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📌 Visual abstract (VA), seems to be a rising star ✨ in this new [#meded](#) & [#FOAM](#) era

Many journals are adopting VA

Cool clubs like [#NSMC](#), [#NephJC](#) uses VA

How about we discuss creating a VA, shall we!?

[#Nephtwitter](#) [#medtwitter](#) [#podkopiluwak](#) [#tweetorial](#)

📌 How confident are you in creating a [#visualabstract](#)?

📌 Don't worry... if you have a PowerPoint program and interest in making one, you CAN make one.
LET YOUR IMAGINATION FLY!!!

Btw, I am option b



📌 Here are the steps for creating a VA for an article:

⚡ Concept

⚡ Design

⚡ Review and refine

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✦ First, the ✦ CONCEPT ✦

This includes-

⚡ Content ✦

⚡ Knowing your audience

⚡ Guidelines

1. CONTENT: ⚡ UNDERSTAND THE STUDY WELL ⚡

✦ Content is the **heart** (or kidney, if you may) of the whole project

✦ Aids you in avoiding inaccuracies, bias, or misrepresentation of the data

1. **Type of study**- RCT, metaanalyses, retrospective, case-control, observational
2. **Cohort**- N, characteristics, inclusion /exclusion criteria
3. **Intervention**- describe normal first (eg placebo followed by the drug)
4. **Outcomes** (primary and important secondary)

2. KNOW YOUR AUDIENCE (journals, or website) or in case of infographic (educational, or patients), and use a **reader friendly language**

3. REVIEW THE GUIDELINES of the journal or site for which you are creating the VA, like font type and size, line-widths, colors, and the dimension of the VA

✦ Now, moving on to the ✦ DESIGN ✦:

Most of us use PPT, [@drflashheart](#) is pro at Inkscape

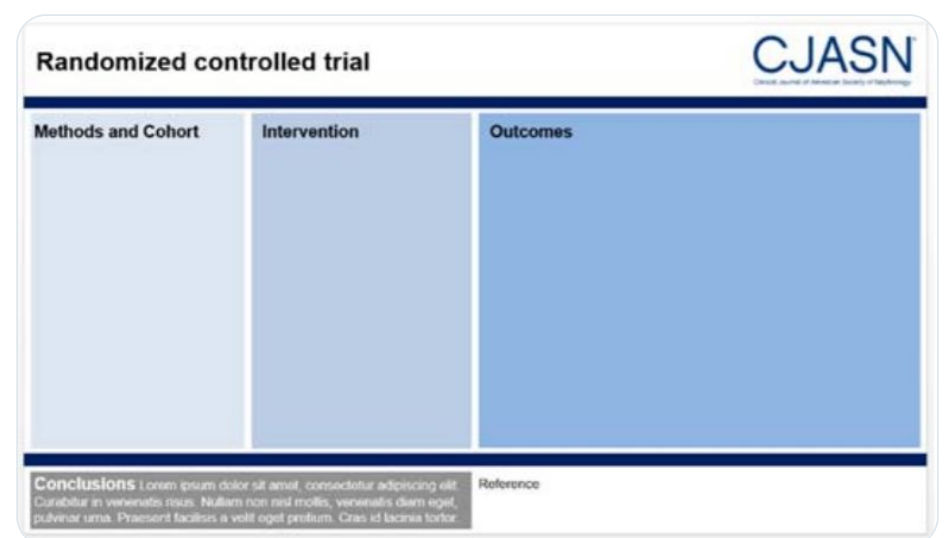
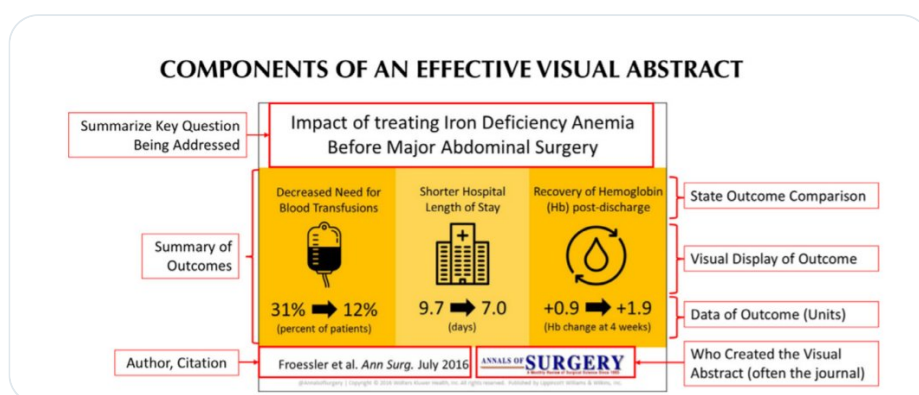
You can find icons at-

