

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, August 28th 2018, 8:00PM – Tue, August 28th 2018, 9:15PM (Europe/London).

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 **Orla @orlatheot** Hello! Welcome to tonight's #OTalk all about #OccupationalTherapy and the creative arts. Please introduce yourself and answer Q1: What's your favourite work of art? It can be a song/painting/dance/film/etc. Please share it in the comments and tell us why it's your favourite. <https://t.co/k5alZ87V9m>

 **SarahBarkerOT @smb1607** @OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow Evening all! #otalk

 **Look Hear Australia @lookhearaustr** @OTalk_ I'm lurking but internet is a bit hit and miss tonight #OTalk

 **Orla @orlatheot** RT @OTalk_: Evening all! Welcome to tonights #OTalk. Its @OT_rach on support tonight. Our chat topic is about occupational therapy and c

 **OTalk @OTalk_** Hang on @orlatheot #otalk

 **Orla @orlatheot** @OTalk_ @OT_rach @ckeaneyOTs @Mrsbaistow Hello, looking forward to everyone's answers to question 1 especially ;) #otalk

 **OTalk @OTalk_** Right, lets crack on with tonights #OTalk chat. @orlatheot its over to you! <https://t.co/bAIJ6oEMI0>

 **Abi Edwards @AbiEdwards7** @OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow #OTalk 🙌 Hi...

 **Stephanie Allan @Stephanie__OT** @OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow Hey 🙌 #OTalk

 **Catherine McNulty @cathymc9781** Hello #Otalk

 **OTalk @OTalk_** Question one #OTalk

 **Liz Cowan @liziophysio1** RT @OTalk_: Hang on @orlatheot #otalk <https://t.co/aEf3RtZvPQ>

 **Orla @orlatheot** RT @OTalk_: Question one #OTalk <https://t.co/aEf3RtZvPQ>



Rachel @OT_rach

@orlatheot Ok so my current favourite works of art would have to be #GRAYSONPerry's pottery. Both a craft and a work of art that tells a story you see something new each time to look at it. #OTalk <https://t.co/tTMLS6BVj9>



OTalk @OTalk_

RT @OT_rach: @orlatheot Ok so my current favourite works of art would have to be #GRAYSONPerry's pottery. Both a craft and a work of art



Holly Flintoff @hollyflintoff

@OTalk_ My favourite work of art is a painting by gilly johns of my favourite place on earth. It makes me remember my honeymoon #otalk #creativeworkofart



Khalilah Johnson, PhD, OTR/L @OccScienceBae

@OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow Hello from Richmond, Virginia! #OTalk



Orla @orlatheot

@Mrsbaistow @ciderwithsophie @KirstyNiven What are soft skills? #otalk



OTalk @OTalk_

Welcome. #OTalk



Sarah Cordeaux @SarahCordeaux

@orlatheot Tough to pick a favourite- I really enjoy the work of Ron Mueck due to the impression it makes when viewed in person. A lot of skill dedication to creating the sculptures. @OTtalk #OTalk <https://t.co/2447TREur2>



Abi Edwards @AbiEdwards7

@OTalk_ #OTalk that's a tough opening question. Hard to narrow it down. I'm almost a second year MSc OT student. Edward Hopper's painting the sea and shore



Orla @orlatheot

#OTalk Question 2: What are the benefits of using the creative arts as a therapeutic tool? <https://t.co/fsJ4kDC9nW>



Molly Templeman @OTmollyy

Hello everyone involved in tonight's #OTalk I'm from Teesside, UK! 🇬🇧🇮🇪



SarahBarkerOT @smb1607

@orlatheot I'm not sure I could even begin to choose a favourite. I do have a soft spot for the Angel of the North though, for always being the welcome me home after a long journey #otalk



OTalk @OTalk_

Don't forget the hashtag #otalk



Catherine McNulty @cathymc9781

#OTalk I love Karl Jenkins work Mass for Peace beautiful symphony.. Created in memory of world wars I saw Karl. Conduct it last Sept just by music and singing 🎵 to get lost in..



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

Apologies for being late! I got distracted by #BackOff! I'm a 1 year qualified Rotational Band 5 #OccupationalTherapist, currently working on a #ElderlyCareUnit in East London. Looking forward to tonight's talk. #OTalk



Khalilah Johnson, PhD, OTR/L @OccScienceBae

@orlatheot Kehinde Wiley is my favorite portrait artist. He challenges the "traditions" of portrait painting. He's most famous for his portrait of President Barack Obama. I love the idea of breaking tradition in science and practice, because one size doesn't not fit most. #OTalk

Orla @orlatheot

At the moment I love watching dance: <https://t.co/6NgJVtZNCH> #otalk



Rachael @RachaelD_OT
Evening all #OTalk



OTalk @OTalk_
Question 2 #OTalk



sherlyn graham @sherlynmelody
Hello, I'm here also. Whilst at Brunel I decided to take up pottery. It was one of the best things I ever did. I felt great satisfaction. See one of n pieces #porcelain #OTalk <https://t.co/yILUHWihs9>



Molly Templeman @OTmollyy
@orlatheot I love how using creative arts as a therapeutic tool can build professional relationships with patients by having fun whilst giving th opportunity to chip on to patient narratives! Definitely why OT is great! #OTalk



