

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, May 8th 2018, 8:00PM – Tue, May 8th 2018, 9:15PM (Europe/London).

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OTalk @OTalk_

#OTalk House Rules: All professional codes apply Be respectful of people's thoughts and opinions Reflect Come back next week
<https://t.co/lhcm9juL8K>



OTalk @OTalk_

Good evening, who is here for #OTalk do say hi even if you plan on lurking. @Helen_OTUK on the account. Any questions, ask away.
<https://t.co/UAd7n3fmtq>



Stephanie Lancaster @TheOutLoudOT

RT @OTalk_: This weeks #OTalk is on the topic of "Podcasts as a Tool for Continuing Professional Development" and will be hosted by S



Stephanie Lancaster @TheOutLoudOT

Hello, otalkers! Thanks for joining in on the #OTalk session today on the use of podcasts as a tool for professional development! @OTalk



Margaret Spencer @margaretOT360

Looking forward to #otalk this evening <https://t.co/eEQ0VOlcbR>



#hellomynameis Carolyn @CeeCeeOT

Checking in for #OTalk, likely to be lurking tonight <https://t.co/tsQCd3rZOS>



Mark Whiteman @markstudentOT

#OTalk Hullo.



sherlyn graham @sherlynmelody

I'm here tonight, not been on in a long while. Hello everyone #OTalk



Stephanie Lancaster @TheOutLoudOT

Q1: How often do you listen to podcasts? #OTalk @OTalk_



Elle, OTS @elleOT2019

I'm here! #OTalk <https://t.co/GEd3p9cbR2>



OTalk @OTalk_

#OTalk, hello one and all... Hope you have had good days?



dm_ot @dmay_ot

Evening all! #otalk



Deborah Harrison @DebbiiHarrison

Hello #OTalk; just lurking tonight, I've got a cold & feeling sorry for myself 😞 <https://t.co/zFc7FDs6yq>



OTalk @OTalk_
#OTalk Q1.... <https://t.co/T2ICIO7EHU>



#hellomynameis Carolyn @CeeCeeOT
RT @TheOutLoudOT: Hello, otalkers! Thanks for joining in on the #OTalk session today on the use of podcasts as a tool for professional



Mark Whiteman @markstudentOT
#OTalk Q.1. I listen to podcasts usually in a binge-like way, once/twice month.



sherlyn graham @sherlynmelody
@TheOutLoudOT @OTalk_ Not very often, but the times I have, the information has been really useful #OTalk



Elle, OTS @elleOT2019
Once a week. Looking to learn of some OT related podcasts to add to my list. #OTalk <https://t.co/NKeE98Y3U0>



Orla @orlatheot
@TheOutLoudOT @OTalk_ Everyday, I love podcasts. So handy to be listening to as I go about my day #OTalk



Margaret Spencer @margaretOT360
#otalk I have listened to the odd one but not often <https://t.co/9ZyZuyCuMm>



Carrie Sant @carrie_sant
I will be joining in properly for the first time in a long while tonight :) #otalk



dm_ot @dmay_ot
Qu 1. I listen to podcasts; some are peripherally relevant to OT but I could do with finding some good OT ones! #otalk



Helen OTUK @Helen_OTUK
@TheOutLoudOT @OTalk_ I listen on longer car journeys, or train journeys. Sometimes at home. #OTalk Q1



Healthy Work Ltd @HealthyworkLtd
@TheOutLoudOT @OTalk_ Occasionally! #otalk



Lynne Merrett @ot_lynne
@OTalk_ #OTalk I listen to a few a month but I've never thought of listening for OT stuff!



Stephanie Lancaster @TheOutLoudOT
@OTalk_ I'll chime in ... I have an hour-long commute each way to work and listen to podcasts on my drive to and from work every day! #OTalk



Carrie Sant @carrie_sant
A1 I listen to at least one main podcast once a week but I used to listen to them more often on long drives for work #otalk



#hellomynameis Carolyn @CeeCeeOT
@TheOutLoudOT @OTalk_ Whenever I remember to, sometimes once or twice a month during my commute #OTalk



Kelly S @KellyOT
Hi #otalk <https://t.co/l7J6Gxpkou>



Mark Whiteman @markstudentOT
#OTalk I'd listen to more if I could find a good way to hunt down the health-/OT-related ones I am interested in.



Stephanie Lancaster @TheOutLoudOT

RT @CeeCeeOT: @TheOutLoudOT @OTalk_ Whenever I remember to, sometimes once or twice a month during my commute #OTalk



Cara Lawrence @caralawrence

I am here #otalk lover of @GuiltFemPod and other podcasts



Stephanie Lancaster @TheOutLoudOT

RT @Helen_OTUK: @TheOutLoudOT @OTalk_ I listen on longer car journeys, or train journeys. Sometimes at home. #OTalk Q1



Rachel OT @OT_rach

#OTalk - a bit late, but here to join in tonight interesting topic!