[@BioRender](#), [@iconfinder](#), [@mindthegraph](#)

thenounproject.com

- **Program:** Microsoft PowerPoint (Microsoft Corp, Redmond, WA) or Keynote (Apple Inc, Cupertino, CA) or Inkscape®
- **Divide slide into sections:** title, methods/cohort, results, conclusions
- Choose the slide **color scheme** and add colored panels
- **Images/ icon:** Select the most appropriate images and visual components that accurately describe the subject that you want to convey. Icons can be available for free and/ or purchase ([biorender](#), [icon finder](#), [thenounproject](#), [mind the graph](#))
- Add the pertinent **data**
- Check for **alignment and justification**
- **Citation** of the article
- Include your **name and twitter handle** - bottom right hand corner (artist's *signature*)

✦ VA Primer first introduced by [@AndrewMIbrahim](#) in 2016 and another example of a VA primer by [@CJASN](#)



✦ Now the most important step- ✦ **REVIEW & REFINE** ✦:

⚡ VAs should be reviewed by people with experience in creating them

⚡ having a few who are oblivious to your study, assess your VA - this tests its clarity and simplicity.

There are two typos of people in thic world:



those who can edit, and those who can't.

Jarod Kintz,

▶ 0:00 / 0:08



THIS BOOK IS NOT FOR SALE

✂ Now that you have created a wonderful VA, don't forget to SAVE your VA as a high-resolution image



💣 Common mistakes in making a VA 💣:

[#Imadeeverysingleoneofthem](#)

- ⚡ Being too vague
- ⚡ Excessive/ Flippant images
- ⚡ Too much/ not enough color
- ⚡ Too much text/ Not enough white space
- ⚡ specific skin tone for human subjects, ambiguous/controversial icons/images, & religious symbols

1. **Being too vague:** simplicity should not compromise quality
2. **Using images excessively:** It is important to remember **less is more**. Every image should convey a message. Before adding an image or icon, question yourself “ will adding this aid in a better understanding of the study?” Add only if the answer is “yes”
3. **Avoid flippant** images
4. **Too much or not enough color:** Use pleasing colors with appropriate contrast.
5. **Too much text:** Adding too much text will not only make VA look busy but also wastes the effort in creating one. Instead guiding them to your 150 word abstract would save everyone’s time.
6. **Not enough white space:** sizing your icons and images with appropriate, preferably equal space between them is important. If there is not enough white space between them, It could look like a bunch of stickers thrown together for a scrapbook
7. **Avoid a specific skin tone for human subjects, ambiguous/ controversial icons/images, and religious symbols**

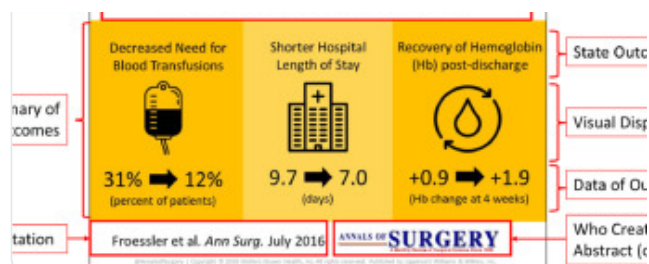
💣 Here’s do and don’ts table from seminars in nephrology @KidneyBea_n and EverlyRamos

COMPONENTS OF AN EFFECTIVE VISUAL ABSTRACT

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Summary: A visual abstract is a graphic summary of a study designed to enable readers to process key methods, findings, and conclusions rapidly. This allows readers to preview the article and decide ...