Rachael @RachaelD_OT
@orlatheot Hi 🙋 I'm Rachael, I graduated in 2017. One of my favourite songs is Defying Gravity, from the musical Wicked. When I first heard brought me to tears. I find the lyrics incredibly moving #OTalk



Rachel @OT_rach
@Mrsbaistow you need to put the hashtag in all your tweets so people see then #OTalk



Sarah Cordeaux @SarahCordeaux
@Mrsbaistow @orlatheot @OtTalk It showed years ago in Ottawa, Canada at the National Gallery, they're massive and absolutely breathtaki This is just an article I found online. Worth looking him up! @orlatheot @OTalk_ #OTalk



Carolina Cordero @colourful_ot
@orlatheot I think creative arts can be very accessible as a therapeutic activity - some things like sports require you to have some amount of enjoy it but with something like drawing or painting there's more freedom to just go for it #OTalk



Holly Flintoff @hollyflintoff
@OTalk_ Sorry #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch
Tough question, not sure if I can answer it on the spot! We run an art group on our #ElderlyCareUnit, our patients create all sort of amazing w a weekly basis. #OTalk



sherlyn graham @sherlynmelody
I had learnt about flow in one of my modules. And extrinsic values of doing things. Making pottery or porcelain figures allowed me to feel the therapeutic benefits #OTalk



Catherine McNulty @cathymc9781
#OTalk film created by Ken Loach I Daniel Blake because it is social comment standing up for people's right.. narrative of many vulnerable pe on Jennifer Creeks margins @jcreektv @DrWMB



Karen Ruthven Brown @twinklekrb25
@OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow I am lurking too as I watch GBBO #OTalk



Abi Edwards @AbiEdwards7
@OTalk_ #OTalk opportunity for expression, discovery, parallel talk.



Sophie is my name. @ciderwithsophie
@orlatheot Well this is an impossible question to answer!! #OTalk



Orla @orlatheot

Yes, the angel of the north is beautiful and has become a symbol of the area which brings personal meaning #otalk <https://t.co/teJvs3ny4j>:



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

Apologies, that was meant to be #BakeOff ofcourse! #OTalk



Orla @orlatheot

RT @cathymc9781: #Otalk I love Karl Jenkins work Mass for Peace beautiful symphony.. Created in memory of world wars I saw Karl. Condu



Orla @orlatheot

@cathymc9781 I will listen to it after #OTalk :)



Rachel @OT_rach

@Mrsbaistow @orlatheot Grayson currently has a Channel 4 documentary looking at The rights of passage definitely worth a watch Channel #otalk <https://t.co/Sf9sjdftsJ>



Orla @orlatheot

RT @OTalk_: Question 2 #OTalk <https://t.co/ZW7bCeBwMR>

Technology



OTalk @OTalk_

#OTalk

Research

Pricing



Khalilah Johnson, PhD, OTR/L @OccScienceBae

@OTalk_ Art is about perspective. Using creative arts as a therapeutic tool provides perspective of the clients needs, concerns, strengths, etc well as language to communicate during the therapeutic process. It's use is well-documented in psychology literature. #OTalk

Company



OTalk @OTalk_

SO some of you are FORGETTING!!!! Dont forget to include those #OTalk hashtags in ALL you tweets. <https://t.co/8UI5neAQLT>



Sophie is my name. @ciderwithsophie

@orlatheot Distraction, sense of identity, immersion, flow, confidence.... #OTALK



Rachael @RachaelD_OT

@orlatheot I think the use of creative arts can be really beneficial when trying to build rapport with service users #OTalk



Orla @orlatheot

Yes! Playing music together, for example, I have found can start to build a therapeutic relationship #otalk



Rachel @OT_rach

#otalk



Louise McMann @louise_mcmann

@OTalk_ I'm very interested to hear everyone's thoughts as would like to introduce this more in my place of work (integrated care at home fo adults). Would love to see it being utilised to engage people and reduce social isolation. #OTalk



Holly Flintoff @hollyflintoff

@OTalk_ Sorry!!!! 😞😞😞 #otalk



Khalilah Johnson, PhD, OTR/L @OccScienceBae

@OTalk_ Having said that, I do find it hard to translate that into language suitable for reimbursement under OT in the USA. #OTalk



Orla @orlatheot

RT @RachaelD_OT: @orlatheot Hi 🙋 I'm Rachael, I graduated in 2017. One of my favourite songs is Defying Gravity, from the musical Wick



Catherine McNulty @cathymc9781

@orlatheot #OTalk let me know what you think...



Carolina Cordero @colourful_ot

@ciderwithsophie @orlatheot Yes, I'm struggling with it too! Even narrowing it down to music, my favourite song changes about once a week #OTalk



Orla @orlatheot

@RachaelD_OT Yes, I was moved to tears when I saw it live #otalk



Sarah Cordeaux @SarahCordeaux

@orlatheot I think the creative arts facilitate communication with clients. They become more relaxed while partaking in the activity. It facilitates communication, verbal, non-verbal and expression through the art medium. #OTalk @OTalk_



Orla @orlatheot

#OTalk Question 3: What are your experiences of using creative arts in #occupationaltherapy practice? <https://t.co/nKLP6eEk23>



Orla @orlatheot

RT @colourful_ot: @orlatheot I think creative arts can be very accessible as a therapeutic activity - some things like sports require you t...



