



University of Oklahoma – Tulsa 2026 REACH-OUT Poster Forum

Sponsored by:

School of Community Medicine's Office for Research Development and
Scholarly Activity
Office of the OU-Tulsa Assistant Vice President for Research
OU-Tulsa Schusterman Library

ORDSA





Dear colleagues,

It is my pleasure to share with you the details for OU-Tulsa's 2026 Research Forum, now called REACH-OUT (**R**esearch **E**xpo **A**bout **C**ommunity and **H**ealth at **OU-Tulsa**) Poster Forum. The REACH-OUT Poster Forum is an annual event to showcase research on the OU-Tulsa campus.

Scholarly work will be widely disseminated. All REACH-OUT posters will be uploaded to the Open Science Framework, allowing other researchers around the world to view the posters. First, second, and third place winners will be selected along with awards for our special categories.

We would like to express our thanks to the OU-Tulsa Schusterman Library and the School of Community Medicine's Office for Research Development and Scholarly Activity for their dedicated commitment in planning and organizing the 2026 REACH-OUT Poster Forum.

On behalf of the 2026 REACH-OUT Program Committee, we look forward to receiving your abstract submission. Thank you in advance for your commitment to sharing your research with the Tulsa community.

Sincerely,

Kent Teague, PhD
2026 REACH-OUT Poster Forum Chair
OU-Tulsa Assistant Vice President for Research

Table of Contents

About the Conference	4
Important Dates and Deadlines	4
Information on Submission	6
Guide for Authors	7
Abstract Submission Information	8
Poster Submission Information	10
Respectful Language Guidelines	11
Sample Abstract	12
2025 REACH-OUT Poster Forum Winners	14
Abstract Submission Checklist	15

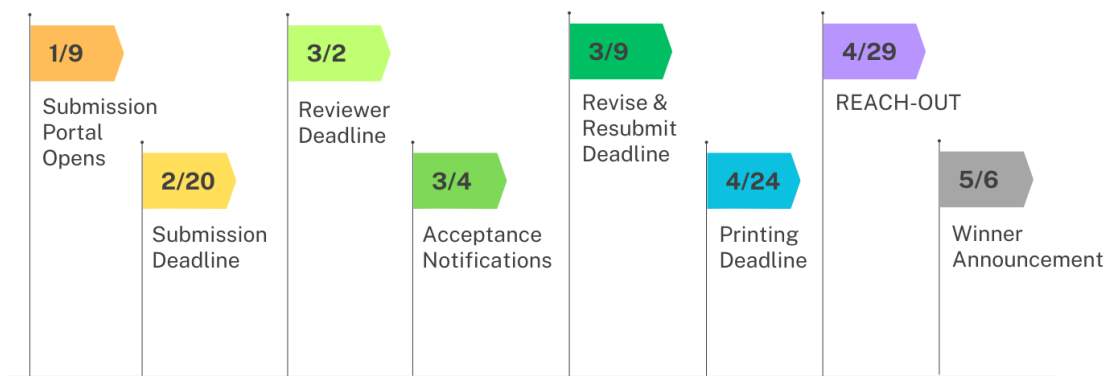
About the Conference

All accepted posters will be displayed in the Learning Center's Founders Hall during the REACH-OUT Poster Forum on **Wednesday, April 29, 2026, from 2:00pm to 4:00pm**. Posters will also be available for viewing on Open Science Framework.

Winners for first, second, and third place will be selected from all displayed posters (no category-specific awards will be given) along with awards for our special categories. See more details on page 6.

Important Dates and Deadlines

Abstract Submission Portal Opens	January 9, 2026
Abstract Submission Deadline	February 20, 2026
Acceptance Notifications	March 4, 2026
Revise & Resubmit Deadline	March 9, 2026
Poster Printing Deadline	April 24, 2026
REACH-OUT Poster Forum	April 29, 2026
Winner Announcement	May 6, 2026



Topical Categories

Biomedical – This category focuses on medical research with a biological or clinical focus. Examples would include research focusing on specific diseases, biometrics, medications, and clinical treatments.

Education – Posters in the education category will relate to pedagogy, student experiences, medical trainee experiences, educator perspectives, and interventions that occur in an education setting.

