

Early Stage Health Researcher Information Leaflet 2025

Encouraged by the success and positive feedback from the previous events, the Research & Education Foundation (REF) at Sligo University Hospital (SUH) is delighted to host the 4th Early Stage Health Researcher (ESHR) Forum. This event is open to ESHRs at SUH, the wider catchment area, and beyond. The REF invites abstract submissions for consideration as a poster for the Poster Exhibition and as a speaker presentation at the 4th ESHR Forum.

Event Description

ESHR Forum is an event that challenges researchers to describe their research and its significance, in a non-specialist language to a general audience in a just 5 minute presentation. The ESHR Forum is a excellent opportunity for researchers to present completed or work-in-progress health-related research and to improve their communication skills, while receiving constructive feedback from an expert panel.

Event Details

When: Thursday, November 27th, 2025, 2 – 5 pm

Where: Lecture Theatre, Level 6, Sligo University Hospital

Who can attend?

This event is open to anyone engaged in health research or interested in learning about local health research. We particularly encourage participation from early stage health researchers, academics, nurses, medical and health & social care professionals, and medical students.

Who can present?

To be eligible to present, you must:

- Be an early stage health researcher*.
- Attend the full event in person.
- Submit an abstract by Monday, October 6th, 2025.

Benefits to Presenters:

- Participate in a free pre-conference event focusing on Early Stage Health Researchers.
- Present your work-in-progress and receive valuable feedback from a panel of experts.
- Display your work-in-progress poster during the Poster Exhibition.
- Compete for the prestigious Research & Education Foundation Medal for 'Best Presentation'.

Expert Panel 2025

Our expert panel will be announced closer to the date and will provide valuable feedback to early researchers.

Abstract Submission

To be selected as a speaker, you must submit an abstract for your project. This could include research you are actively conducting or research that is completed but requires further interpretation before wider dissemination.

Selection Process

Abstract submissions will be externally reviewed and scored based on medical and scientific significance, timeliness, data quality, methodology, potential impact, and adherence to format requirements described below. From the accepted abstracts, up to 15 ESHRs will be invited to present at the event.

Accepted Abstracts

Abstracts will be accepted for either presentation and poster or poster only.

- **Oral Presentation:** If your abstract is awarded an oral presentation, you will be invited to deliver a 5-minute presentation about your research project at the ESHR Forum. There will be a short Q&A opportunity after your presentation. After each block of up to 5 presentations, there will be a 15-minute session for feedback from the expert panel.
- **Poster Display:** If your abstract is selected for a poster display at the Poster Exhibition, please note the following:
 - *Poster Format:* A0 size, preferably portrait.
 - *Printed Posters Drop-off:* **Wednesday, November 19th, 2025**, at SUH Library, Level 6 or REF Office, ETC Building
 - *Poster Exhibition:* Posters will be displayed from November 20th to December 4th, 2025.
 - *Research & Education Foundation Medal:* Awarded to the best poster.

How to submit

Submission Deadline: Monday, October 6th, 2025

Submission Method: Submit your abstract for the 4th ESHR Forum by emailing the completed Abstract Submission Form to office@ref-sligo.ie.

Email Subject Line: Use '2025ESHRForum [1st Author's Family Name] [partial Abstract Title/Keyword]'

Confirmation of Abstract Receipt

The submitting author will receive an email confirming receipt of the abstract. If you do not receive an acknowledgement within three working days, please contact office@ref-sligo.ie.

Further information

- For more details about the 26th Annual Multidisciplinary Health Research Conference and the 4th Early Stage Health Researcher Forum, please visit our website at ref-sligo.ie.
- For any queries, contact us via email at office@ref-sligo.ie.

ABSTRACT SUBMISSION CLOSES: Monday, October 6th 2025

ABSTRACT SUBMISSION IS NOW OPEN.

Abstract Submission Form: click [here](#) or request from office@ref-sligo.ie.

Abstract Guidance: click [here](#) or request from office@ref-sligo.ie.

^{*)} **Definition of Early Stage Health Researchers (ESHRS):** Early Stage Health Researchers (ESHRS) are defined as individuals working in the area of health or academia with less than five years of full-time equivalent research experience in health research. This definition includes postgraduate students, doctoral students, post-doctoral researchers, medical doctors, nurses, and health & social care professionals, or equivalent roles.