Sarah Sharland @SarahSharland19

@TheOutLoudOT @OTalk_ I've really gotten into them recently! I listen to them while running or at the gym #OTalk



Bethany Chitty @BethanyChitty

@TheOutLoudOT @OTalk_ I listen to podcasts most days. Sometimes on journeys, when I'm doing stuff around the house or also when #OTalk



Carolina Cordero @colourful_ot

@OTalk_ My day was mostly last-minute preparation for the placement I'm starting tomorrow - can't wait :D #OTalk



Helen OTUK @Helen_OTUK

@TheOutLoudOT @OTalk_ #OTalk yes I got into that habit when I had a longer daily commute. Less so now, due to less driving.



Mark Whiteman @markstudentOT

@SarahSharland19 @TheOutLoudOT @OTalk_ #OTalk Funnily enough, I've taken to watching OT related videos whilst cycling at the gy



Deborah Harrison @DebbiiHarrison

@sherylnmelody Sending you a hug 🤗❤️ #OTalk



Rachel OT @OT_rach

RT @TheOutLoudOT: Q1: How often do you listen to podcasts? #OTalk @OTalk_



Rachel OT @OT_rach

Beginning to listen to more and more, podcast - save them for long car journeys. #OTalk <https://t.co/L960eR4w7E>



Stephanie Lancaster @TheOutLoudOT

Q2. What do you see as the benefits of listening to podcasts? #OTalk @OTalk_



OTalk @OTalk_

#OTalk Q2... <https://t.co/ZZxwQvUila>



Bill Wong, OTD, OTR/L @BillWongOT

Late to the party today. #otalk



Cara Lawrence @caralawrence

@TheOutLoudOT @OTalk_ Listen on the go or working out, learn something you wouldn't have made time for otherwise #OTalk



Mark Whiteman @markstudentOT

#OTalk Q2. Benefits: sometimes for learning, sometimes to have a laugh, sometimes to take my mind elsewhere.



sherlyn graham @sherlynmelody

@TheOutLoudOT @OTalk_ For me it's learning about a topic a may not have had much knowledge on or just another perspective #OTalk knowledge



Carolina Cordero @colourful_ot

@TheOutLoudOT @OTalk_ Recently I've been listening to podcasts quite a lot, mainly @wonderfulpod, @TheZoneCast, and @MBMBa by the same people, so I maybe need to branch out a little - occupational therapy podcasts might be a good start!) #OTalk



Lynne Merrett @ot_lynne

@TheOutLoudOT @OTalk_ #OTalk They are generally free and easy to access.

Technology

Research



Helen OTUK @Helen_OTUK

Range of topics, listen when it suits, ability to re listen for reflective purposes... #OTalk Q2 <https://t.co/5VDpAhpXrE> Pricing



Cara Lawrence @caralawrence

@ot_lynne @TheOutLoudOT @OTalk_ Always a bonus #OTalk

Healthcare Hashtags

Company



Carrie Sant @carrie_sant

A2 I find them useful as a different way of exploring and absorbing new information and ideas via audio rather than reading #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@TheOutLoudOT @OTalk_ Since I produce one of them for AOTA sometimes... I would say once a month or 2. #otalk



Cara Lawrence @caralawrence

@colourful_ot @TheOutLoudOT @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM What are these about? #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @markstudentOT: #OTalk Q.1. I listen to podcasts usually in a binge-like way, once/twice month.



Orla @orlatheot

@TheOutLoudOT @OTalk_ There are so many podcasts documentaries out there to listen to. I love how I can hear other people's storie having different conditions/disabilities and learn from their experiences #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @orlatheot: @TheOutLoudOT @OTalk_ Everyday, I love podcasts. So handy to be listening to as I go about my day #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @TheOutLoudOT: @OTalk_ I'll chime in ... I have an hour-long commute each way to work and listen to podcasts on my drive to and



Bill Wong, OTD, OTR/L @BillWongOT

RT @carrie_sant: A1 I listen to at least one main podcast once a week but I used to listen to them more often on long drives for work #ot



Elle, OTS @elleOT2019

1. Taps into the auditory aspect of my learning 2. Improves comprehension 3. Provides insights I might not have considered prior to lister podcast 4. Calming #OTalk <https://t.co/DpsDNQ1gLt>



#hellomynameis Carolyn @CeeCeeOT

@SarahSharland19 @TheOutLoudOT @OTalk_ I've been meaning to listen to podcasts during running! #OTalk



Rachel OT @OT_rach

I listen to things to feel informed - a few politic podcast, but I also listen to others for entertainment, comedy ones mainly. #OTalk <https://t.co/5UAVfggnty>

