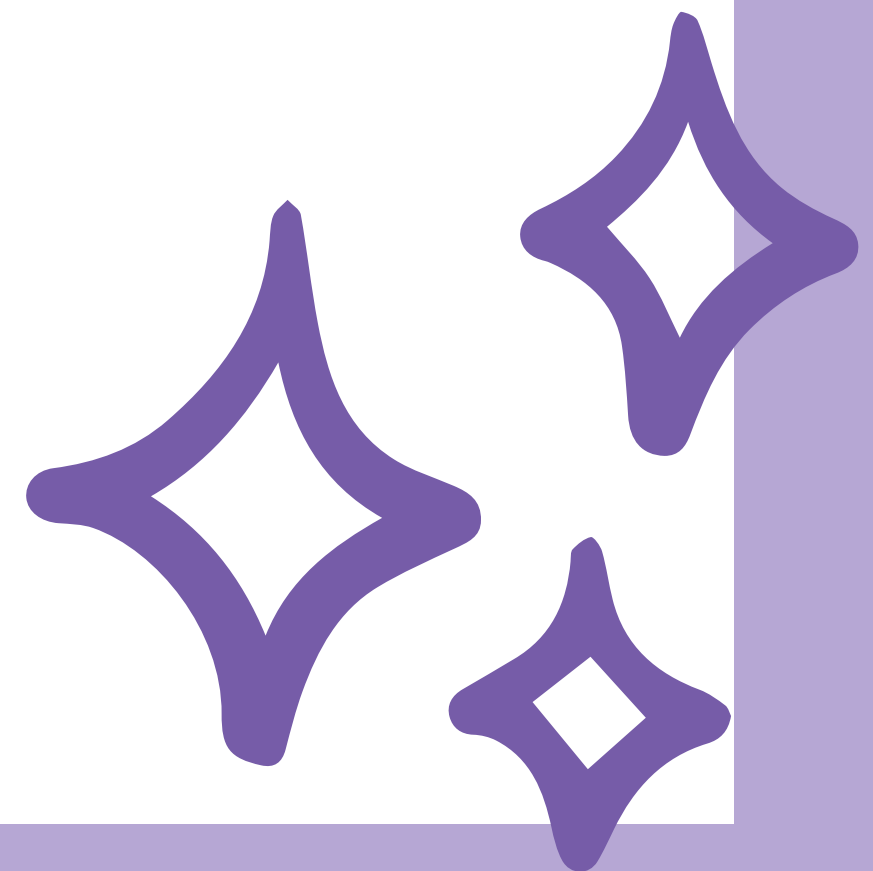




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GISELLE NUÑEZ
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WHAT TO AVOID AND NOT DO



Returning to School: The Story of Registered Nurses Returning to School for their Bachelor's Degrees

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Abstract

The purpose of this phenomenological study is to describe the experience of RNs returning to school to earn their Bachelor's degrees and the lived experience of this experience. **Design and Sample:** This study is based in phenomenological theory and uses grounded theory. The participants are 11 female RNs from Atlantic Union College (AUC). The participants' ages range from 25-50 years old and just completed their RN licensure in 1 year. **Method:** In this study the topic of study is the experience of the participants as they decide to go back to school to earn their Bachelor's degrees. The researchers use open-ended questions and participants' descriptions and experiences to describe the experience. **Results:** The study identified three decision points of registered nurses deciding to return to school to earn their Bachelor's degrees. The first point is the decision to go back to school to earn their Bachelor's degrees. The second point is the decision to go back to school to earn their Bachelor's degrees. The third point is the decision to go back to school to earn their Bachelor's degrees. The study identified three decision points of registered nurses deciding to return to school to earn their Bachelor's degrees. The first point is the decision to go back to school to earn their Bachelor's degrees. The second point is the decision to go back to school to earn their Bachelor's degrees. The third point is the decision to go back to school to earn their Bachelor's degrees.