[https://www.seminarsinnephrology.org/article/S0270-9295\(20\)30049-8/abstract](https://www.seminarsinnephrology.org/article/S0270-9295(20)30049-8/abstract)

Table 2. Guidelines in Creating a Visual Abstract

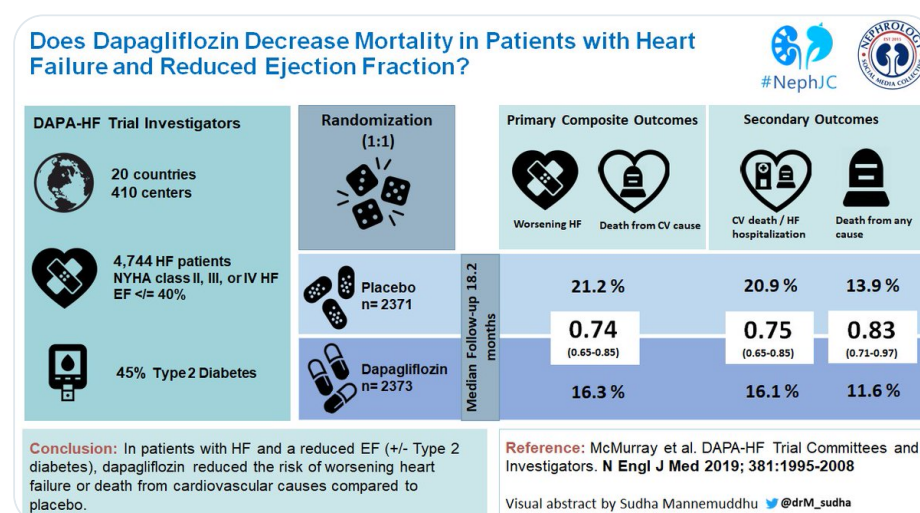
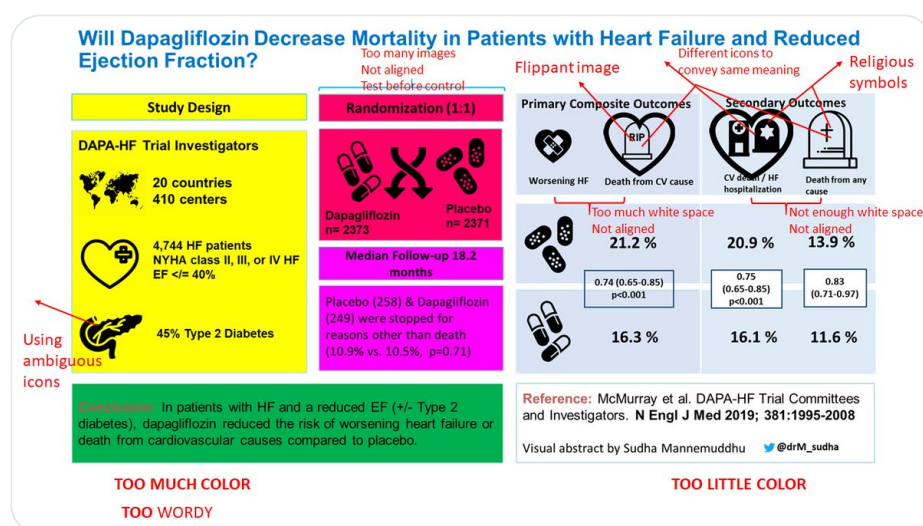
Do

- Remove details without changing the conclusions
- Draw the narrowest, most limited, conclusions from the data
- Use easy-to-read and appropriately sized font
- Use the journal's template, if applicable
- Save the image in high resolution
- Ask for feedback from others
- Include the visual abstract creator's name and Twitter handle