Stephanie Lancaster @TheOutLoudOT



@eleanorramsell @OTalk_ If you have an iPhone, you can get podcasts via the Apple Podcast app which is standard on the phone. If you have Androids or another type- or if you're on an iPhone and prefer, you can use an app like Stitcher. Just download the app and search by top podcast title. #OTalk



Bethany Chitty @BethanyChitty

@TheOutLoudOT @OTalk_ As others have said, they are usually free and quite accessible. There is a wide range of them out there so the variety you can listen to is so varied. I find that it is easier for me to find time to listen to a podcast sometimes than sit and read an article #OTalk



Carrie Sant @carrie_sant

A2 I also find them to be a useful alternative form of CPD. Although not always directly related, listening to the stories of others helps me as an OT to broaden #otalk



Kelly M @OTontheTracks

@OTalk_ @Helen_OTUK Evening all, just in from dinner with a friend so planning on lurking tonight. Interesting topic tonight. #OTalk



#hellomynameisCarolyn @CeeCeeOT

@TheOutLoudOT @OTalk_ They can be on any topic for just about any purpose and are very accessible for me #OTalk



Sarah Sharland @SarahSharland19

@TheOutLoudOT @OTalk_ They're free CPD in some cases, it means I can multi task eg listen to them while doing something else. Plus it seems to be a podcast for everything! I also find it better than music when running or exercising. #OTalk



Mark Whiteman @markstudentOT

@SarahSharland19 @TheOutLoudOT @OTalk_ #OTalk I'm not sure about pace, but I just get bored and I'd rather watch something other than concrete walls and the rubbish on the gym tv's!



Bill Wong, OTD, OTR/L @BillWongOT

RT @markstudentOT: #OTalk I'd listen to more if I could find a good way to hunt down the health-/OT-related ones I am interested in.



Carolina Cordero @colourful_ot

@caralawrence @TheOutLoudOT @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Wonderful! is a podcast where the hosts share their favourite things (foods, music, basically anything), My Brother, My Brother and Me is three brothers giving terrible advice, and The Adversaries is the same brothers playing D&D with their dad (all very funny) #OTalk



Stephanie Lancaster @TheOutLoudOT

@BillWongOT @OTalk_ I'm surprised you don't listen more often :) #OTalk



Mark Whiteman @markstudentOT

@TheOutLoudOT @eleanorramsell @OTalk_ #OTalk Stitcher app. Good tip. Checking it out after the chat. Thank you.



Kelly M @OTontheTracks

@TheOutLoudOT @OTalk_ Enjoy the variety and the ability to gain knowledge on the go as I tend to listen whilst commuting #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@TheOutLoudOT @OTalk_ As a producer sometimes... getting a chance to network with guests is an awesome thing! #otalk



Cara Lawrence @caralawrence

i have a very funny one i listen to but i am not sure I can reveal on a professional platform hee hee #OTalk <https://t.co/eeReiH6yJy>



Bill Wong, OTD, OTR/L @BillWongOT

@TheOutLoudOT @OTalk_ I think I needed Spice Girls music to unwind every day... lol! #otalk

sherlyn graham @sherlynmelody

RT @TheOutLoudOT: @eleanorramsell @OTalk_ If you have an iPhone, you can get podcasts via the Apple Podcast app which is standard



ph...



Bill Wong, OTD, OTR/L @BillWongOT

RT @OTontheTracks: @TheOutLoudOT @OTalk_ Enjoy the variety and the ability to gain knowledge on the go as I tend to listen whilst commuting...



Bill Wong, OTD, OTR/L @BillWongOT

RT @colourful_ot: @caralawrence @TheOutLoudOT @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Wonderful! is a podcast w/ hosts share thei...



Stephanie Lancaster @TheOutLoudOT

Lots of great benefits! Q3: Do you feel that listening to podcasts helps you to learn and grow professionally? Why or why not? #OTalk @



Bill Wong, OTD, OTR/L @BillWongOT

RT @SarahSharland19: @TheOutLoudOT @OTalk_ They're free CPD in some cases, it means I can multi task eg listen to them while d somethin...



