4 LESSONS · 4 WORKSHEETS

THE PAPER-TO-POST METHOD

One page per lesson. Print it or fill it in on screen.

LESSON 1 WORKSHEET

Picking the right study

Action step: Pick one patient question and find one guideline or review that answers it. Run the four checks.

THE PATIENT QUESTION

THE SOURCE (TITLE, JOURNAL, YEAR, LINK)

TYPE: GUIDELINE / REVIEW / RCT / COHORT / OTHER

FOUR CHECKS: SIZE / POPULATION / OUTCOME / FUNDING

STRENGTH VERDICT: PROVEN / PROMISING / UNCLEAR

LESSON 2 WORKSHEET

Plain-language translation

Action step: Rewrite your study's main result as one plain sentence plus one 'out of 100' number.

THE FINDING IN ONE SENTENCE (14-YEAR-OLD TEST)

THE NUMBER: OUT OF 100 PEOPLE...

JARGON TO SWAP (TERM = PLAIN WORDS)

WHAT THIS STUDY DOESN'T SHOW

SLIDES 1 TO 7 IN ONE LINE EACH

Sourcing under the post

Action step: Write the source line and the caption reference for your post, with the DOI or PMID.

SOURCE LINE FOR THE LAST SLIDE

CAPTION REFERENCE WITH DOI / PMID

EACH SLIDE CLAIM AND WHERE IT COMES FROM

ANYTHING I NEED TO CUT OR SOFTEN

LESSON 4 WORKSHEET

Staying compliant (and when to hand it off)

Action step: Run your post through the Source-Check Checklist from your email before you publish it.

MY REGULATOR'S ADVERTISING GUIDANCE (NAME + LINK)

WORDS I'LL NEVER USE IN POSTS

MY STANDARD DISCLAIMER LINE

MY COMMENT REPLY WHEN SOMEONE ASKS FOR PERSONAL ADVICE

CHECKLIST PASSED ON (DATE)

NEXT STEP

WANT US TO DO IT FOR YOU?

Haelyx makes your posts and reels from your own words and the research. Nothing goes live without your OK.

Your first post is free

DM **POST** to **@shembosis** on Instagram (ig.me/m/shembosis), or reply to any course email.