Don't

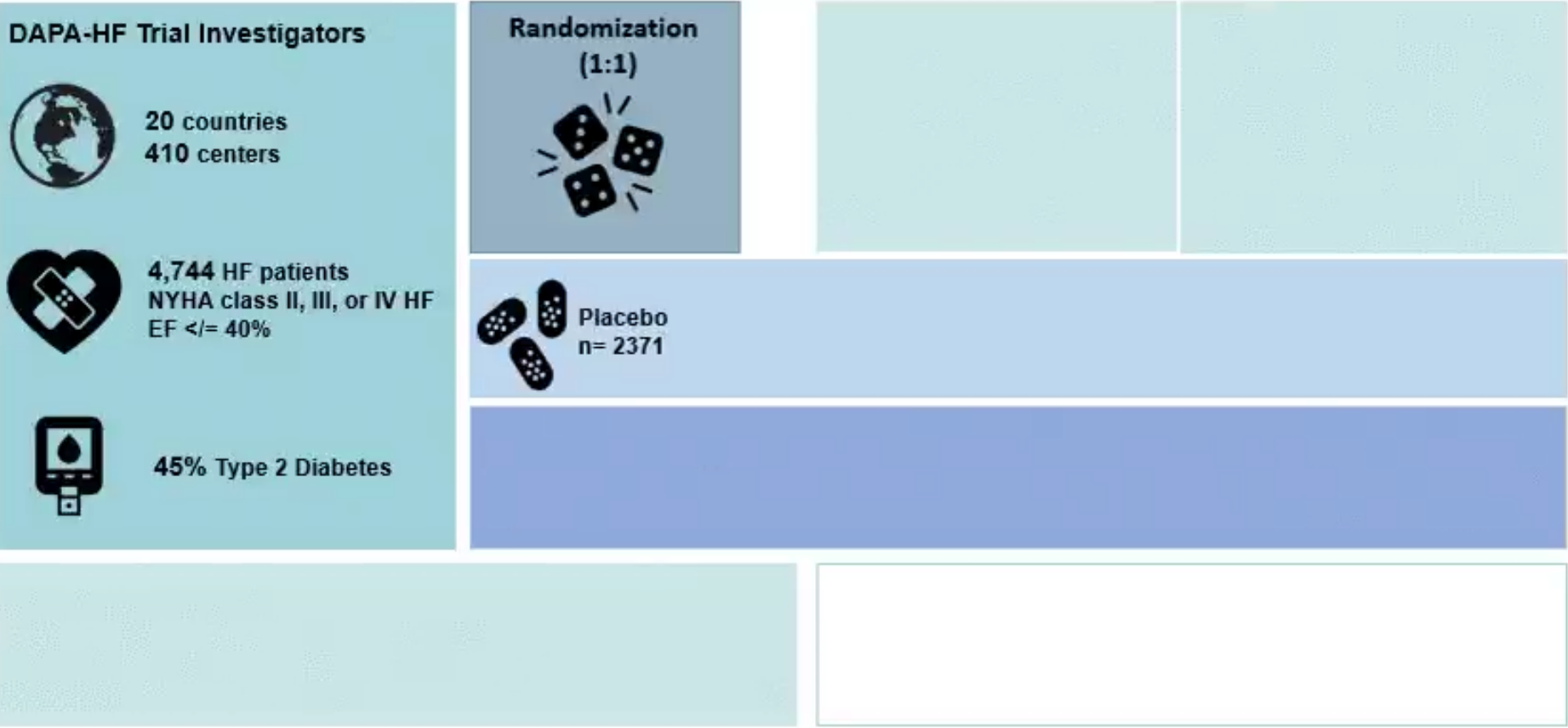
- Use icons or graphics without permission or user rights
- Attempt to include all of the study's findings
- Add an interpretation of the study's findings
- Use the journal's logo if the visual abstract is not sponsored by the journal

Here's examples of bad and a good VA



Let me show you how I made mine...