Introduction

There is a growing need for nurses to return to school to earn their Bachelor's degrees in nursing. As the registered nurses' education degree program evolves, it is needed to continue to offer a 4-year bachelor's degree program for registered nurses to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

As demonstrated in the study, the decision to go back to school to earn their Bachelor's degrees is a complex decision. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

According to the National Council on Nurse Education and Practice (NACNEP) received their two-year Bachelor's by 2010. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

Literature Review

Author	Year	Topic	Key Findings
Johnson, Green, P., Claborn, P., & Fogarty, M.	2011	Decision to go back to school to earn their Bachelor's degrees	Participants reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision. They reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision. They reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision.
Johnson, Green, P., Claborn, P., & Fogarty, M.	2011	Decision to go back to school to earn their Bachelor's degrees	Participants reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision. They reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision. They reported that the decision to go back to school to earn their Bachelor's degrees was a complex decision.
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Methods

The study used a phenomenological approach to explore the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

Sample

The study used a purposive sampling method to recruit participants. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

Data Collection Procedures

Although an interview was planned to collect the data for the study, the study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

Data Analysis

Data analysis was done using grounded theory. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

Results

The study identified three decision points of registered nurses deciding to return to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

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Discussion

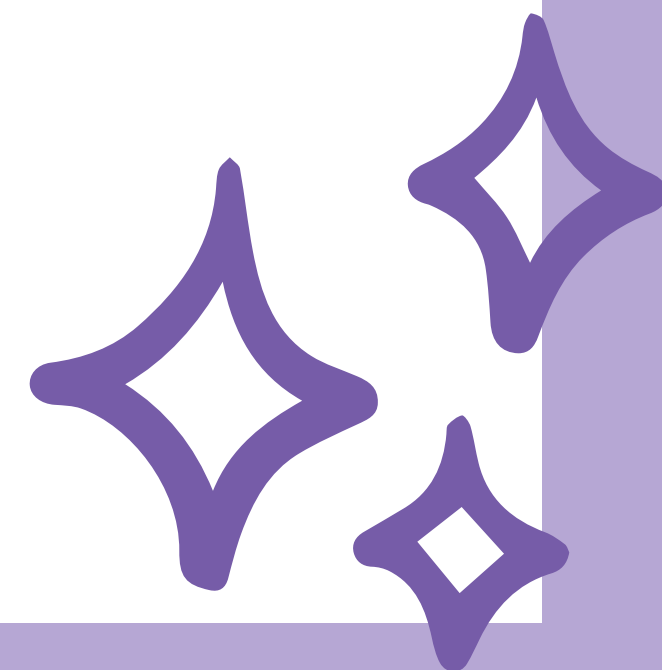
The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees. The study is based on the lived experience of registered nurses returning to school to earn their Bachelor's degrees.

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WHAT SHOULD WE DO?





Aquatic Macroinvertebrate Community Composition Gradients Along the Upper Sacramento River



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Introduction

The Upper Sacramento River's cold waters are home to a number of plant and animal species that depend on a clean and productive aquatic environment. The insects, worms, and mollusks found in rivers are excellent bioindicators of habitat quality and physical conditions in aquatic systems. These organisms, collectively known as aquatic macroinvertebrates, play a crucial role in organic material processing and are a major food source for fish.

According to the River Continuum Concept, the physical conditions along natural streams change in a predictable pattern that should translate into gradients in the aquatic biological community. The Upper Sacramento River has historically been subject to human interference via logging, dams, and development. These activities can negatively impact the river environment and aquatic organisms, however restoration efforts have been underway.

- Despite historical human interference, does the aquatic macroinvertebrate community composition in the Upper Sacramento River follow expected gradients?

Methods

Samples of aquatic macroinvertebrates were collected using a D-frame water quality kick net at three sites along the Upper Sacramento River in July 2016: Mossbrae Falls (upstream), Sweet Briar (middle), and Delta (downstream).

Each sample was sorted and identified in the laboratory. Before sorting, samples were split using a Folsom Plankton Splitter until approximately 500 insects were present in the subsample. The split fraction was recorded and the insects were identified. Only a small number of insects and mollusks were too immature or damaged to identify to genus, but those with genus-identifying characteristics missing were at least identified to Family. Counts of each taxon were recorded and totaled.

Taxonomic richness, density, and functional feeding types were recorded after identification.

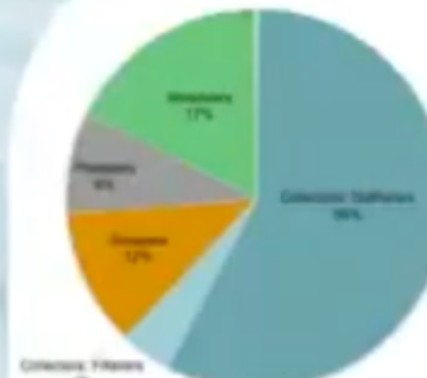


From left to right: a caddisfly larva (Trichoptera), a stonefly nymph (Plecoptera), and a mayfly nymph (Ephemeroptera). These are just a few of the many types of insects found in the Upper Sacramento River.