Kat Peever @KatherinePeever

@OTalk_ #OTalk I'm a recently graduated postgrad OT student, no one specific favourite but I love Matisse's paper cut-outs



Blakk Zaar @IAmZaar

RT @orlatheot: #OTalk Question 2: What are the benefits of using the creative arts as a therapeutic tool? <https://t.co/fsJ4kDC9nW>



Rachel @OT_rach

My biggest bug bear from #OTstudents #OT's 'im not artistic!!! Do you need to be???? #OTalk



Blakk Zaar @IAmZaar

RT @colourful_ot: @orlatheot I think creative arts can be very accessible as a therapeutic activity - some things like sports require you t...



Blakk Zaar @IAmZaar

RT @OTmollyy: @orlatheot I love how using creative arts as a therapeutic tool can build professional relationships with patients by having...



SueOT@T2O @therapy2optimum

#OTalk , #art 'the girl with the pearl earring' .. Wow, serenity and such skill. #music: currently @Elbow and @Palomafait



Blakk Zaar @IAmZaar

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



OTalk @OTalk_

Don't forget that hashtag #OTalk



Holly Flintoff @hollyflintoff

@OT_rach But surely that's subjective?? #otalk



Orla @orlatheot

@colourful_ot Yes, when the emphasis is on the process rather than the finished product being perfect, it takes the pressure off people #otall



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

So many benefits - every one can engage in creative activities -children, adolescents, adults, & older adults, as individuals, groups, or familie can be done in a group or individually, can be used as an outlet or to relax. I could go on... #OTalk



OTalk @OTalk_

#OTalk



Orla @orlatheot

Amazing #otalk



Molly Templeman @OTmollyy

@orlatheot Even a conversation about similar interests from films to music to books can open an individual up to conversation and 1:1 input - particularly important in mental health settings! #OTalk



Orla @orlatheot

@Mrsbaistow @ciderwithsophie @KirstyNiven thanks! Make sure to include #otalk in your tweets so people can see :)



Hannah Silcock @Scrupmess

@orlatheot For some people they can express themselves better through creative means than they can verbalise... everybody thinks and exp themselves in different ways and creative arts can be a great medium for some! #OTalk



OTalk @OTalk_

You don't need to but @OTalk_ in your tweets BIT YOU DO NEED THE HASHTAG #otalk, so people see your tweet and it gets included in th transcript



Sophie is my name. @ciderwithsophie

@RebeccaCrouch Is that general (physical led) hospital or mental health? #OTALK



Kat Peever @KatherinePeever

@orlatheot #OTalk building confidence, sense of achievement and skill development



OTalk @OTalk_

RT @OT_rach: @Mrsbaistow @orlatheot Grayson currently has a Channel 4 documentary looking at The rights of passage definitely worth a watch...



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

RT @orlatheot: @colourful_ot Yes, when the emphasis is on the process rather than the finished product being perfect, it takes the pressure.



Orla @orlatheot

@ciderwithsophie Yes, flow is an interesting one. Losing track of time, forgetting about the worries of life, and living in the moment #otalk



OTalk @OTalk_

#OTALK



Orla @orlatheot

@cathymc9781 Will do #otalk :D



Catherine McNulty @cathymc9781

@orlatheot #otalk people can find themselves in another dimension.... can help promote self confidence all humans are innately creative beir problem solvers it is how we have survived as a human species



Orla @orlatheot

RT @SarahCordeaux: @orlatheot I think the creative arts facilitate communication with clients. They become more relaxed while partaking in



Sarah Cordeaux @SarahCordeaux
@RachaelD_OT @orlatheot Great musical and song! #OTalk



Stephanie Allan @Stephanie__OT
@orlatheot I've had fantastic experiences using creative interventions in @alzscot Dementia services (painting/textiles/gardening groups) & I inpatient (painting/mark-making/collage etc) 1:1 and groups alongside art therapists #OTalk



Orla @orlatheot
RT @RebeccaCrouch: So many benefits - every one can engage in creative activities -children, adolescents, adults, & older adults, as indivi.



Dawn Scull @DawnScull
@OTalk_ #OTalk - evening all



Rachael @RachaelD_OT
@orlatheot During a practice placement, I used music to encourage a service user to engage. He wasn't responding to anybody. However, he always playing his guitar and I often heard him singing. So, one day when he was playing in a communal area, I started to sing with him (1/2)



Orla @orlatheot
@OTmollyy Yes, it is a topic I use daily on placement. What good films have you watch recently? What song are you listening to? Great conversation starters #otalk



Norma Harrington @NormaMai_
RT @OTmollyy: @orlatheot I love how using creative arts as a therapeutic tool can build professional relationships with patients by having...



SueOT@T2O @therapy2optimum
#OTalk #creative_activities in #OT were the reason I entered training. My, how things changed, rapidly! Creativity is one reason why I work.. t for 'stuff'. It is the icing on the cake.