Mark Whiteman @markstudentOT

@colourful_ot @caralawrence @TheOutLoudOT @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM #OTalk Adventure Zone sound



Cara Lawrence @caralawrence

@BillWongOT @TheOutLoudOT @OTalk_ bill are these available to the uk? #OTalk



OTalk @OTalk_

#OTalk Q3.... <https://t.co/YGqiHKmsDu>



sherlyn graham @sherlynmelody

@markstudentOT @TheOutLoudOT @eleanorramsell @OTalk_ Snap #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@SarahSharland19 @TheOutLoudOT @OTalk_ And the OT ones for sure are free CPD! #otalk



Stephanie Lancaster @TheOutLoudOT

@KathrynMahoney @OTalk_ On different apps - I don't use YouTube for podcasts. Try the app Stitcher, which works on iOS (Apple/iPho non-iOS (Android, Google) devices. #OTalk



Carrie Sant @carrie_sant

I listen to specific podcasts relating to my current role which help with R&D and keep me up to date but I also listen to TED Talks and oth to keep my general knowledge and awareness up to date #otalk



Margaret Spencer @margaretOT360

You can listen at your own pace, think about it, re listen normally doing another activity #OTalk K <https://t.co/Uf4raUp3we>



Mark Whiteman @markstudentOT

@BillWongOT @TheOutLoudOT @OTalk_ #OTalk nothing wrong with Spice Girls Bill. Sometimes you gotta spice up your life. I get you.



Cara Lawrence @caralawrence

@TheOutLoudOT @OTalk_ @GuiltFemPod has made me develop as an actual human being as well as an OT! Also highlighted other to



Rachel OT @OT_rach

@caralawrence I think I know the one currently on chapter 15 #OTalk 🙌



Stephanie Lancaster @TheOutLoudOT
@BillWongOT @OTalk_ Love it! I can picture you rocking out to some SG's!! :) #OTalk



Kathryn Mahoney @KathrynMahoney
@HealthyworkLtd @markstudentOT Me too! I'd never considered it until reading this #OTalk



Bethany Chitty @BethanyChitty
@SarahSharland19 @TheOutLoudOT @OTalk_ Multitasking is a plus for sure! With podcasts you can find time to listen whilst doing son and such a range of topics are available. #OTalk



Cara Lawrence @caralawrence
@carrie_sant i haven't got into ted talks can you watch them without the video #OTalk



sherlyn graham @sherlynmelody
RT @caralawrence: @TheOutLoudOT @OTalk_ @GuiltFemPod has made me develop as an actual human being as well as an OT! Also highlighted other...



Stephanie Lancaster @TheOutLoudOT
@caralawrence Me too!! Will ask for recs of podcasts in a few mins :) #OTalk <https://t.co/e3yZrtLkmX>



Orla @orlatheot
@TheOutLoudOT @OTalk_ I listen to @MDTea_podcast and All in the mind podcasts which are my favourite podcasts for growing profe They have great insights into what we will face in practice. More generally, podcasts keep me updated in world news. #OTalk



Margaret Spencer @margaretOT360
Yes because I always apply them to my own practice either uni, supervision or clinical #OTalk so it adds another dimension I may not have considered @margaretOT360 <https://t.co/d7h2fowhwz>



Cara Lawrence @caralawrence
@OT_rach I am seeing them live next week!!! i often work out to it! #OTalk



Sarah Sharland @SarahSharland19
@BillWongOT @TheOutLoudOT @OTalk_ I've recently started listening to the @MDTea_podcast #OTalk



Bethany Chitty @BethanyChitty
@caralawrence @TheOutLoudOT @OTalk_ @GuiltFemPod Yes! I agree although not OT focused, I love this podcast and have learnt so much from it. It has definitely made me more aware and develop as a person. Such a range of people are included and diverse issues discussed! @GuiltFemPod #OTalk



sherlyn graham @sherlynmelody
@orlatheot @TheOutLoudOT @OTalk_ @MDTea_podcast Yes me too, those are the only ones I have listened to the MDTea ones #otalk



Cara Lawrence @caralawrence
@carrie_sant do you listen randomly or on topics? #otalk



OTalk @OTalk_
#OTalk <https://t.co/uuHYpQhC03>



Rachel OT @OT_rach
@caralawrence That would be amazing we looking in it but the dates didn't fit. #otalk



Bethany Chitty @BethanyChitty
@TheOutLoudOT @OTalk_ I think so, some make me more aware of others experiences which develops my level of understanding, other new treatments or intervention ideas. You can learn a lot and they can challenge your ideas and make you justify your reasoning #OTalk



Stephanie Lancaster @TheOutLoudOT

#OTalk I think it's a given that OT-related podcasts help us to grow as OT practitioners. What's really fascinating is how non-OT-related p facilitate professional growth too!! @colourful_ot <https://t.co/tJZd146aIS>



Margaret Spencer @margaretOT360

I have found new emerging placements through podcasts #OTalk <https://t.co/xaDWtwyCx7>



Rachel OT @OT_rach

Helps me learn yes- grow professionally? I'm not sure I don't really listen to podcast related to my field of work, but sometimes there are things like woman's hour which have connections. Nothing formal though #OTalk <https://t.co/UoP7GHIVu>



Carolina Cordero @colourful_ot

@TheOutLoudOT @markstudentOT @caralawrence @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Hmm - might be a bit of a s suppose having some comedy as a bit of escapism has probably made me a lot less stressed this year that I would have been otherwise helped me study in that respect! Certainly couldn't count it as CPD though, I'm afraid :P #OTalk



