

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, September 11th 2018, 8:00PM – Tue, September 11th 2018, 9:15PM (Europe/London).

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- Access to over 100,000 #OTalk twee
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OTalk @OTalk_

Evening all, its @Kirstie_OT on support tonight. This weeks #OTalk is on @TRAMMCPD updates & will be hosted by @SLawsonOT & @hea So, who is out there? Give us a wave! <https://t.co/zscbPTLeOn>



#Hellomynameis Sarah @SLawsonOT

Hi all #otalk Sarah here, Deb will be joining us shortly. Say hi, even if you're planning to lurk



#Hellomynameis Sarah @SLawsonOT

RT @OTalk_: Evening all, its @Kirstie_OT on support tonight. This weeks #OTalk is on @TRAMMCPD updates & will be hosted by @SLaws @he...



Andrew Bateman @ozcboss

RT @naomi_gallant: @JoWatson22 I really appreciate the Facebook group @LynneGoodacre has set up for OT doctoral students, would be to...



OTalk @OTalk_

Onto the usual housekeeping reminders...please remember your professional codes of conduct still apply online as they do in practice #OTalk <https://t.co/xZL0xi4A51>



deb_OT @dmay_ot

@SLawsonOT Evening! #otalk



Dr Jenny Preston MBE @preston_jenny

👋 hello #OTalk from me



OTalk @OTalk_

Please consider confidentiality when posting & commenting. Be respectful of your peers & their opinions/experiences. Any tweets with the #C tag will be added to the transcript. <https://t.co/aRM8gUVgct>



OTalk @OTalk_

RT @SLawsonOT: Hi all #otalk Sarah here, Deb will be joining us shortly. Say hi, even if you're planning to lurk



#Hellomynameis Sarah @SLawsonOT

@dmay_ot Hi Deb #otalk



OTalk @OTalk_

Dont forget to include the #OTalk hashtag in all your tweets so everyone can see what you have to say & chat with you. <https://t.co/JTUVsb3>



#Hellomynameis Sarah @SLawsonOT

@preston_jenny Hi Jenny, glad you can join us #otalk



#Hellomynameis Sarah @SLawsonOT

Q1: how would you define your learning communities? Are they face to face or virtual? #OTalk



#Hellomynameis Sarah @SLawsonOT

RT @OTalk_: Please consider confidentiality when posting & commenting. Be respectful of your peers & their opinions/experiences. Any twe



#Hellomynameis Sarah @SLawsonOT

RT @OTalk_: Onto the usual housekeeping reminders...please remember your professional codes of conduct still apply online as they do in p



OTalk @OTalk_

If there are any newbies or lurkers out there give me a shout if you get stuck or lost along the way! #OTalk <https://t.co/4H6ScipmX4>



Ellen Chisman @EllenChisman

Good evening everyone. Am probably mostly lurking this evening. But I have been using @TRAMMCPD so interested to see about the updat
how others using the resources etc :-) #otalk



Dr Jenny Preston MBE @preston_jenny

Thanks @SLawsonOT really looking forward to tonight's chat #OTalk



OTalk @OTalk_

Right thats enough from me... @SLawsonOT & @heardled its over to you! #OTalk <https://t.co/91tFHAjbig>



OTalk @OTalk_

Question 1... #OTalk



#Hellomynameis Sarah @SLawsonOT

RT @OTalk_: If there are any newbies or lurkers out there give me a shout if you get stuck or lost along the way! #OTalk <https://t.co/4H6Sc...>



Dr Jenny Preston MBE @preston_jenny

Increasingly I'm relying on virtual learning communities, they are accessible, flexible and frequently include a wider audience #OTalk



OTalk @OTalk_

@TokunboTweetz You can click on the #OTalk hastag and it will show you all the latest tweets and questions, just hit reply and add your resp
Dont forget to include the hashtag in all your tweets so others can follow them.



#Mynameis Jeni @Jeni_woods_OT

@SLawsonOT A mixture of both... I find that I am increasing using social media #OTalk



Sarah Sharland @SarahSharland19

@OTalk_ Both! I work on my own so end up with a combination #OTalk



deb_OT @dmay_ot

@OTalk_ As a student a lot of my learning is face to face - with my cohort, educators, other OTs I meet but I also learn from friends in other
professions (espec education) and have learned so much from #OTalk, online groups etc



Ellen Chisman @EllenChisman

A mixture for me. And variety is good, I find. I would also say that some are very specific to my job role, some more general to OT, and some
than that e.g. AHP. individual, one-to-one, small, and large groups too. Meetings, webinars, emails, social media... #OTalk



OTalk @OTalk_

Lurkers are always welcome! #OTalk

Louise @Louisepenny87

@OTalk_ @Kirstie_OT @TRAMMCPD @SLawsonOT @heardled I haven't joined in a #otalk for ages, but looking forward to this one. I'm Lou



work in Neurorehab, but have recently worked in a HASU and ASU Stroke service <https://t.co/sK0roakLiU>



