



VATA Free Communications Abstract Instructions

Abstract submissions are due annually on October 15th by 11:59 pm (EST)

Please read all instructions before preparing and submitting your abstract.

Students and certified members may **submit only one abstract as the presenting (first) author**, but may submit unlimited abstracts as a co-author. Abstracts must include a VATA member co-author. Authors are permitted to submit the same abstract to both the VATA and [NATA Free Communication Programs](#).

Abstract Categories:

1. **Original Research:** Abstract should present research findings pertaining to healthcare issues related to the athletic training profession. Original Research abstracts may include systematic reviews and meta-analyses but not critically appraised topics (CATs).
2. **Clinical CASE Study (Level 1-4):** There are four types of clinical CASE study abstracts: Levels 1-3 are submitted in one format, and Level 4 is submitted in a different format (see “Abstract Templates” below). Please use the following reference to determine the appropriate level (1-4) of your CASE study: [Mckeon JM et al. J Athl Train. 2016](#).
**Authors must have patient(s) permission for all clinical CASE study abstract submissions.*
3. **Critically Appraised Topic (CAT):** Abstract should present the best available evidence to answer a focused clinical question using publications from the prior 5 years (summarizing 3 to 10 articles).
4. **Literature Review:** Abstract should present a synthesis of available evidence relative to a specific clinical question, including the uniqueness and clinical applications of the review.

Abstract Templates & Formatting:

1. **Templates:** Abstract content and formatting must follow the appropriate category “Abstract Templates” provided on pages 2-6 of this document . Abstract templates are in alignment with the *NATA Foundation Free Communications Program*.
2. **General Formatting:** Apply to all abstract submissions
 - 11 pt, Arial font, Single-spaced with 1” margins
 - **Bold** abstract headers (see templates for required headings)
 - **Author Names & Institutions:** Provide the names of all authors, with the author who will make the presentation listed first. Enter the last name, then initials (without periods), followed by a comma, and continue the same format for all secondary authors (if any), ending with a colon. On the same line following the colon, indicate the name of the institution (including the city and state) for each author using the following consecutive symbols (*, †, ‡, §, †, #, **, etc.).



3. **Tables & Figures:** Abstracts may include one (1) table or figure directly related to the abstract included in the same document file on the next page after the abstract. Inclusion of a table or figure is optional.

- Tables & figures **MUST** include a title and be referenced in the abstract text. Any legends, captions, or footnotes should be succinct. Text in tables or figures do not count towards the abstract word limit.
- Table & figures must include original material (created by the authors) that is not duplicating materials presented in the abstract text.
- The maximum size of the figure or table is 6.5 inches wide and 4 inches high. The minimum size is 2 inches wide and 2 inches high. Formatting of tables or figures should follow instructions for authors in the *Journal of Athletic Training*.
- Figures showing participants or patients in any image must conceal the person's identity.

Abstract Submission Instructions

- Abstracts will be submitted through the ***Free Communications Abstract Submission Form*** (visit the [VATA Research Committee](#) webpage) by **Oct 15th at 11:59pm EST**.
- Authors will upload **two (2) '.PDF' documents** containing their abstract submissions.
 1. One non-blinded version of the abstract with the author names & institutions
 2. One blinded version of the abstract with author names & institutions removed

*Please name abstract files: "Nonblinded_Abstract Title.pdf" & "Blinded_AbSTRACT Title.pdf"
- Please do not submit an abstract if you are unable to attend the VATA Annual Meeting to present the abstract.



Original Research Abstract Template

Note: While systematic reviews & meta-analyses do fall under the “Original Research” category, please use the “Critically Appraised Topics (CAT), Systematic Reviews, & Meta-Analysis Template” below.

The Title of your Abstract Bolded and in Title Case

Doe JT*, Public JQ†: *First Author's Institution Name, †Second Author's Institution.

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Context: Write a sentence or two summarizing the rationale for the study, providing a reason for the study question and/or uniqueness of the study. State the precise objective(s) of the report, including a priori hypotheses, if applicable. The objective/purpose statement MUST identify the target population, intervention or exposures, and outcomes.