Orla @orlatheot
Love this #OTalk



Rachel @OT_rach
@hollyflintoff Indeed- if there a difference between artistic and creative? Do you need to be artistic to run a creative activities intervention? #c



Rebecca Crouch, Occupational Therapist @RebeccaCrouch
@ciderwithsophie On an acute physical ward. #OTalk #ElderlyCareUnit



Orla @orlatheot
@ais_d @twinklekrb25 @OTalk_ @OT_rach @ckeaneyOTs @Mrsbaistow GBBO is a creative art in itself #otalk



Molly Templeman @OTmollyy
@orlatheot I have used creative writing working in my current practice - Eating Disorders! Letter writing to the disorder is a perfect way to exp thoughts and feelings whilst detaching away from focus of the Eating Disorder. Client feedback from these sessions has been great! 🍷 #OTalk



Rachael @RachaelD_OT
@orlatheot We established common musical interests and began setting goals through songs. On my final day, he said that he appreciated th had let him speak through his music, as he found that far less intimidating (2/2) #OTalk



Dawn Scull @DawnScull
@cathymc9781 @Mrsbaistow @OTalk_ @orlatheot @OT_rach @ckeaneyOTs #OTalk hello everyone

Carolina Cordero @colourful_ot
@OT_rach I think there's artistic talent and there's creativity. I get not seeing yourself as an artistic person (I'm not musical - I like it but it doe



come easily to me!) but I think what you need as an OT student is to be able to come up with ideas, think outside the box #OTalk



Orla @orlatheot
@Mrsbaistow The benefits are endless #OTalk



Orla @orlatheot
RT @cathymc9781: @orlatheot #otalk people can find themselves in another dimension.... can help promote self confidence all humans are



Abi Edwards @AbiEdwards7
@orlatheot #OTalk possible to learn a lot about your self, that allows you to build stronger therapeutic relationships with others. Exploratory, reciprocal, tangible....



Sophie is my name. @ciderwithsophie
@orlatheot Nothing since first qualifying sadly. I feel like "mental health" settings are the main/only ones doing so, and even then community don't seem to?Makes me very sad! #OTALK



Orla @orlatheot
@twinklekrb25 @ais_d @OTalk_ @OT_rach @ckeaneyOTs @Mrsbaistow Wow, love this idea! Very creative ;) #otalk



Molly Templeman @OTmolly
@orlatheot Also using creative art through bath bomb making as part of encouraging occupation participation in self care ADLs - also a fab sensory based activity (smells/textures/colours)! #OTalk



Orla @orlatheot
Music is powerful #otalk



SarahBarkerOT @smb1607
@OTmolly @orlatheot Love this idea! #otalk



Orla @orlatheot
@RachaelD_OT This is a great example. What did setting goals through song look like? #otalk



Catherine McNulty @cathymc9781
#OTalk brilliant... Very beautiful... Music always makes me want to dance...and many people will move to music in some way tapping feet swaying dancing can be gently encouraged for fun relaxation enjoyment.... friendship



Holly Flintoff @hollyflintoff
@OT_rach I would have said no. Organisation skills yes and some idea on what ur doing it for clinically tho #otalk



Orla @orlatheot
Creative writing in OT practice <3 #OTalk



OTalk @OTalk_
Question 3 #OTalk



Sophie is my name. @ciderwithsophie
@OT_rach "you're missing the point" (!!). But also highlights the difference in value of it- e.g process of engaging or outcome of completion. Tons of things to learn a lot about confidence to fail too #OTALK



OTalk @OTalk_
30 minutes gone already! Time flies when youre busy chatting OT! #OTalk <https://t.co/59X3bQIXZF>



Nicholas Vowles @nicholas_vowles
@OTalk_ Being creative initiates a different cognitive process than alot if interventions which involve just processing instructions. #OTalk



Molly Templeman @OTmollyy
@smb1607 @orlatheot It is also very fun for us to get involved in with the patient! #OTalk



Orla @orlatheot
@OTmollyy Sounds great, was it 1:1 activity or as a group? #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch
@orlatheot @ais_d @twinklekrb25 @OTalk_ @OT_rach @ckeaneyOTs @Mrsbaistow I love it soooooo much. Whether it's on BBC or Chanr love the continued creativity & original ideas the contestant come up with week on week (& season on season). It also nurtures an environme where it is okay to fail. Everyone is so supportive of one another #OTalk



Orla @orlatheot
#OTalk Question 4: What are the challenges of using creative arts in practice? <https://t.co/KwllQzZ96F>



Sarah Cordeaux @SarahCordeaux
RT @orlatheot: #OTalk Question 2: What are the benefits of using the creative arts as a therapeutic tool? <https://t.co/fsJ4kDC9nW>



OTalk @OTalk_
Definitely #otalk



Orla @orlatheot
Any examples of creative arts outside OT mental health practice? #OTalk



Sophie is my name. @ciderwithsophie
@RebeccaCrouch Oh wow!!im envious!!We never wouldve had time/opportunity when i was in that role!And that certainly doesn't happen on around here! What's the history of the group being set up? #OTALK



Orla @orlatheot
Combining self-care with creative arts, love it #otalk



Look Hear Australia @lookhearaustr
@OTalk_ There is no right or wrong, it is meaningful, is it good for you, and its just nice. Its nice to work on creative things, instead of always focused on function, and independence. Sometimes its nice to just be #OTalk



Hannah Silcock @Scrupmess
@ciderwithsophie @orlatheot As long as you can rationalise it there can always be a place for it. I have seen lots of amazing examples of cre arts being used in excellent ways and only ever worked in physical health :) #OTalk



Abi Edwards @AbiEdwards7
@ciderwithsophie @OT_rach #OTalk as a non arty OT student. I am loving the process of exploring creative therapies, it's not a competition!