Deb Hearle @hearled
Sorry I'm late @SLawsonOT #OTalk, here now



Bill Wong, OTD, OTR/L @BillWongOT
Hello #OTalk



OTalk @OTalk_
@Louisepenny87 @Kirstie_OT @TRAMMCPD @SLawsonOT @hearled Hey Louise & your friendly bear! #OTalk



Hannah Silcock @Scrupmess
@SLawsonOT I think virtual is taking a much more active role in learning, especially as purse strings are tightened in the NHS. There is so many of our finger tips for learning online though and you can learn something new most times you look... #otalk



#Hellomynameis Sarah @SLawsonOT
Q2: If you are the only Occupational Therapist in your team how do you ensure that you are not professionally isolated and keep up to date with your CPD? #OTalk



#Hellomynameis Sarah @SLawsonOT
@SarahSharland19 @OTalk_ Hi Sarah, are you the only OT within a team? #otalk



#Mynameis Jeni @Jeni_woods_OT
@SLawsonOT Also my learning communities are expanding across a range of professions #OTalk



#Hellomynameis Sarah @SLawsonOT
@preston_jenny Yes, the networking opportunities are huge in the online world #otalk



Ellen Chisman @EllenChisman
Similarly for me I think atm being a preceptor - supervision, our preceptorship days with a group of AHPs, other team members - I agree, and sort of coming out of that to see what others far and wide are doing or know about :-) #otalk



OTalk @OTalk_
Question 2... #OTalk



Sarah Sharland @SarahSharland19
@SLawsonOT @OTalk_ Yes, so I get a lot of learning from MDT colleagues but have to find my own OT stuff #OTalk



Lynne Merrett @ot_lynne
Just lurking this evening, hoping to get some ideas #otalk



Holly Graham @HollyGtheOT
@SLawsonOT A mix of both too. We have in services, journal club and lots of informal ways of learning from each other. I also like to look at journals independently. I try to use social media too but not such a fanatic for it! #OTalk



#Hellomynameis Sarah @SLawsonOT
@Jeni_woods_OT Hi Jeni, what do you find that social media offers you as a learning community? #otalk



Sophie is my name. @ciderwithsophie
@SLawsonOT Apart from online, i feel like my "learning community" is small- whilst in theory I always learn from other professions etc, I would like to have more indepth learning on an Evidence based way.. #OTALK



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT Mostly virtual- you guys, and then a couple groups I am associated with in AOTA. #otalk



#Hellomynameis Sarah @SLawsonOT
@Louisepenny87 @OTalk_ @Kirstie_OT @TRAMMCPD @heard Hi Louise, welcome to #otalk



Sophie is my name. @ciderwithsophie
@SLawsonOT I also find myself going to #OTALK and FB OT groups more for advice, as i feel like they are more on my wavelength with up to date/passionate learning.



Sensory Integration Education @SINetwork
A lot of our courses are online now so we use online forums to develop learning communities #OTalk



#Hellomynameis Sarah @SLawsonOT
@BillWongOT Hi Bill #otalk



Bethany Marshall @BethjmOT
Haven't participated in #OTalk for a long time, so I'm back! This is the first time I've heard about @TRAMMCPD so looking forward to finding more. Beth here, 3rd year student from Coventry Uni 🙌😊
Technology



OTalk @OTalk_
@SallyScottRobe1 @Kirstie_OT @TRAMMCPD @SLawsonOT @heard Brilliant to have you joining us. If you include the #OTalk hashtag in your tweets people can see your contributions & chat with you 👍
Research
Pricing



Deb Hearle @heard
I think one of the most important things to avoid professional isolation is developing a support network such as mentorship - lots of opportunities
Healthcare Hashtags
Company



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT Being motivated and be reflective about what areas I need to improve on. #otalk



OTalk @OTalk_
#OTalk



Hannah Silcock @Scrupmess
@SarahSharland19 @SLawsonOT @OTalk_ I know that feeling :) #otalk



Carolina Cordero @colourful_ot
@OTalk_ @Kirstie_OT @TRAMMCPD @SLawsonOT @heard I'm late but I'm here! Just started back at college yesterday so I'm a bit all over the place but looking forward to tonight's chat #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @heard: I think one of the most important things to avoid professional isolation is developing a support network such as mentorship -...