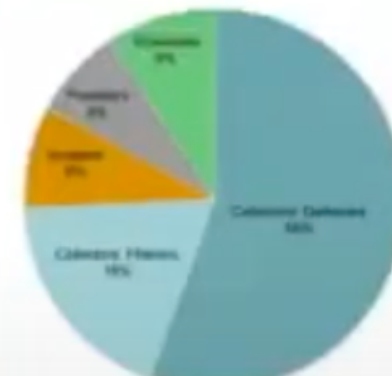
References

- 1. Vanni, C. T. (1975). The River Continuum Concept. *Canadian Journal of Fisheries and Aquatic Sciences*, 32, 632-637.
- 2. Vanni, C. T. (1975). The River Continuum Concept. *Canadian Journal of Fisheries and Aquatic Sciences*, 32, 632-637.
- 3. Vanni, C. T. (1975). The River Continuum Concept. *Canadian Journal of Fisheries and Aquatic Sciences*, 32, 632-637.

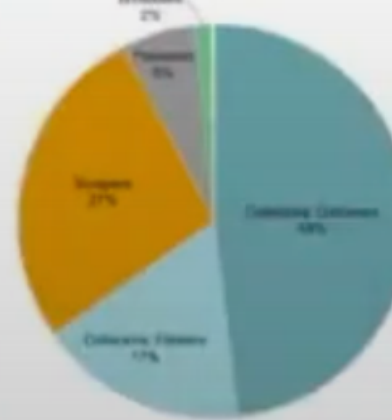
Mossbrae Falls



Sweet Briar



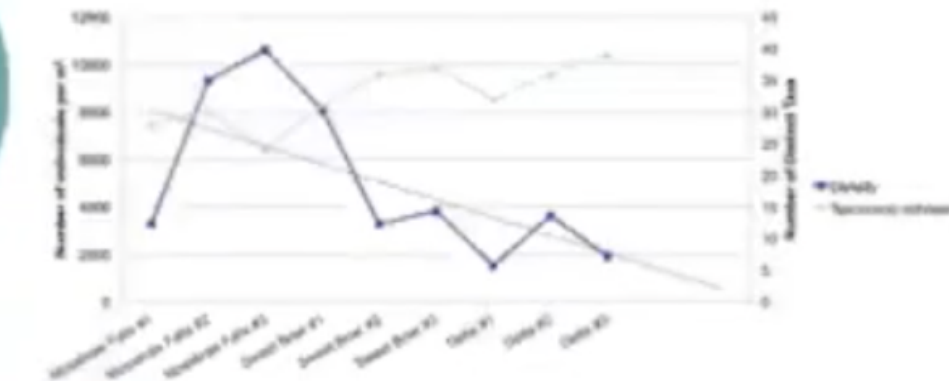
Delta



From top to bottom: Relative abundance of functional feeding types at the three sites in descending order of location. Note the increase in shredders and scrapers downstream. Shredders were only found at the upper site. Scrapers were only found at the lower site. Note the decrease in predators downstream.

Results

From upstream to downstream, taxonomic richness increased and the average density of aquatic macroinvertebrates decreased.



Collectors dominated all three of the sites.

- At Mossbrae Falls, collectors and shredders were the most abundant, but of the collectors the filter feeders were only a small percentage of the total.
- Sweet Briar had the largest proportion of collectors (74% total). Shredders, predators, and scrapers were present in nearly equal abundance.
- Delta had very little shredders and was dominated by collectors and scrapers.

Conclusions

The largest proportion of shredders relative to collectors was found at the uppermost site, which is consistent with the River Continuum Concept.

Scrapers were present in the largest proportion relative to collectors at the lowest site, and collectors were the most dominant at the middle site. This is the opposite of the River Continuum Concept hypothesis.

Average density decreased downstream from the uppermost site as expected.

Taxonomic richness slightly increased downstream. Perhaps a greater diversity of taxa are able to tolerate the conditions and utilize the food available further downstream.