Orla @orlatheot
Yes, let's not forget, it's fun! #otalk



Rachael @RachaelD_OT
@orlatheot We wrote a song together & the lyrics were made up of steps to facilitate him to be able to cook again. We would sing the song ev day together & repeatedly while he was in the kitchen. It really helped to alleviate some of his anxiety #OTalk



Abi Edwards @AbiEdwards7
@cathymc9781 #OTalk. It is amazing music



Molly Templeman @OTmollyy

@orlatheot Sorry replied to wrong tweet! This was done within a group setting however very individualised work which was not shared - group setting provided safe and controlled environment for individuals to express themselves! #OTalk



OTalk @OTalk_

When I @OT_rach was a student on my last placement in spinal injuries, I lead a weekly creative group, we did card making, baking, creative writing. It was not done before as the focus was on sports. But not everyone is sporty. #OTalk



Sophie is my name. @ciderwithsophie

@Scrupmess @orlatheot I feel like these need to be shared widely as no physical settings I've worked in/know of around here do. A lot of people work with currently want to bring creative arts in but the council/nhs wouldn't free up time to! #OTALK



Orla @orlatheot

@Scrupmess @ciderwithsophie Thanks Hannah, what have you seen? #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

When I was a #studentOT, my #diverseplacement was with a reminiscence arts charity called @ageexchange (where I worked with Jaqueline). All the groups had a creative element to them - art, crafts, art, music, all with elements of reminiscence. 1/2 #otalk



Hannah Silcock @Scrupmess

@ciderwithsophie @orlatheot One great example that is quite new at our trust is @Joyredwood2 - an OT using creative arts for enhanced care patients on the acute wards of @boltonnhsft #OTalk



Abi Edwards @AbiEdwards7

@OTalk_ #OTalk used on my last placement at a hospice. Creativity provides time, thinking space, engagement all important in a palliative environment, improving quality of life.



Orla @orlatheot

@RachaelD_OT Great idea, I would never have even thought of that. Thanks for sharing! #otalk



Rachel @OT_rach

#OTalk - don't forget <https://t.co/KjJLqtjK7s>



Erin R @erin14_OT

@OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow Hiii! Lurking for #otalk as watching Bake Off!



Hannah Silcock @Scrupmess

@ciderwithsophie @orlatheot I have seen it used really well for people with spinal cord injuries, on an ortho ward at a different trust, again for dementia patients due to the high incidence of #nof in people with dementia #otalk



Orla @orlatheot

RT @OTalk_: When I @OT_rach was a student on my last placement in spinal injuries, I lead a weekly creative group, we did card making, b



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

@ageexchange On the #ElderlyCareUnit where I work now, I can refer people to community teams if they have goals to engage in meaningful activities like painting / drawing. Or I can support people in joining our weekly #artgroup. 2/2 #OTalk



Carolina Cordero @colourful_ot

@orlatheot We did some arts and crafts in my paediatric primary care placement - we were working on fine motor skills using activities like cutting and cutting out shapes #OTalk



Orla @orlatheot

RT @ciderwithsophie: @Scrupmess @orlatheot I feel like these need to be shared widely as no physical settings I've worked in/know of around here do.



Molly Templeman @OTmollyy

@orlatheot For myself in Eating Disorders challenges can be variable depending on service user interest and their meaningful occupations! E be difficult to facilitate creative art in dancing due to client risk of low BMI and energy/calorie burning due to activity... 1/2 #OTalk



Molly Templeman @OTmollyy

@orlatheot 2/2 ... stems more thought for adaptation of intervention #OTalk



Orla @orlatheot

RT @RebeccaCrouch: When I was a #studentOT, my #diverseplacement was with a reminiscence arts charity called @ageexchange (where worked w...



OTalk @OTalk_

So are still forgetting the #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

@ciderwithsophie I'm not quite sure how is started. The weekly art group was already running when I joined the rotation. But I can find out for you want? #OTalk



Sarah Cordeaux @SarahCordeaux

@orlatheot I was fortunate to be in a community placement with an inclusive music organisation; my colleague and I applied OT skills to iden population needs and research to support running a mindful drumming group. Fun for everyone! #OTalk @OTalk_



Nicholas Vowles @nicholas_vowles

@OTalk_ Creative arts are a good way to maintain individuality for patients in hospital.Creating something others can appreciate can give per sense of contribution.Something they may have lost when admitted to hospital. #OTalk



Sophie is my name. @ciderwithsophie

@Scrupmess @orlatheot Rationalization is an interesting one, if it comes down to money/reducing hospital stay/increasing independence wh the hard evidence for the people holding the purse strings? #OTALK



Erin R @erin14_OT

@orlatheot I'm a former Arts Educ Officer who was introduced to OT through my former job. I think I see more of the role that arts can provid for my patients than the actual activity. I work in secure services now #otalk



