Public speaking and PowerPoint: Potential, perils and pitfalls

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I have a dream

- What I liked...
Outline

1. Adult learning
2. Public speaking
3. Death by PowerPoint
What gives the best retention?

- Read
- Practice
- Lecture and slides
- Demonstrate
- Discussion
- Listen
Retention

- Listen 5%
- Read 10%
- Lecture and slides 20%
- Demonstrate 30%
- Discussion 50%
- Practice 75%
Adult learning

- A learning imperative
- Active involvement
- Analyzing problems
- Feedback
Should we lecture at all?
Lecture Adjuncts

- Do you need any?
- Best retention is not with slides
- The reality is that slides are the most commonly used adjuncts
Why use slides at all?

- Visual learners
- Reminds your audience
- Demonstrate points
Lecturing advantages
Lecturing disadvantages
Start with an attention grabber

- Problem case
- A Quote
- A story
- A film clip
- A call to action
Involve the audience

ARS

Whiteboarding

- Escape and type
3 messages 3 times
Great speaking

- Deep breath
- Turn off your phone
- Vary your voice
- Divide the room into three
- Eye contact
Great speaking

- Use your hands
- Tell them 3 times
- Avoid UMMMM/tics and
- This slide is complicated but…
Great speaking

- Organize talk digitally
- 1 slide/minute max
- Keep your sense of humor
- Water
Planning

- Start with goals
- Know your audience
- Research organize
- Takes time
- Goals last
Pre game

- Practice
- Arrive early
- Check out the scene
- AV prep
- Bring a backup and copy of your talk
Just say no
Podium
It’s not what you say but how you say it

- Applies to emotional discussions
- Body language is key for speaking
- 7% words, 38% voice, 55%BL

Mehrabian UCLA 1971
Ten Commandments

- Know your audience
- Know the subject
- Be interactive
- Be enthusiastic
- Humor
Ten Commandments

- Vary style and sound
- Summarize the 3 by 3
- Move, walk and gesture
- Finish strong and on time
- Do not read your slides
Pain in the .....  
What does everyone else think?  
Let’s talk afterwards  
Non verbal  
Don’t get into it
PowerPoint

- Gaskins and Austin 1984
- Originally “The Presenter”
- Purchased for $14 million
Say the words show the pictures
Can you imagine?

Summary

- New nation
- Civil war
- Dedicate field
- Dedicated to unfinished work
- New birth of freedom
- Government not perish

11/19/1863
Don’t let the slides take away from you

- **Major Criteria**
  - F ≥ 39 for ≥ 7d
  - Arthralgias or arthritis ≥ 2 weeks
  - Characteristic rash
  - Leukocytosis (≥ 10000, ≥ 80% granulocytes)

- **Minor Criteria**
  - Sore throat
  - Recent lymphadenopathy
  - Hepato- or splenomegaly
  - Abnl LFTs (esp. transaminases and LDH)
  - Neg. (or low titer)ANA and RF

- **Exclusion: Malignancy, Infection, other CTD**

- **Patient**
  - Quotidien fever (evenings)
  - Arthralgias for several weeks
  - Transient pink rash on torso associated with fever
  - Leukocytosis (WBCs 54000, predominant neutrophils)

- **Exclusion: Malignancy, Infection, other CTD**

  - Sore throat
  - Cervical LAD
  - Mild SM on CT scan
  - Mild transaminitis
  - Neg ANA and RF

  - Ferritin 762
Still’s disease
Infliximab

- **3 year Data:** 2 47 pts initially enrolled, retention rate=95.2%; partial remission in 66.7%
- **2 year data - ASSERT:** 279 pts (3:8 PBO:INF 5mg/kg) with crossover at Wk 24
  - BASMI and MRI-evident spinal inflammation significantly improved vs. PBO, sustained through 2 years

Adalimumab

- **ATLAS trial:** ASAS 20 response at 1 year: 71% (n=276), 2 years: 79% (n=173) NRI
- **RHAPSODY:** 1250 pts enrolled; 653 followed for 12 weks.
  - 74% achieved an ASAS 20 response
- **Total Spinal Ankylosis:** n=11 for 1 yr;
  - 82% achieved an ASAS 20 response

Etanercept

- **4 year Data:** 84 pts initially enrolled, LOCF 48 pts completed 200–212 wks, ASAS 20 achieved by 75%

**What about TNFi effect on new bone formation in AS?**

- Phase III RCTs with ETN and ADA revealed that radiographic progression, as measured by the mSASSS, was not inhibited at 2 years [progression compared to changes in historical cohort (OASIS)]

**Drug Survival in anti-TNF: BSRBR**

- 69% of AS pts still taking first anti-TNF at 2 years
- 13% discontinued due to inefficacy

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AS and TNFs

- 69% same TNF after 2 years
- 13% stopped due to lack of efficacy
- Probably decreases radiographic progression
Occam’s razor

- People tend to put every word they say on their slides. Although this eliminates the need to memorize your talk, ultimately this makes your slides crowded, wordy and boring. This will lead to losing your audiences attention before you even get to the bottom of your…
Don’t let bullet points take away from you

- Avoid
- Excessive
- Bullet
- Points
- Only
- Bulletpoint
- Key
- Points
- Too
- Many
- Will
- Dilute
- Your
- Key
- Message

- The
- Term
- Bulletpoint
- Comes
- From
- People
- Shooting
- Presenters
- Who
- Use
- Too
- Many
- Bullet
- points
Slides KISS

- 6 words 6 lines
- No bright colors
- Dark background light text or visa versa
- Short sentences/active wording
- No Spel chek big mistak!!
Pointless animation:

- Avoid bright colors
- Dark background, white or light text
- Use short sentences, active wording - sentences that are too long lose the audience and they spend too much time reading the slide and not paying attention to what you are trying to teach them
- Use spellcheck
- KISS
Templates
Example of a bad template
Slide Logistics

- Font size
  - 12 font
  - 14 font
  - 20 font
  - 24 font
  - 28 font
  - 32 font
  - 36 font
  - 40 font
Slide Logistics

- 32 font title 24 body
Slide Logistics

- 32 font title
- 24 body
- Arial or New Times
Slide  Logistics

- 32 font title
- 24 body
- Arial or New Times
- Bold
Slide Logistics

- 32 font title
- 24 body
- Arial or New Times
- Bold
- NO CAPITALS
Slide Logistics

- 32 font title
- 24 body
- Arial or New Times
- Bold
- NO CAPITALS
- **Color** for emphasis
Slide Logistics

- 32 font title
- 24 body
- Arial or New Times
- Bold
- NO CAPITALS
- Color for emphasis

this is progressive disclosure
Slide  Logistics

- Slide transitioning
  - Forget about it!
Slide Logistics

- Slide transitioning
  - Forget about it!
Slide Logistics

- Slide transitioning
  - Forget about it!
Slide Logistics

- Slide transitioning
  - Forget about it!
Slidemaking

- Repeat after me…
  - I will resist the Powerpoint demon
  - I will resist the Powerpoint demon
  - I will resist the Powerpoint demon
Handouts

- Should stand alone?
- Use space for note taking
- If you use your talk needs to follow it
- Should you even give a handout?
Images
You tube to WMV
Always check

- Filetype: ppt
Post mortem
Summary

1. It’s about you and your message
2. Interactive for adult learning
3. 3 by 3 repetition
4. Say the words show the pictures
5. Have fun

Have fun
But mostly its about you and your message
Close with a call to action

Try one thing differently? Dennis.boyle@dhha.org

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