Engineering and Applied Research – Engineering and applied research posters will focus on science and/or math used for innovation. This includes research related to new technology, devices, inventions, equipment evaluations, machine learning, and solving technical problems.

Quality Improvement – Posters in this category will be specifically focused on improving patient care and/or workflows, usually in a clinic or hospital at which one or more of the authors serve. Examples would include things such as increasing follow-up visits with patients at an internal medicine clinic, improving rates of preventative screenings for children with diabetes, or creating a decision tree to distribute medication at a psychiatric hospital.

Social/Behavioral and Community Service – Projects in this area will focus on health disparities, projects that enrich the community, psychological and social work projects, behavioral interventions, wellbeing, attitudes, and cultural enrichment.

Special Award Categories

Focus on Underrepresented Minority Communities – The REACH-OUT Poster Forum committee recognizes the immense value of the work focusing on underrepresented groups in research. The winning poster in this category will include a research question that focuses on people from minority or understudied populations.

Convergence Research – Convergence research uses a transdisciplinary approach where researchers from different fields develop a common applied framework for approaching a complex and compelling problem. Authors eligible for this award will come from multiple departments working together on a problem that spans disciplines.

Exemplary Staff Poster – While staff is not competing with students, an exemplary staff poster may be recognized during REACH-OUT.

Information on Submission

The REACH-OUT Poster Forum (**R**esearch **E**xpo **A**bout **C**ommunity and **H**ealth at **OU-Tulsa**) is an annual event to showcase student, resident, and staff research. Current OU-Tulsa students, fellows, residents, or staff are welcome to submit abstracts to the forum through the REACH-OUT Poster Forum submission website (see link below).

All abstracts should be reviewed by your faculty mentor or advisor before you submit. If you are unsure of who that is, check with your department chair or advisor.

Peer reviewers in a related field will review the submissions to determine if they meet best practices. You will be notified if the abstract has been accepted or rejected by **Wednesday, March 4th, 2026**. This gives you time to prepare and print a poster and upload your files to OSF. Review the “Important Dates and Deadlines” section above and if you think you might need more time to prepare your poster, begin working on it as soon as you submit your abstract.

First, second, and third place winners will be announced for the overall forum. To promote further dissemination of research, the top three winners will receive awards to pay for publication fees to publish their work or conference travel to present their work. Please note no category-specific awards will be given.

The categories for Focus on Underrepresented Minority Communities, Convergence Research, and Exemplary Staff Poster are not categories for submission. Instead, authors will indicate on their initial submission whether their poster should be considered in these special categories. A select committee will make a final determination for these awards. The three placed winners as well as the winners in the special categories will be announced via email on **Friday, May 6, 2026**.

Guide for Authors

Reviewers will consider the following questions as they read through the abstract submissions:

Confidentiality: Did the author ensure confidential information is not revealed?

Originality: Is the abstract novel and interesting?

Will the information add to the current body of knowledge?

Is the research question important?

Are the results useful to one or more academic constituents?

Structure: Are the key elements included (background, methods, etc.)?

Does the content of the abstract reflect the title?

Does the introduction/background provide relevant information?

Are the methods adequately described?

Is the method an appropriate one to collect the data needed to address the objectives?

Are the design and sampling plan, or units of data collected appropriate for the project?

Is the analysis plan cogent and accurate?

Are the results explained clearly and logically?

Are the author's conclusions supported by the results?

Language: Is the abstract well written with minimal grammatical errors?

Abstracts that indicate "the work is in progress" or "the results will be discussed" are unacceptable.

References are not necessary to include in abstract submissions.

Need help writing your abstract? Check out these articles for some helpful tips and tricks:

[American College of Physicians – Writing a Research Abstract](#)

[American Society for Microbiology – Tips for Writing Your First Conference Abstract](#)

[PLOS – How to Write an Abstract](#)

Abstract Submission Information

Accessing the Abstract Submission Site

You will submit your abstract at <https://rf2026.exordo.com> by **Friday, February 20, 2026**. This deadline is final. Late or incomplete submissions will not be accepted.