OTalk @OTalk_

Question 4 #OTalk



Kirsty 'Booksy' Stanley 🙌👩🏫📖🖋️ @kirstyes

RT @OTalk_: So are still forgetting the #otalk <https://t.co/h5zd9jczMS>



OTalk @OTalk_

RT @nicholas_vowles: @OTalk_ Creative arts are a good way to maintain individuality for patients in hospital.Creating something others can



Catherine McNulty @cathymc9781

#otalk working with people with the MACA group, (Music And Creative Activities group)... See chapter in Nick. Pollard Political Practice of Occupational Therapy - ran for around 10 years changing over time creativity and transformations of people... and myself



OTalk @OTalk_

RT @SarahCordeaux: @orlatheot I was fortunate to be in a community placement with an inclusive music organisation; my colleague and I a



Molly Templeman @OTmollyy

@OT_rach The fabulous thing about us as OTs is that we are creative in our minds... and some of us maybe with our hands! Not me though!

OTalk @OTalk_



RT @AbiEdwards7: @OTalk_ #OTalk used on my last placement at a hospice. Creativity provides time, thinking space, engagement all impo



Erin R @erin14_OT
@orlatheot I think it can be the pre-conception of ability for patients and also the expectation of some arts practitioner to have the "perfect" er product #otalk



Hannah Silcock @Scrumpess
@ciderwithsophie @orlatheot Suggest a PDSA to managers and show them the impact if you feel it can make one. Otherwise, research and with others to use their evidence for those holding the purse strings #otalk



Khalilah Johnson, PhD, OTR/L @OccScienceBae
@orlatheot I've observed therapists use creative arts to engage individuals with intellectual disability in a behavioral crisis. #OTalk I've used it practice with individuals who are nonverbal and do not have alternative communication devices create their own "communication tablets."



Orla @orlatheot
#OTalk Question 5: Do you think #occupationaltherapy and the creative arts is evidence-based practice? Link any resources and research you read around the topic. <https://t.co/lyUDgEgMLN>



Sophie is my name. @ciderwithsophie
@RebeccaCrouch @ageexchange Well this sounds amazing!! Although the twitter handle doesn't work for me. What a great project! #OTALI



Hannah Silcock @Scrumpess
@orlatheot Confidence in facilitating the unknown #otalk



Erin R @erin14_OT
@orlatheot It can be used as a tool for so many things -pro-social skills development, roles and responsibilities and for processing skills inc. sequential and problem-solving. A colleague ran a choir that provided all of these #otalk



Joyce Latimer @JoyceInYork
RT @RebeccaCrouch: @ciderwithsophie I'm not quite sure how is started. The weekly art group was already running when I joined the rotati



Dawn Scull @DawnScull
@cathymc9781 @jcreektv @DrWMB It would have to be this photograph. It was taken by my husband near our home in Herefordshire one A morning. I love the stillness, the sense of place and the way the light catches the leaf as it floats in the pool of water. #OTalk #TuesdayThought <https://t.co/qcN9IYJItG>



Orla @orlatheot
RT @OTmolly: @orlatheot For myself in Eating Disorders challenges can be variable depending on service user interest and their meaningf



Nicholas Vowles @nicholas_vowles
@OTalk_ @OT_rach @orlatheot @ckeaneyOTs @Mrsbaistow Hello by the way.Nick here starting OT training in a few weeks at Wrexham GI #otalk



Erin R @erin14_OT
@orlatheot Should say I was introduced in part by @OT_rach !! #otalk



OTalk @OTalk_
Question 5 #OTalk



Sophie is my name. @ciderwithsophie
@OTmolly @orlatheot This sounds amazing! #OTALK

Rebecca Crouch, Occupational Therapist @RebeccaCrouch
@ciderwithsophie @ageexchange Apologies - try this @Age_Exchange! They also run a reminiscence café. If you are ever in Blackheath, Si



London, it's well worth a visit. #OTalk



Erin Cullen @ErinOTstudent

For a while I volunteered as an arts and crafts volunteer, working on stroke, neurosurgery and spinal injury units with @Sheffhospvols and @RoxanaRoxyfoxy. #OTalk



Catherine McNulty @cathymc9781

@DawnScull @jcreektv @DrWMB Yes beautiful #OTalk lovely picture.. captures stillness and peacefulness



Khalilah Johnson, PhD, OTR/L @OccScienceBae

@OTalk_ I immediately thought of this article about its use as a pedagogical tool. #OTalk <https://t.co/g2CGFoIFxV>



Marie Baistow @Mrsbaistow

RT @orlatheot: Music is powerful #otalk <https://t.co/WyUsO4Lzsj>



Sophie is my name. @ciderwithsophie

@Mrsbaistow @orlatheot Community Adult Social care reablement currently. So in theory could have potential but currently (always!) focus is throughput and meeting basic adls #OTALK



Orla @orlatheot

Thanks will give it a read #otalk



Erin R @erinnnn14_OT

@OTalk_ Yes! Loads of research out there. Depends what aspects you want to focus on. Consider MOHOST domains and what area you're to promote. Occ identity and competency for sure #otalk



OTalk @OTalk_

#OTalk



Dawn Scull @DawnScull

@cathymc9781 @jcreektv @DrWMB I agree the film of our time would have to be I Daniel Blake - such a powerful social commentary. #OTalk



Joyce Latimer @JoyceInYork

#OTalk we have lots of experience of creative arts @TheRetreatYork <https://t.co/9JFIhtrcLu>