- It would be beneficial to sample further and study the physical characteristics (temperature, water chemistry, tolerance values, food available, etc.) to more accurately determine the cause of the deviation in functional feeding types from the River Continuum Concept hypothesis and the increase in taxonomic richness downstream.

Acknowledgements

Thank you Dr. Robert Lusardi for the access to July 2016 Upper Sacramento River data, and for your help in educating me on stream systems. I'd also like to thank Dr. Randy Dahlgren for his research guidance.

Analysis of Hippo Milk after Pre-Mature Birth

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University of California, Davis



Background

In January, a pre-mature hippo calf, Fiona, was born at the Cincinnati Zoo. Fiona was not stable, and needed a formula in order to promote healthy growth in her first few weeks. Since the nutrient composition of hippo milk is not known, an analysis of her mother's milk was performed.

Introduction

Early life factors can alter development, potentially programming adult physiology and metabolism. Vulnerability to disease has been shown to be correlated to disturbances during critical times in a child's life such as whilst a fetus or neonate. Mothers may respond to these environmental factors by modifying the signaling to her offspring via her milk. Lactation has evolved as a mechanism for mammalian mothers to regulate development in their offspring.

Mammalian neonatal growth is dependent on maternal milk. Milk is the first form of nutrition for animals and has been linked to supporting immune development, as well as providing the neonate growth and metabolic hormones. Milk is a dynamic substance that may alter in response to many factors, but also tends to have consistent species-specific attributes. Although no formula could duplicate Fiona's mother's milk, matching the nutrient content as best as possible would give Fiona her best chance.

Importance of Major Nutrients

Fat: Fat is used as an energy source that can be stored for later use. Also, consumed fat helps you maintain both cell membrane flexibility and the structural integrity of your cells and tissues.

Protein: Protein gives structure to both muscles and organs, and facilitates interaction of muscle fibers with your skeleton, allowing your body to move. Protein also provides the building blocks for immune and blood cells, hormones, and enzymes.

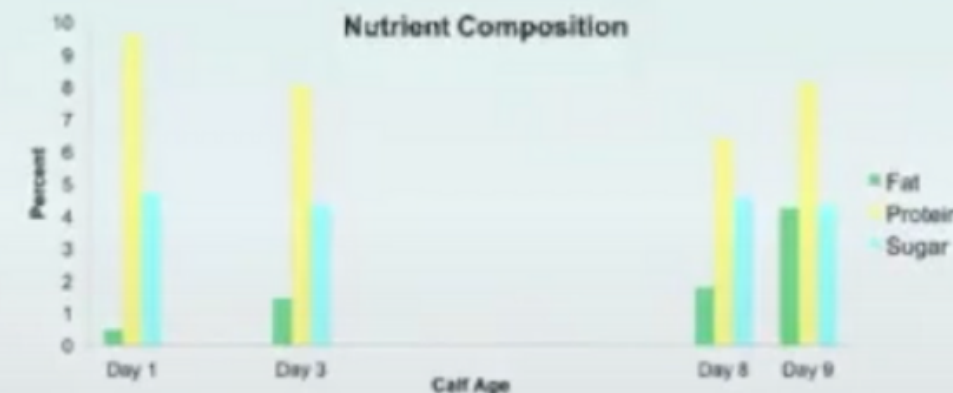
Sugar: Sugar absorbed into the bloodstream provides energy to fuel your cells.

Methods

We determined the sugar, fat, mineral, and protein content of the sample, and compared those numbers to the dry matter percentage by assaying water. The methods used are standard methods validated for multiple species of mammals at the SNZP Nutritional Laboratory.