Bethany Chitty @BethanyChitty

@TheOutLoudOT @colourful_ot Definitely! I think there is such a range of podcasts that have helped me develop as a person and broad horizons, making me a better OT despite them not being remotely related to OT #OTalk



Stephanie Lancaster @TheOutLoudOT

@BethanyChitty I have definitely increased my cultural humility and awareness as a result of listening to podcasts! #OTalk <https://t.co/Xz>



Stephanie Lancaster @TheOutLoudOT

RT @BethanyChitty: @TheOutLoudOT @colourful_ot Definitely! I think there is such a range of podcasts that have helped me develop a



Stephanie Lancaster @TheOutLoudOT

@colourful_ot @markstudentOT @caralawrence @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Yes! Not a stretch at all - this re listening relates to seeking life balance, a very important component of being an effective OT practitioner!! #OTalk



Cara Lawrence @caralawrence

@BethanyChitty @TheOutLoudOT @OTalk_ @GuiltFemPod which is so OT and highlighted issues such as period poverty etc I wonder who loose the use of one hand manage with tampons never bought it up myself until @GuiltFemPod #OTalk



Orla @orlatheot

@margaretOT360 Oh really? That's cool. Which ones? #OTalk



Bethany Chitty @BethanyChitty

@sherylnmelody @orlatheot @TheOutLoudOT @OTalk_ @MDTea_podcast I haven't come across those before, I'll be sure to add them love finding new podcasts. I've also enjoyed the @SeniorsFlourish podcast series #OTalk



Carolina Cordero @colourful_ot

@margaretOT360 That's so cool! How did that happen? #OTalk



Stephanie Lancaster @TheOutLoudOT

Excellent point!! So many examples of things we can learn to enhance our OT skills and our connection to others in this way! #OTalk <https://t.co/9ZvSSwqpSi>



Mark Whiteman @markstudentOT

#OTalk Maybe @TheOutLoudOT you could curate podcasts alongside some themes, e.g. "Podcasts for Cultural Humility" "Podcasts for



Carolina Cordero @colourful_ot

@TheOutLoudOT @markstudentOT @caralawrence @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM True! I think at the moment I do is either college work or an important exercise in occupational balance and self-care ;) #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@TheOutLoudOT @OTalk_ As a producer... the fact that I got to produce some with fellow leaders was awesome experience. It further b professional relationships. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @TheOutLoudOT: @colourful_ot @markstudentOT @caralawrence @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Yes! No at all - this r...



Stephanie Lancaster @TheOutLoudOT

@markstudentOT Yes, definitely something to consider! Although I think what inspires cultural humility in one person may be different fro does so in another person ... #OTalk



Mark Whiteman @markstudentOT

@BillWongOT @TheOutLoudOT @OTalk_ @BillWongOT #OTalk was it challenging to produce a podcast Bill? or what were the challeng say?



OTalk @OTalk_

#OTalk <https://t.co/67iYBfu62P>



Mark Whiteman @markstudentOT

@TheOutLoudOT Yes, I agree. These were just some random examples. Oh wait, you do podcast I've just noticed! Even better! #OTalk



Cara Lawrence @caralawrence

@KathrynMahoney @BethanyChitty @TheOutLoudOT @OTalk_ @GuiltFemPod they have a back log. i am not sponsored by them but actual love for the podcast #otalk



Stephanie Lancaster @TheOutLoudOT

Lots of interest in various types and genres of podcasts! #OTalk



Holleigh Bryan @HolleighLouise

RT @orlatheot: @TheOutLoudOT @OTalk_ I listen to @MDTea_podcast and All in the mind podcasts which are my favourite podcasts fr...



Holleigh Bryan @HolleighLouise

Recommended podcasts? #otalk



pudding.m_ @BonnieReloaded

RT @TheOutLoudOT: @colourful_ot @markstudentOT @caralawrence @OTalk_ @wonderfulpod @TheZoneCast @MBMBaM Yes! No at all - this r...