Rachel @OT_rach

👉 #OTalk



Orla @orlatheot

RT @erinnnn14_OT: @orlatheot I'm a former Arts Educ Officer who was introduced to OT through my former job. I think I see more of the rol



Erin R @erinnnn14_OT

@orlatheot I think consider collaboratively working with arts organisations. Lots of funding opportunities for projects and great advantages for patients #otalk also be open to what resources your setting already has



Rachel @OT_rach

@ais_d @erinnnn14_OT @orlatheot Awww you guys #OTalk <https://t.co/gmqg8fz3Uk>



Erin Cullen @ErinOTstudent

@Sheffhospvols @RoxanaRoxyfoxy It was a great experience to see the way the activity broke barriers, started conversations that allowed p to share their stories and hopes & fears, interrupt the monotony of long hospital stays, connect to the outside world, create sense of accompli #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

People may be reluctant to engage due to lack of confidence or interest. Some people assume you have to be creative to partake in these ac although like @orlatheot mentioned, it's the process, not the product. Although the product can often be very rewarding. #OTalk



Orla @orlatheot

RT @erinnnn14_OT: @orlatheot I think it can be the pre-conception of ability for patients and also the expectation of some arts practitione...



Sarah Cordeaux @SarahCordeaux

@orlatheot At a basic level I think that resources are a big challenge. I also agree with @Scrupmess that some therapists might not be comfc in using creative arts in practice. It depends what you're exposed to in training/practice. #OTalk



SarahBarkerOT @smb1607

@orlatheot #Otalk!



OTalk @OTalk_

And we are just heading into the last 10 minutes of tonights chat! #OTalk <https://t.co/TUubrXslVr>



Erin R @erinnnn14_OT

@OT_rach @ais_d @orlatheot #OTfamily #otalk 🙌🎉



Erin Cullen @ErinOTstudent

@Sheffhospvols @RoxanaRoxyfoxy But it was completely unconnected from the work that OTs were doing on the ward, which felt like a real (Apart from the Spinal injury unit, where it was separate but they supported/encouraged people to participate) #otalk



Orla @orlatheot

RT @erinnnn14_OT: @orlatheot I think consider collaboratively working with arts organisations. Lots of funding opportunities for projects a...



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

@cathymc9781 Interesting. Will be sure to check this reference. Thanks for sharing. #OTalk



Orla @orlatheot

RT @RebeccaCrouch: People may be reluctant to engage due to lack of confidence or interest. Some people assume you have to be creativ p...



boltonnhsft @boltonnhsft

RT @Scrupmess: @ciderwithsophie @orlatheot One great example that is quite new at our trust is @Joyredwood2 - an OT using creative ar



Abi Edwards @AbiEdwards7

@OTalk_ #OTalk lots of research.... Just been looking at creative therapies and PTSD <https://t.co/cWEOZKwvfc>



Sophie is my name. @ciderwithsophie

@orlatheot Statutory service constraints/barriers #OTALK



Nicholas Vowles @nicholas_vowles

@RebeccaCrouch @orlatheot Yes, difficult sometimes to find the right activity for individuals, and the logistical constraints of a hospital enviro can limit activities. #otalk



Erin R @erinnnn14_OT

@RebeccaCrouch @orlatheot I think the interest does need to be there however also a clear outline of the reasons why it would be beneficia Whether it is educational/skill development/compensatory #otalk



Real Bread Campaign @RealBread

Is #RealBread #baking therapeutic? <https://t.co/4TLDabZoO4> #otalk #mentalhelth #GBBO <https://t.co/7dWdvjnnY5>



Orla @orlatheot

Thank you for joining tonight's #OTalk! If you would like to continue the discussion you can join our facebook group called ' #OccupationalThe and the creative arts.' Check it out here: <https://t.co/L6pFrYbk1X> <https://t.co/lyedWRnax>



OTalk @OTalk_

Five minutes left any final thoughts #OTalk <https://t.co/48b1YSvhjb>



Louise McMann @louise_mcmann

@ciderwithsophie @Mrsbaistow @orlatheot #otalk



OTalk @OTalk_

RT @orlatheot: Thank you for joining tonight's #OTalk! If you would like to continue the discussion you can join our facebook group called...



Erin R @erinnnn14_OT

I think overall that we need to ensure that we articulate the benefits to our MDT as well. How it fits to our Model or Frame of Reference as a n of treatment rather than just a leisurely-based activity (unless that is the purpose). All for EBP! #otalk



Dawn Scull @DawnScull

@cathymc9781 @jcreektv @DrWMB The other important piece of artwork I have is above my desk at work. It is vibrant still life oil painting of flowers, painted in a naive style by a woman who survived the holocaust. It has provoked much discussion within my team and inspires me e day. #OTalk



Sophie is my name. @ciderwithsophie

@orlatheot I think we need more specific evidence around a particular arts in community settings #OTALK compared to "traditional" intervent meeting the need #OTALK



Molly Templeman @OTmollyy

@RebeccaCrouch @orlatheot #OTalk interest checklists are helpful tools to identify meaningful creative activities however limitations may be involved if attempting to use creative arts/activities as initial contact prior to assessment