REACH-OUT Lightning Talk Sessions

Incomplete research projects are **not acceptable** for the REACH-OUT Poster Forum. **However, we encourage those with incomplete or ongoing projects to submit their abstract to this year's REACH-OUT Lightning Talk sessions.** The OU-Tulsa Schusterman Library will host two Lightning Talk sessions in the Schusterman Library Gallery as part of REACH-OUT 2026. Submissions open Monday, February 2 2026, and can be submitted [here](#).

Lightning Talk Session 1: Tuesday, April 28, 2026, from 3:00pm to 4:00pm

Lightning Talk Session 2: Thursday, April 30, 2026, from 11:00am to 12:00pm

Lightning Talk topics can cover the design and operation of a research project as well as programs/projects that describe the creation and improvement of work, services, technologies, and procedures. Research can be in all stages of development, including planning and development stages. Presenters will have 5 minutes each and be limited to 5 slides.

Submissions are due by **Friday, March 13, 2026**.

Questions about Lightning Talks can be emailed to outulsalibrary@ou.edu.

Abstract Format Requirements

Abstracts are limited to 400 words.

Titles must be in title case and limited to 12 words. An example of title case:

Nasal Polyps Leading to Newly Diagnosed Cystic Fibrosis in an Adolescent

Abstracts must be provided in a structured format: Introduction, Methods, Results, and Discussion.

Case Reports are **not acceptable** for the REACH-OUT Poster Forum.

All authors' names, credentials, affiliations, and emails must be entered into the submission portal. Please make sure you have this information prior to abstract submission. It is the responsibility of the presenting author to ensure that a faculty mentor has approved the submitted abstract and is listed as an author, and that all co-authors are aware of the contents of the abstract and the submission is their own work in collaboration with the other authors listed.

You will also be asked to provide your IRB number if the study is human participant research. If applicable, please have this information prior to abstract submission.

Authorship

“Presenting Author” is defined as the author designated with presenting the abstract at the REACH-OUT Poster Forum. This individual is also responsible for providing the required information for all authors included in the submission. The presenting author cannot be a faculty member. If selected as a winner at the REACH-OUT Poster Forum, travel or publication fee support will be awarded to the presenting author.

“Corresponding Author” is defined as an author responsible for receiving and responding to messages from the REACH-OUT planning committee and the ORDSA team regarding submission and event information. We strongly encourage the presenting author and the corresponding author to be the same person, as most information is pertinent to presenting authors. However, more than one corresponding author can be selected per submission.

An author can be listed as a presenting author on only one submission; however, they may be a co-author on other abstracts. It is the responsibility of the presenting author to ensure that all co-authors are aware of the contents of the abstract and the submission is their own work in collaboration with the other authors listed. Incomplete author information may cause the abstract to be rejected.

Affiliation Examples

Julie Miller Cribbs, PhD - University of Oklahoma, Anne and Henry Zarrow School of Social Work

Martina Jelley, MD – University of Oklahoma, School of Community Medicine,
Department of Internal Medicine

Poster Submission Information

Information about Preparing a Poster Presentation

<https://www.acponline.org/membership/residents/competitions-awards/acp-national-abstract-competitions/guide-to-preparing-for-the-abstract-competition/preparing-a-poster-presentation>

Poster Uploads

Once your abstract has been accepted, presenters will need to follow the below instructions.

Presenters are encouraged to use a standardized poster template. You can access the template [here](#).

Poster Printing

Once your abstract has been accepted, presenters will need to follow the below instructions.

Presenters are encouraged to use a standardized poster template. You can access the template [here](#). You may also use your department approved poster template.

Information on pricing for poster printing services provided by the OU-Tulsa Schusterman Library can be found [here](#). Some departments help with the cost of printing. Check with your mentor for details. If the department is unable to help with your printing costs, you can visit any office or off-campus printing store for pricing. You may also contact ORDSA@ou.edu for possible support and additional resources.

If you select to use the OU-Tulsa Schusterman Library to print your poster, please note the abstract must be submitted for printing by **Friday, April 24, 2026, at 5:00pm**.

Posters wider than 48 inches WILL NOT be permitted due to the size limitation of our display boards.