Methods: Describe the overall study design of the project reported (e.g., randomized controlled trial, crossover trial, cohort, or cross-sectional). Describe the environment in which the study was conducted to help readers understand the transferability of the findings (e.g., patient clinic, research laboratory or field). Describe the underlying target population, selection procedures (e.g., population-based sample, volunteer sample, or convenience sample) and important aspects of the final subject pool (e.g., number, average age, weight, height, and measures of variance, years of experience or gender). Appropriate sample size should be evident. Describe the independent variables (e.g., interventions, exposure) in the study. Describe the essential pieces of the experimental methods, types of materials, measurements and instrumentation utilized, data analysis procedures, and statistical tests employed. Identify primary or critical dependent variables that support the primary objective(s) of the study. Provide validity and reliability information on novel instrumentation. Survey research should state the validity and reliability of the survey and how it was validated. Indicate the statistical analysis employed to answer the primary research objective(s).

Results: The main results of the study should be given. Comparative reports must* include descriptive data (e.g., proportions, means, rates, odds ratios or correlations), accompanying measures of dispersion (e.g., ranges, standard deviations or confidence intervals) and inferential statistical data. The exact level of statistical significance should accompany results. The P-value should not exceed 3 digits to the right of a decimal. When the exact significance is below $P < .001$, the exact significance should be reported as $P < .001$. Survey research should report a comparison between the survey sample and the overall population the findings are generalizable to. Tables and figures can be used to communicate the results efficiently. If tables or figures are included with the abstract, they need to be referenced in the abstract.

Conclusions: Summarize or emphasize the new and important findings of the study. The conclusion must be consistent with the study objectives and results as reported and should be no more than three to four sentences. Relate implications of the findings for clinical practice – provide a clinical take-home message.

Word Count: ### (Limited to 450 words, not including headings.)



Level 1-3 Clinical CASE Study Abstract Template

The Title of your Abstract Bolded and in Title Case: Indicate the Level of CASE Study

Doe JT*, Public JQ†: *First Author's Institution Name, †Second Author's Institution.

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Background: Provide an overview of the condition of interest using available evidence, where appropriate. Indicate the level of the clinical CASE Study. For a Level 1 validation CASE study, the authors should provide a clear description of the previously reported comparison study and highlight the most important findings. For Level 2 & 3 exploration case studies/series, introduce the alternate, unique, or irregular presentation of the case examined compared to the available evidence.

Patient: Present the clinical case(s), including primary patient characteristics (age, sex, sport if appropriate, sport or activity, and years of experience) and diagnosis. For a case series, describe the underlying target population with measures of means and variance and important aspects of the subject pool. Pertinent aspects of the medical history should be included. Describe their complaints, MOI, initial clinical examination, diagnostic imaging, lab tests, and their commonality (examples: characteristic, injury, postural/gait abnormality, pathology, MOI). Describe the process that led to the diagnosis of the condition.

Intervention or Treatment: Describe the management of the case, interventions used, the timeline for progression to final resolution in the case, and the specific time points when treatment was provided. Relevant and unique details should be included. For level 2 or 3 case studies/series, compare and contrast the interventions used with the typical presentation of the condition as described in the literature.

Outcomes or other Comparisons: Describe the primary outcomes or results of the case. For Level 1 CASE studies, compare and contrast the outcome from the current case to the outcome of the previously reported comparison study. Compare/contrast the outcomes used in the Level 2 or Level 3 Exploration CASE Studies / CASE Series with the typical presentation of the condition as previously described. For Case Series, report whether all patients responded similarly to each other. For this, it is important to ensure that similar outcome measures were used.

Conclusions: Interpret the findings of the study. For Level 1 CASE studies, discuss the current case in the context with the previously reported comparison study, including the similarities and differences in the patient and outcomes. Discuss challenges associated with implementing the intervention from the comparison study "in real life" and provide recommendations for continued use of the assessment or intervention. For Level 2 & 3 case studies/series, discuss the challenges associated with the case due to the atypical presentation, and provide recommendations for clinical practice.

Clinical Bottom Line: Provide an overall statement of the most important clinical points that can be gleaned from the current CASE study.

Word count: ### (Limited to 600 words, not including headings.)



Level 4 Clinical CASE Study Abstract Template

The Title of your Abstract Bolded and in Title Case: Indicate the Level of CASE Study

Doe JT*, Public JQ†: *First Author's Institution Name, †Second Author's Institution.

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Background: Include the individual's age, sex, sport or activity, pertinent aspects of their medical history, a brief history of their complaint, and physical findings from the athletic trainer's examination.

Differential Diagnosis: Include all possible diagnoses suspected based on the history, mechanism of injury, and the initial clinical examination prior to physician evaluation and subsequent diagnostic imaging and laboratory tests.