Orla @orlatheot

@SarahCordeaux @Scrupmess Yes, not every OT would feel equip to facilitate a music or pottery session #otalk



Sophie is my name. @ciderwithsophie

@louise_mcmann @Mrsbaistow @orlatheot Snap!! In theory. maybe we should link up to work through ideas together? #OTALK



OTalk @OTalk_

Well thats our offical hour up. Big thanks to everyone for joining in and to @orlatheot @ckeaneyOTs and @Mrsbaistow for a great topic & bei awesome #OTalk hosts <https://t.co/WG8uqjZG94>



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

@erinnnn14_OT @orlatheot Or for relaxation. Or an opportunity to get away from your bay. Or to meet new people. The reasons for running creative group can be pretty extensive. Encouraging people to give it a go & explaining they can leave if they want is also helpful. #OTalk



OTalk @OTalk_

Dont forget hosting or participating in an #OTalk chat can contribute towards your CPD. Be sure to complete your reflection & download your certificate. <https://t.co/Dnl21vqZqu>



OTalk @OTalk_

Right, this is @OT_rach signing off! Thanks again folks, tweet with you all soon! #OTalk <https://t.co/295cekKTVf>



Orla @orlatheot

Yes more evidence is needed #otalk



Erin R @erinnnn14_OT

@RebeccaCrouch @orlatheot Agreed. I think being clear about this is v. beneficial for patients. I think in the setting I'm in it is essential #otalk



Orla @orlatheot

RT @OTmolly: @RebeccaCrouch @orlatheot #OTalk interest checklists are helpful tools to identify meaningful creative activities however li



Orla @orlatheot

@OTalk_ @ckeaneyOTs @Mrsbaistow Thank you Rachel #otalk



Louise McMann @louise_mcmann

@ciderwithsophie @Mrsbaistow @orlatheot That would be great, always good to hear whats working/whats being trialled elsewhere... All about partnership working! #otalk



Molly Templeman @OTmolly

@SadieBlueOT @orlatheot Love the idea of incorporating handling the use of fear foods in a different and positive way! Definitely an idea to and consider moving forward! Thanks! #OTalk



Catherine McNulty @cathymc9781

@DawnScull @jcreektv @DrWMB Brilliant #OTalk



Erin R @erinnnn14_OT

RT @OTalk_: Dont forget hosting or participating in an #OTalk chat can contribute towards your CPD. Be sure to complete your reflection & d



Marie Baistow @Mrsbaistow

RT @RebeccaCrouch: People may be reluctant to engage due to lack of confidence or interest. Some people assume you have to be creativ p...



Marie Baistow @Mrsbaistow

RT @erinnnn14_OT: @orlatheot I think consider collaboratively working with arts organisations. Lots of funding opportunities for projects a...



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

@OTalk_ @orlatheot @ckeaneyOTs @Mrsbaistow Thank you all for hosting. It's been a while since I've participated in #OTalk, but nice to be Will type faster / keep up next time. Have a great week everyone. #OTgoals



Dai Davies 🇬🇧 @Dai2584

RT @POPPED_Project: Get an occupational therapist in there, easy to adapt to make the kitchen at Worcester college accessible to all inclu



Marie Baistow @Mrsbaistow

RT @erinnnn14_OT: @orlatheot I'm a former Arts Educ Officer who was introduced to OT through my former job. I think I see more of the rol



Orla @orlatheot

@louise_mcmann @ciderwithsophie @Mrsbaistow I'd love to help too if you need another head to brainstorm ideas #otalk



Orla @orlatheot

@Mrsbaistow I know it's hard to read everything! Marie, you were excellent. I am going to look at all the articles you posted :) #otalk



Orla @orlatheot

@RebeccaCrouch @OTalk_ @ckeaneyOTs @Mrsbaistow Thanks Rebecca! #otalk



Orla @orlatheot

NEw accounts to follow #otalk

Sophie is my name. @ciderwithsophie

@louise_mcmann @orlatheot @Mrsbaistow We did a pilot recently actually with an external company doing more of this, so it'd be interestin



out the outcome of it and if it'll be rolled out/if not why not! Resources no doubt ..! #OTALK



Hannah Brown @HanElBrown

RT @KimWillisOT: #OTalk It is worth mentioning that what used to be meaningful for someone may not be the case presently, and care is rec



Joyce Latimer @JoyceInYork

RT @OTalk_: Dont forget hosting or participating in an #OTalk chat can contribute towards your CPD. Be sure to complete your reflection & d



Annette Rivard @AnnetteOt

RT @AbiEdwards7: @OTalk_ #OTalk used on my last placement at a hospice. Creativity provides time, thinking space, engagement all impo



Annette Rivard @AnnetteOt

RT @SarahCordeaux: @orlatheot I was fortunate to be in a community placement with an inclusive music organisation; my colleague and I a



Annette Rivard @AnnetteOt

RT @nicholas_vowles: @OTalk_ Creative arts are a good way to maintain individuality for patients in hospital.Creating something others can



Erin R @erinnn14_OT

@Mrsbaistow @orlatheot @Arts4Dementia @artinhospitals @AhrHeritage @ace_national @SocialPrescrib2 I think also just checking out y local museum or gallery is worth a shot. Plus it opens up a relationship for patient and organisation #community #otalk

Showing 1 to 255 of 255 entries

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