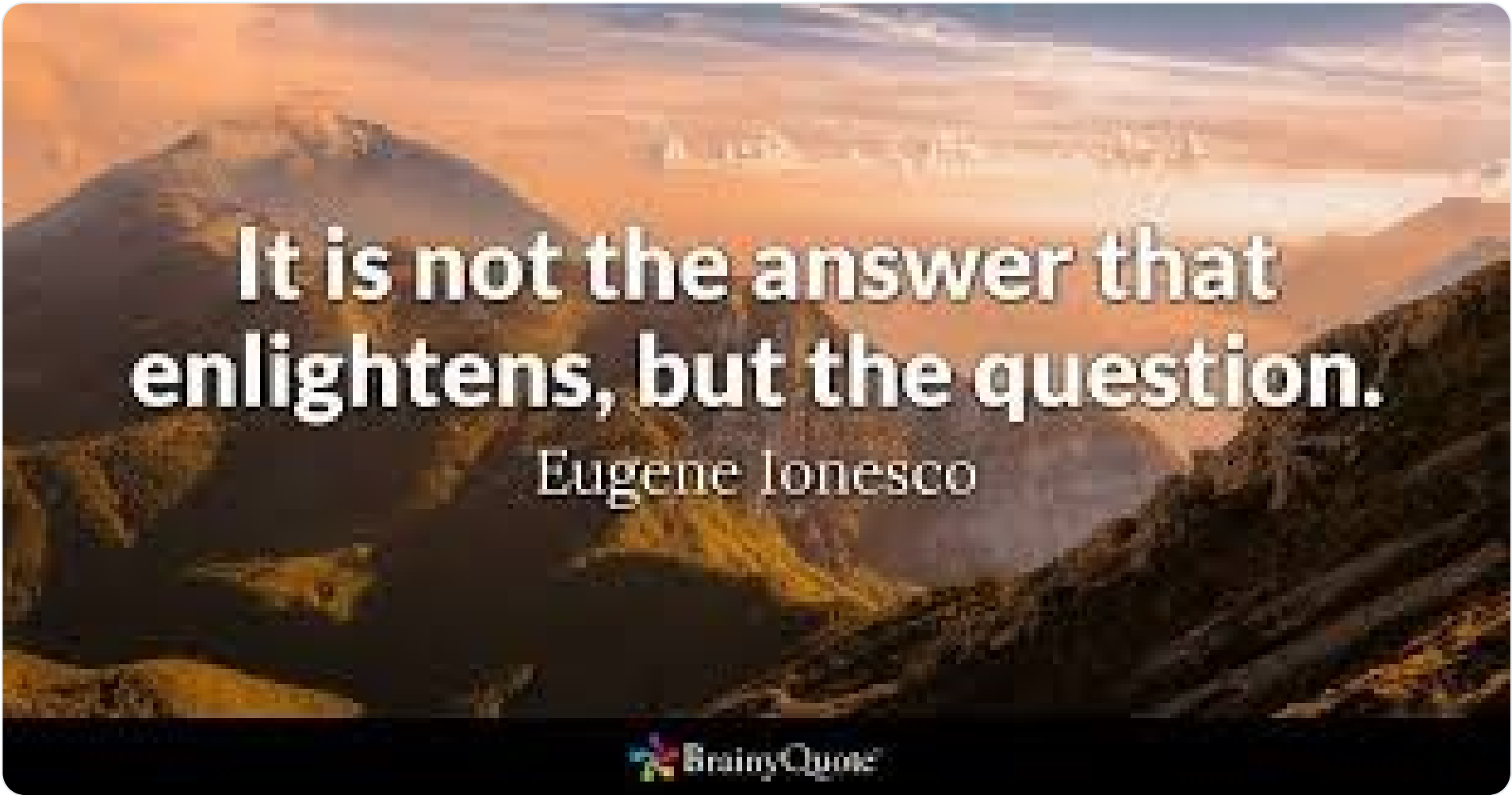
Does Dapagliflozin Decrease Mortality in Patients with Heart Failure and Reduced Ejection Fraction?



📌 Now that I’ve taught you (I think) all I know about VAs, how confident are you in creating a VA?

[#Dontforgettoshare](#)

📌 Thank you [@SinghNisha9777](#) for asking the question that resulted in this [#tweetorial](#)
Dedicated to all wonderful VA creators who taught and will continue to teach me.
Happy Creating Folks... until next time



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