Day-Of Details and Judging Information

The REACH-OUT Poster Forum will take place on Wednesday, April 29, 2026, from 2:00pm - 4:00pm. **You may hang your poster in Founders Hall that morning, from 9:00am - 11:00am.** If you are not available during that time, you must find someone to hang your poster for you. Be prepared to provide the presenting author's name, the poster title, and/or the submission ID number when arriving to hang your poster. Velcro used to hang the posters will be provided.

The presenting author is **required** to be present in Founder's Hall during the REACH-OUT Poster Forum and should be prepared to make a short presentation to the judges (no more than three to five minutes). The presenting author may **not** be a faculty member. Judges may not be in your field of study so the presentation should be for a general audience.

Presenting authors are expected to be there for the full two hours of the Poster Forum. Judging will take place throughout the event, so it is important to be there for the duration of the event. A poster will not be judged if the presenting author is not present at their poster during the event.

Withdrawals

If you need to withdraw your submission for any reason, please email ORDSA@ou.edu with your name, poster title, and submission number.

Suggested Guidelines about Respectful Language

ORDSA values reducing bias in research and is committed to making research accessible to and respectful of minority groups. Please contact ordsa@ou.edu with any questions about these best practices. If you think these guidelines should be changed, ORDSA is glad to discuss.

Checklist of Suggested Guidelines

- ❑ Gender should include “male”, “female”, and “another gender”. If you did not collect genders besides male and female, include an asterisk under your demographic table indicating this. Include transgender identity if measured.
- ❑ Alphabetize races and, if measured, sexual orientations when reporting demographic variables.
- ❑ *Indigenous Peoples* is an appropriate term to describe people from tribal nations.
- ❑ Describe Hispanic/Latinx identity as a race instead of ethnicity whenever possible to acknowledge the minority stress this group experiences. If it is not possible, include a sentence that says “Ethnicity was measured separately from race in this study” before listing demographics related to ethnicity.
- ❑ If you have combined a multi-faceted minority group in your analyses, i.e., all people of color, all LGBTQ+ people, or all Indigenous Peoples for statistical power reasons, write a sentence similar to the following: “Although all people of [demographic group] were combined in these analyses for statistical power reasons, we acknowledge limitations of this approach as different [demographic group] minority people have different lived experiences.”
- ❑ If your results talk about disparities minority people experience, you should write a sentence similar to the following: “[Demographic group] disparities observed in these results are part of a larger social context related to power, privilege differentials, and structural determinates of health.”
- ❑ Appropriate terms for what used to be called homelessness are “people experiencing homelessness”, “unhoused people”, or “houseless people”.
- ❑ Instead of saying addiction, say “disordered substance use” or “substance use disorder”.
- ❑ When discussing people with larger bodies, write a sentence to acknowledge the role social determinants of health play in body size. An example would be: “It is important to note that social determinants of health play a role in body size.”
- ❑ Use person first language, i.e., “people living with HIV”, “people who smoke”, “Hispanic people” (not Hispanics), “people with obesity”.
- ❑ Make the poster [readable by a screen reader](#) for people with visual impairments.
- ❑ Use [colorblind friendly graphs](#).

Sample Abstract

Title

Enhancing Nutrition Counseling in Healthcare: The Impact of DUO for Health

Authors

Madison Hemenway - University of Oklahoma, Hudson College of Public Health
Valarie Carter, MPH - University of Oklahoma, School of Community Medicine, Culinary Medicine Program
Marianna Wetherill, PhD - University of Oklahoma, Hudson College of Public Health, Department of Health Promotion Sciences

Introduction

Research suggests over 50% of patients with diabetes and 67% of patients with hypertension have yet to receive any formal counseling on dietary strategies to manage these conditions. Fruits and vegetables (F/V) offer many therapeutic properties yet can be unaffordable for people who receive Supplemental Nutrition Assistance Program (SNAP), who are disproportionately affected by these chronic health conditions. The Double Up Oklahoma (DUO) program provides nutrition incentives to purchase F/V, yet many who are eligible do not participate. Founded in 2022, the DUO for Health program aims to reduce disparities in patient receipt of nutrition counseling while also raising patient awareness of DUO in the context of a brief healthcare encounter. Program components include initial provider training about DUO and free patient education materials that providers can distribute to patients during routine clinical encounters.