Results



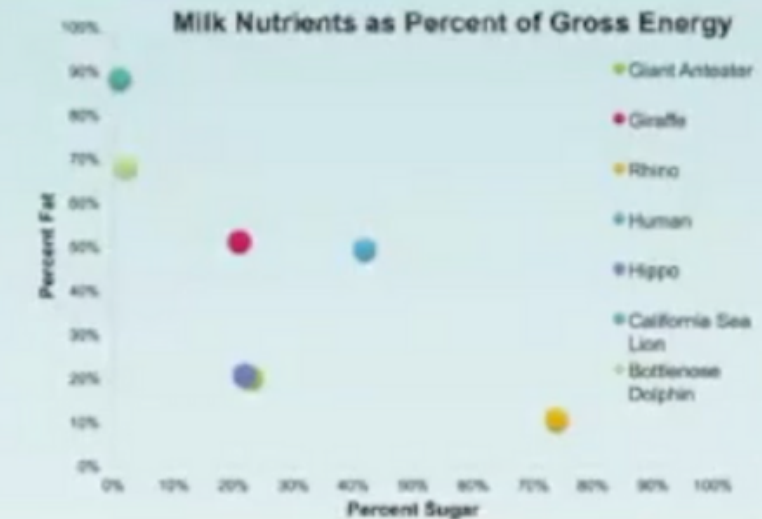
	Dry Matter	Fat	Protein	Sugar	Ash	Water
Day 1	15.52%	0.48%	9.56%	4.70%	0.67%	84.48%
Day 3	13.05%	1.45%	8.06%	4.35%	0.67%	84.95%
Day 8	14.38%	1.78%	6.39%	4.60%	0.73%	85.42%
Day 9	16.72%	4.24%	8.16%	8.30%	0.72%	83.28%
Mean	15.42%	1.99%	8.04%	4.49%	0.70%	84.58%

Discussion

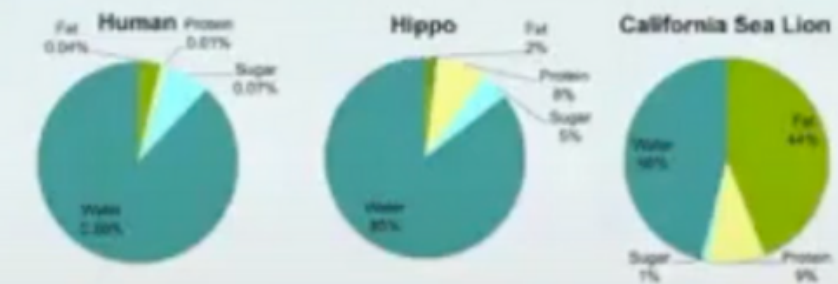
Hippo milk was lower fat and higher protein than expected, with a moderate sugar content. The protein slowly decreased, while the fat increased.

The substance slowly changed from colostrum (day 1) to regular milk (day 8). However, after day 9 milk could no longer be obtained from Fiona's mother. The change in composition between days 8 and 9 may represent the cessation of lactation. Involution occurs when the mammary gland begins to return to its natural state of non-lactation. It is an essential process that removes the epithelial cells that produce milk, as they become superfluous at weaning. Since Fiona never nursed, it is likely that involution was triggered.

Comparison to Other Milks



Percent Nutrient Composition



Conclusion

As shown above, hippo milk can vary greatly from other animals' milk, though it is surprisingly similar to giant anteater milk. If the veterinarians had fed Fiona store bought cow milk, she would do her best to absorb the nutrients, but may struggle. For example, if you give a baby milk that has too much sugar, two things may happen. The sugar may accumulate in the gut causing microbial instability, or the sugar will cause osmosis to occur into the digestive tract and may lead to watery feces. This is one example of why accurate assays must be run to assess maternal milk to create a formula for offspring.



HOW DO WE GET STARTED?

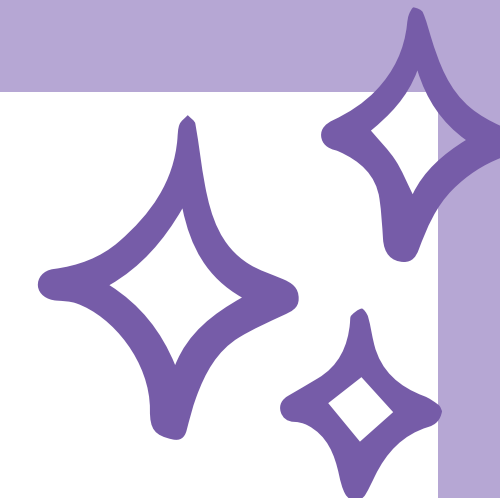


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Size: 3 feet by 2 feet (width 36 in and height 24 in)

- Project Title
- Presenter and author information (including PI)
- Institution information
- Hypothesis or statement about the problem being investigated and why the research is important
- Methods and controls
- Results and discussion of findings
- Conclusions/expected outcomes, future research, and key reference





- Acknowledgements of funder(s);
 - If funded by a federal program
 - Check with your faculty mentor to see if there are other grant agencies or programs that need to be acknowledged on your poster.
 - Logos:
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QUESTIONS?





THANKYOU
FOR LISTENING!