Treatment: Include the physician's evaluation and state the results of diagnostic imaging and laboratory results if performed. The final diagnosis of the injury or condition and subsequent treatment and clinical course followed should be detailed. Relevant and unique details should be included, as well as the final outcome of the case.

Uniqueness: Briefly describe the uniqueness of this case, such as its mechanism, incidence rate, evaluate findings, rehabilitation, or predisposing factors.

Conclusions: Include a concise summary of the case as reported and highlight the case's importance to the athletic training profession and provide the reader with a clinical learning opportunity.

Word Count: ### (Limited to 600 words, not including headings.)



Critically Appraised Topic (CAT), Systematic Review, & Meta-Analysis Abstract Template

The Title of your Abstract Bolded and in Title Case

Doe JT*, Public JQ†: *First Author's Institution Name, †Second Author's Institution.

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Context: Write a sentence or two summarizing the clinical scenario leading to the clinical question. Typically, the PICO (Patient or Population of interest, Intervention, Comparison or Control group, Outcome of interest) format is used to develop the clinical question. However, not all questions need to follow this exact format. For more information on the PICO format, see the guide from the Center of Evidence-Based Medicine (<http://www.cebm.net/index.aspx?o=1036>).

Methods: Identify how relevant research papers were identified – search strategy (e.g., electronic databases, hand search), databases, timeframe of search, keywords, and search limits. Describe the criteria for selection - the processes through which studies were selected for inclusion for further analysis. (For CATs only: *Only abstracts reporting on literature from the past 10 years, but preferably 5 years (3 to 10 studies) will be accepted. If more than 8 studies are identified then the search/question may be too broad, or the question may be better answered with a systematic review or meta-analysis*). Describe the specific outcomes that were to be gathered from the included studies. Describe the main summary measures or analyses to be used (e.g., calculation of effect sizes, odds ratios, mean differences). In other words, describe how the extracted data were organized and summarized, the statistical procedures applied, and the results (e.g., effect sizes, odds ratios, and 95% confidence intervals) of the analysis.

Describe the method used to appraise the quality of the evidence included, addressing issues related to the internal (the ability to determine cause and effect) and external (the ability to generalize) validity of the evidence.

EXAMPLES of commonly used critical appraisal tools: Appraisal of Intervention effectiveness studies– the PEDro scale based on the CONSORT statement; Appraisal of Diagnostic Accuracy of a clinical test studies – The QUADAS scale based on the STARD statement; Appraisal of Observational studies for sport-related conditions – the STROBE statement and associated checklists.

Results: Present the overall results of the number of studies screened vs. those included. A flow diagram or table should be included to report how the studies were narrowed down to the final sample (e.g., <http://prisma-statement.org/PRISMAStatement/FlowDiagram>). For all outcomes considered, present a concise summary of data for each comparison, group differences, intervention, etc. For these results, point estimates and measures of variability should be presented (for example, effect sizes and confidence intervals). Present the overall results of the Evidence Appraisal.

Conclusions: Summarize the main findings of the study by highlighting the clinical take-home message and/pr primary findings related to the research question. Emphasize the "answer" to the clinical/research question. Interpret these findings within the context of the strengths/weaknesses/biases based on the evidence appraisal.

Word Count: #### (Limited to 450 words, not including headings.)



Literature Review Abstract Template

The Title of your Abstract Bolded and in Title Case

Doe JT*, Public JQ†: *First Author's Institution Name, †Second Author's Institution.

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Background: Write a sentence or two summarizing the rationale for the literature review, providing a reason or need to address the clinical question and/or uniqueness of the review. Provide a purpose statement that identifies the target population, intervention or exposures, and outcomes, if applicable.

Clinical Question: Provide the clinical research question(s) that served as the basis for the literature review. The clinical question(s) should be composed in the Patient, Intervention, Outcome (PIO) or Patient, Intervention, Comparison, Outcome (PICO) format.

Results: Provide a synthesis of the literature that summarizes the overarching findings from the primary areas of review.

Uniqueness: Briefly describe the uniqueness of the literature review, unexpected findings should be highlighted based on the clinical question(s) (e.g., lack of literature to support accepted claims, lack of consistency between reviewed articles, or a relatively uncommon treatment that has clinical utility) from the literature review.

Conclusions and Clinical Pearls: Highlight the importance of the literature review to the athletic training profession and provide up to three clinical pearls/takeaways that can be applied to clinical practice.

Word Count: ### (Limited to 600 words, not including headings)