Methods

To evaluate the impact of DUO for Health on participating provider's nutrition counseling and provider satisfaction with materials, we administered brief online surveys to providers upon program enrollment (baseline) and quarterly. Baseline survey documented healthcare provider type, and follow up questions specifically evaluated perceived impact of program materials on counseling frequency, provider confidence in counseling, and perceived interest among patients who received materials.

Results

Since May 2022, 40 providers enrolled in the DUO for Health program including physicians (n=10), physician assistants (n=7), nurses (n=14), and care coordinators/health educators (n=9). Among these providers, 18 completed at least one quarterly follow-up survey as of January 2025. Over half of DUO for Health providers agreed or strongly agreed (56%) the program increased how often they advise patients with diabetes or hypertension on nutrition. Two-thirds (67%) of providers agreed or strongly agreed the materials have positively affected their ability to give nutrition advice. A majority (67%) of providers also perceived their patient population found the materials to be very or extremely interesting

Discussion

Findings suggest that DUO for Health supports healthcare providers in delivering nutrition counseling more frequently and with better confidence. By positioning trusted medical professionals as advocates for fruit and vegetable consumption, the program may enhance patient participation in nutrition incentives. Future studies should examine the influence of DUO for Health on DUO participation among eligible patients.

2025 REACH-OUT Poster Forum Winners

Congratulations to all the 2025 REACH-OUT Poster Forum winners!

TOP 4 EXEMPLARY POSTERS

Phu Dang - University of Oklahoma, School of Community Medicine
Predictors of Major Cardiac Events after Urgent or Emergent Abdominal Surgeries
Co-authors: Zachary Arnold; Nicholas Hollman, MPH; Nasir Mushtaq, PhD; Savanna Gaway, MD; Amanda Gibson, MD; Blake Lesselroth, MD; Zhamak Khorgami, MD

Madison Hemenway - University of Oklahoma, Hudson College of Public Health
Enhancing Nutrition Counseling in Healthcare: The Impact of DUO for Health
Co-authors: Valarie Carter, MPH; Marianna Wetherill, PhD

Amy Hendrix-Dicken, PhD - University of Oklahoma, Organizational and Community Leadership Program
Protecting the Sacred: Indigenous Child Removal in Oklahoma Child Welfare Cases
Co-author: Ric Munoz, PhD

Caroline Thompson, MD - University of Oklahoma, School of Community Medicine, Department of Pediatrics
Pharmacogenetic Testing in Children with Cystic Fibrosis
Co-authors: Jeffrey Frerking, MD; Amy Hendrix-Dicken, PhD; Michelle Condren, PharmD; Joseph Walter, MD; Samie Sabet, PharmD

SPECIAL CATEGORIES

Convergence Research – Ash Rowe - University of Oklahoma, Hudson College of Public Health
Investigating Lifetime Adversity, Chronic Pain, and Depression Among People Living with HIV
Co-authors: Sheridan Miller Kardos; Michael Royer, PhD; Lacey Caywood, MPH; Casey Bakhsh; Marianna Wetherill, PhD

Focus on Underrepresented Minority Communities - Caleb Burruss - University of Oklahoma, School of Community Medicine
Does Immigrant Identity Affect How Patients Talk to Their Families about Health Symptoms?
Co-authors: Priya George; Leann Khattab; Sana Ahmed; Da Young Seo; Saramarie Azzun; Lily Robistow; Maryam Saleh; Sarah Beth Bell, PhD

Abstract Submission Checklist:

Please ensure you have checked off all the listed steps prior to submitting your abstract.

- ☐ Abstract title is in title case and is no longer than 12 words.
- ☐ Abstract is 400 words or less (not including title or authors).
- ☐ Abstract is structured with separate sections for Introduction, Methods, Results, and Discussion.
- ☐ All contributing authors, including the faculty mentor, are listed as authors on the abstract.
- ☐ At least one author is prepared to be the presenting author on the submission.
- ☐ At least one author is prepared to be the corresponding author on the submission.
- ☐ All author emails, credentials, and affiliations are collected and ready to be entered into the submission portal.
- ☐ The faculty mentor has reviewed and approved the abstract.
- ☐ Research facilitator/administrator has reviewed and approved the abstract (where applicable).