Maggie Ruth Morton @SensationalOT

Hi #OTalk, as close as I get to listening to #podcasts to do #OccupationalTherapy skills are those that talk about #ActivitiesOfDailyLiving, food! <https://t.co/45Y8C8B8ly>



sherlyn graham @sherlynmelody

Could any of you lovely lot suggest some podcasts I could follow. I already have the MDTea, would like some OT specific ones & older pe #OTalk 👍



Stephanie Lancaster @TheOutLoudOT

@markstudentOT Yes I do :) My podcast is called On The air (note the upper-case letters in that title ...) and is based on the origin storie different experiences of people in the profession of OT and related professions #OTalk

OTalk @OTalk_



#OTalk <https://t.co/AafF4dxzbZ>



Stephanie Lancaster @TheOutLoudOT

Q4. How often do you reflect on, think about, or talk about things you have heard on podcasts after listening? #OTalk @OTalk_



Helen OTUK @Helen_OTUK

#OTalk Q4..... <https://t.co/bueh4QK33F>



Margaret Spencer @margaretOT360

RT @caralawrence: @BethanyChitty @TheOutLoudOT @OTalk_ @GuiltFemPod which is so OT and highlighted issues such as period | wond...



sherlyn graham @sherlynmelody

RT @TheOutLoudOT: @markstudentOT Yes I do :) My podcast is called On The air (note the upper-case letters in that title ...) and is ba



Cara Lawrence @caralawrence

@TheOutLoudOT @markstudentOT Will be listening on my way to work #otalk



Stephanie Lancaster @TheOutLoudOT

RT @caralawrence: @TheOutLoudOT @OTalk_ @GuiltFemPod has made me develop as an actual human being as well as an OT! Also highlighted other...



sherlyn graham @sherlynmelody

@TheOutLoudOT @OTalk_ I am usually taking notes as I go through, relating to service users, sharing with team members via what's a #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@markstudentOT @TheOutLoudOT @OTalk_ The fact that AOTA has a system in place made it easy. #otalk



Bethany Chitty @BethanyChitty

@TheOutLoudOT @OTalk_ I don't often 'formally' reflect on what I hear in a podcast unless its had a big effect on me. However I definite informally and think about what I've heard, often it can be used to start discussions and conversations with others #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@TheOutLoudOT @OTalk_ For the ones I am involved in AOTA... immediately after the production is done. #otalk



Stephanie Lancaster @TheOutLoudOT

@caralawrence @markstudentOT Great!! Side note: I'm always looking for OT practitioners to interview on the podcast so please messa you're ever interested in being a guest on the show! Interviews can be done virtually. #OTalk



Cara Lawrence @caralawrence

@sherlynmelody @GuiltFemPod about current day feminist issues, Close encounter from the guardian which is about sex and difficulties come, same shit different century which is about suffragettes #otalk



Mark Whiteman @markstudentOT

@BillWongOT @TheOutLoudOT @OTalk_ Are the AOTA podcasts available freely Bill? To others in the community outside of the U.S.?



Stephanie Lancaster @TheOutLoudOT

@BillWongOT @markstudentOT @OTalk_ Yes, although there are MANY more besides AOTA's! It would be nice if AOTA would list all C podcasts (or even all OT-related podcasts) on their site. #otalk



Margaret Spencer @margaretOT360

Ooo would love to be guest #otalk <https://t.co/b1qv86sY97>



Margaret Spencer @margaretOT360

RT @caralawrence: @sherlynmelody @GuiltFemPod about current day feminist issues, Close encounter from the guardian which is abo d...



Cara Lawrence @caralawrence

@Helen_OTUK @GuiltFemPod every flipping time. I often listen between visits a variety of pod casts #otalk helps me reflect



Stephanie Lancaster @TheOutLoudOT

I'm glad to know someone else does that too! My colleagues at work jokingly call me Podcast Polly bc I'm always sending them recomme podcast episodes! #OTalk <https://t.co/VZy7AOW0CX>



OTalk @OTalk_

@margaretOT360 Don't forget to mention #OTalk



Stephanie Lancaster @TheOutLoudOT

@markstudentOT @BillWongOT @OTalk_ Yes. Check out Glass Half Full! #OTalk



sherlyn graham @sherlynmelody

@TheOutLoudOT Lol podcast Polly 😂 love it #otalk



Sarah Sharland @SarahSharland19

@OTalk_ Absolutely! Hearing things from someone else's perspective definitely makes me reflect on how I interpret concepts, or could a practice #OTalk



Orla @orlatheot

@TheOutLoudOT @OTalk_ I start too many sentences with 'Well, I was listening to a podcast the other day and....' #Otalk



Stephanie Lancaster @TheOutLoudOT

@SarahSharland19 @OTalk_ In my opinion, listening to a podcast and then writing up a reflection about how/why that has contributed to professional development should count towards CPD as required by state and national boards ... but the world of OT and health regulati there yet #OTalk



Sarah Sharland @SarahSharland19

@Helen_OTUK Informally, every time. I need to start documenting it as CPD evidence though. I do discuss with colleagues as well #OTa



sherlyn graham @sherlynmelody

@TheOutLoudOT @markstudentOT @BillWongOT @OTalk_ Is that a podcast too @TheOutLoudOT #otalk



Stephanie Lancaster @TheOutLoudOT

I will admit that I'm a bit of a podcast fanatic (if you can't already tell ...). I have around 30 podcasts in my subscription list and at least as que! Anyone else share my passion for podcasts! #OTalk



Margaret Spencer @margaretOT360

RT @SarahSharland19: @OTalk_ Absolutely! Hearing things from someone else's perspective definitely makes me reflect on how I inter



Stephanie Lancaster @TheOutLoudOT

@sherlynmelody @markstudentOT @BillWongOT @OTalk_ Yes! An excellent one! <https://t.co/UGbrV7ruBx> #OTalk



Cara Lawrence @caralawrence

@TheOutLoudOT @markstudentOT ooooo i will let you know! how hard is it to start up one? #otalk i fear i would have to start mine I am haven't raised a toilet seat in 2 years



Helen OTUK @Helen_OTUK

@TheOutLoudOT @SarahSharland19 @OTalk_ It is in the UK #OTalk @The_HCPC What can count as CPD: <https://t.co/HZIEkjtCFm>



Sarah Sharland @SarahSharland19

RT @Helen_OTUK: @TheOutLoudOT @SarahSharland19 @OTalk_ It is in the UK #OTalk @The_HCPC What can count as CPD: <https://t.co/HZIEkjtCFm>



sherlyn graham @sherlynmelody

@TheOutLoudOT @markstudentOT @BillWongOT @OTalk_ Thanks Polly 😊 you are a star #otalk



Margaret Spencer @margaretOT360

That would meet HCPC standards if you could demonstrate how it improved practice, or improved your service users experience #otalk <https://t.co/P36M0jL7Hh>



Stephanie Lancaster @TheOutLoudOT

Q5. (And probably the one you've been waiting for!) What podcast(s) and/or podcast episode(s) do you recommend that others in the field listen to any why? #OTalk @OTalk_ Please retweet what you said if you've already listed your favs!



Bethany Chitty @BethanyChitty

RT @Helen_OTUK: @TheOutLoudOT @SarahSharland19 @OTalk_ It is in the UK #OTalk @The_HCPC What can count as CPD: <https://t.co/HZIEkjtCFm>



Laura Hawkins @LauraHawkinsOT

RT @OTalk_: #OTalk *** 1hr *** to go until we are discussing "Podcasts as a Tool for Continuing Professional Development" hosted by S



OTalk @OTalk_

#OTalk Q5.... <https://t.co/9XKo0JOR66>



Sarah Sharland @SarahSharland19

@BillWongOT @TheOutLoudOT @OTalk_ @BillWongOT are there any OT specific podcasts you'd recommend? #OTalk



Stephanie Lancaster @TheOutLoudOT

Ha ha! Thanks - I feel the #OT love!! #OTalk <https://t.co/ISJdqzZYVi>



Stephanie Lancaster @TheOutLoudOT

RT @OTalk_: #OTalk Q5.... <https://t.co/9XKo0JOR66>



Sarah Sharland @SarahSharland19

@markstudentOT @BillWongOT Same! #OTalk maybe we should set up a podcast suggestion thread...



Sarah Sharland @SarahSharland19

@OTalk_ Terrible actually! But ending more positively 😊 #OTalk



Healthy Work Ltd @HealthyworkLtd

@TheOutLoudOT @OTalk_ Is a podcast viewed as the same as a recorded webinar, but is a podcast shorter? #otalk



#hellomynameis Carolyn @CeeCeeOT

@TheOutLoudOT @OTalk_ These are some the podcasts on my app at the moment #OTalk <https://t.co/ks3XRWwsFz>



Stephanie Lancaster @TheOutLoudOT

As an #OT educator, I listen to a lot of podcasts on teaching, including Teaching in Higher Ed @tihighered (my fav), Cult of Pedagogy, & Healthcare Ed Transformation Podcast. #OTalk



Kathryn Mahoney @KathrynMahoney

Looking forward to discovering the world of podcasts for professional development and learning. Perfect for my daily commute! #OTalk



Sarah Sharland @SarahSharland19

@OTalk_ I really like @MDTea_podcast because it can be used across professions. I need to find some OT specific ones as well though



Stephanie Lancaster @TheOutLoudOT

In general terms, though some of my current favs are Ear Hustle (about life in maximum security prison); Death, Sex & Money; Radio Die Heart; Modern Love; and Terrible, Thanks for Asking #OTalk



Bethany Chitty @BethanyChitty

@TheOutLoudOT @OTalk_ So many to recommend but I've recently started listening to the #mentalillnesshappyhour which I've really fo interesting #OTalk



Stephanie Lancaster @TheOutLoudOT

For OT-related podcasts, I love Glass Half Full and Seniors Flourish! @SeniorsFlourish #OTalk



Cara Lawrence @caralawrence

@TheOutLoudOT @OTalk_ @theRCOT have done some but i am afraid i want more info in my area more practical #otalk



Stephanie Lancaster @TheOutLoudOT

As @BillWongOT will attest, there are lots of great TEDx Talks out there, and many are available as podcasts too. Check out TEDTalks 5 Medicine and TED Talks Daily! #OTalk



Sarah Sharland @SarahSharland19

RT @TheOutLoudOT: For OT-related podcasts, I love Glass Half Full and Seniors Flourish! @SeniorsFlourish #OTalk



Stephanie Lancaster @TheOutLoudOT

@BethanyChitty @OTalk_ Sounds like a good one! Will add that one to my list :) #OTalk



Samantha Pywell @smileyfacehalo

RT @TheOutLoudOT: As an #OT educator, I listen to a lot of podcasts on teaching, including Teaching in Higher Ed @tihighered (my fav



OTalk @OTalk_

#OTalk ***5 min warning*** What are your last thoughts? Takeaways from the chat? <https://t.co/jW1c8w18VD>



sherlyn graham @sherlynmelody

Just downloaded stitcher, about to enter the world of podcast 🙌 #OTalk



Stephanie Lancaster @TheOutLoudOT

A few story-based podcasts I highly recommend are @StoryCorps, Only Human, Invisibilia, and The Longest Shortest Time. Also The M Story Collider ... #OTalk



sherlyn graham @sherlynmelody

@OTalk_ Great show tonight, glad I popped in #otalk



#hellomynameis Carolyn @CeeCeeOT

@OTalk_ I hadn't thought of using the OT specific podcasts or even the mental health ones I listen to for CPD, so I'll look into that #OTalk



Stephanie Lancaster @TheOutLoudOT

For any OT students or practitioners interested in learning more about disability and sexuality, check out the Disability After Dark podcast @disaftdarkpod #OTalk

Margaret Spencer @margaretOT360



All knowledge gained adds to a value added intervention for service users #otalk <https://t.co/3teRwlbdsQ>



Maggie Ruth Morton @SensationalOT
Check out #OTalk this week for the answer to this question - all things podcast! <https://t.co/vS4a8Z0dCI>



Stephanie Lancaster @TheOutLoudOT
So many great recommendations! Thanks for joining in today. So glad to connect with each of you. Thanks, @OTalk_ , for allowing me th opportunity to host again. #OTalk



Mark Whiteman @markstudentOT
#OTalk already downloaded Stitcher and signed up to to a few podcasts, including Stephanie's! Thank you for hosting @OTalk and @TheOutLoudOT



OTalk @OTalk_
Thanks to everyone for making this an interesting discussion, thank you to @TheOutLoudOT for hosting this chat. Enjoy all the new four podcasts... Do let us know what you think of them. #OTalk <https://t.co/mpvnNJq0wr>



Stephanie Lancaster @TheOutLoudOT
RT @OTalk_: Thanks to everyone for making this an interesting discussion, thank you to @TheOutLoudOT for hosting this chat. Enjoy al



Sarah Sharland @SarahSharland19
RT @TheOutLoudOT: A few story-based podcasts I highly recommend are @StoryCorps, Only Human, Invisibilia, and The Longest Sho A...



Sarah Sharland @SarahSharland19
@OTalk_ Just really enjoyed this topic and chat. Thank you! #OTalk



Stephanie Lancaster @TheOutLoudOT
@markstudentOT @otalk That was quick! Happy podcast-listening!! #OTalk



Deborah Harrison @DebbiiHarrison
Thanks Stephanie, sorry I wasn't up to joining in but it was a very interesting & inspiring #OTalk with lots of #CPD ideas ❤️ <https://t.co/MI>



Margaret Spencer @margaretOT360
RT @TheOutLoudOT: For any OT students or practitioners interested in learning more about disability and sexuality, check out the Disat



Lynne Merrett @ot_lynne
@sherlynmelody Ha me too, I'm getting distracted by trying to add my favourites now! #OTalk



OTalk @OTalk_
Great chat, thanks all @Helen_OTUK signing off the account now. #OTalk



Lynne Merrett @ot_lynne
@TheOutLoudOT @OTalk_ Really got a lot out of this evening's chat, thanks everyone #OTalk



sherlyn graham @sherlynmelody
@ot_lynne I'm currently sitting hear listening to my first podcast 45 mins of wind chiming, I must say it's quite disturbing but I'm sure it ha therapeutic uses 🙄 #otalk



MDTea Podcast @MDTea_podcast
RT @orlatheot: @TheOutLoudOT @OTalk_ I listen to @MDTea_podcast and All in the mind podcasts which are my favourite podcasts fr pr...



Rachel OT @OT_rach

RT @OTalk_: Thanks to everyone for making this an interesting discussion, thank you to @TheOutLoudOT for hosting this chat. Enjoy al

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