Sophie is my name. @ciderwithsophie
@OTalk_ @Kirstie_OT @TRAMMCPD @SLawsonOT @heard #OTALK <https://t.co/P9OYDuAhKD>



#Mynameis Jeni @Jeni_woods_OT
@SLawsonOT I think it's the opportunity to get information quickly or the opportunity to ask for support more readily. It's also easy to find content and or subjects that are of interest #OTalk



Lelanie @LelanieBrewer
@preston_jenny Me too #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@heardled Or a community of practice. For me, being in community of leaders is actually very beneficial because I got a group of motivated people that we got to work on projects together. #otalk



Deb Hearle @heardled

@Scrupmess @SLawsonOT I agree, so many invaluable communities and learning opps on line #OTalk



Louise @Louisepenny87

@SLawsonOT A combination of both. Learning from your team is invaluable, but virtual learning can be so much broader, and more accessible. I participated in a MOOC(?) a couple of years ago from @OT_SHU which was a great learning platform #OTalk



#Hellomynameis Sarah @SLawsonOT

@Scrupmess Hi Hannah, I agree with you. Could you say something about how you manage the sheer wealth of information available for your learning? #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Jeni_woods_OT: @SLawsonOT I think it's the opportunity to get information quickly or the opportunity to ask for support more readily. I



Dr Jenny Preston MBE @preston_jenny

Although I'm not professionally isolated my role is fairly unique so I benefit hugely from access to virtual learning and CPD opportunities across all pillars of the career development framework @SetG75 #OTalk



OTalk @OTalk_

@heardled @SLawsonOT Hey @heardled #OTalk <https://t.co/av5xCHPLWp>



#Hellomynameis Sarah @SLawsonOT

This is really interesting that virtual encourages more active engagement in learning. Do others agree? #otalk



OTalk @OTalk_

#OTalk



Lynne Merrett @ot_lynne

Re Q2: I have some virtual contact but do try to make the time to go to events to meet other OT's and also meet up for peer support with a friend who is an OT #otalk



Hannah Silcock @Scrupmess

@SINetwork There are so many online courses now which makes it so much more convenient to be able to do in your own time and not having to add in the expense of travel/accommodation. I do find out about most of mine via social media... it seems to have been a game-changer #otalk



Louise @Louisepenny87

@Scrupmess @SLawsonOT And always a risk that what you are learning isn't the most robust, so can take more time to think about the credibility #OTalk



#Hellomynameis Sarah @SLawsonOT

Q3: How important do you consider your learning communities to be for your CPD? What do you gain personally and/or collectively from your learning communities? #OTalk



Carolina Cordero @colourful_ot

@SLawsonOT As a student I suppose my most obvious learning community (aside from #OTalk) is my classmates - especially as we get further into the course it feels like we're learning from each other as well as just learning together



Deb Hearle @heardled

@BethjmOT @TRAMMCPD Welcome Beth #OTalk @TRAMMCPD



Kirstie @Kirstie_OT
👋 #OTalk



#Hellomynameis Sarah @SLawsonOT
@BethjmOT @TRAMMCPD Hi Beth, there is lots more information on our website <https://t.co/vzsFJtzAsB> #otalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @ot_lynn: Re Q2: I have some virtual contact but do try to make the time to go to events to meet other OT's and also meet up for peer s



OTalk @OTalk_
Question 3... #OTalk



Kirstie @Kirstie_OT
This was a key theme within my research findings. #Twitter4CPD #OTalk



#Hellomynameis Sarah @SLawsonOT
@OTalk_ Hi Sally, yes, virtual world can feel a bit overwhelming. #otalk



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT 10/10 in importance. Being in my kind of clinical environment, sometimes I need external motivation to improve myself as an C
#otalk



#Hellomynameis Sarah @SLawsonOT
@colourful_ot @OTalk_ @Kirstie_OT @TRAMMCPD @hearled Hi Carolina #otalk we're just finding out about peoples thoughts and experie
their learning communities and how they can help with learning and CPD #otalk



OTalk @OTalk_
@SallyScottRobe1 It becomes easier the more you engage #OTalk



#Mynameis Jeni @Jeni_woods_OT
@SLawsonOT Really important - which I have only recently come to realise in the past few years. My learning communities enable to be test
new ways of thinking / or critically reflect in a safe supportive environment. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT @OTalk_ For me, that will be a virtual community + taking on a project that is overwhelming is very overwhelming. #otalk



Hannah Silcock @Scrumpess
@SLawsonOT I think it is about really considering how much it will benefit you and focusing on those and shelving others. Sometimes I pass
on to others who may be better suited/have a deeper interest & then through collaboration learn through them later/diseminated learning #ota



#Hellomynameis Sarah @SLawsonOT
Do you have any tips for finding relevant contacts and information #otalk



Dr Jenny Preston MBE @preston_jenny
I enjoy the networking, the challenge of different perspectives makes me think and reflect, and all the references and resources are really hel
#OTalk



Sally Scott-Roberts @SallyScottRobe1
@hearled #OTalk I am increasingly using online as well as face to face. It has taken me a while to move beyond my technological phobias to
to make the most of what is out there.

Sophie is my name. @ciderwithsophie
@OTalk_ Learning communities are what keep me up to date and challenged in the way i think. It leads to me finding new ways of looking at
and considering my gaps in knowledge/possible ways to fill the gaps #OTALK



OTalk @OTalk_

Could be flipped... some who are tech savvy may feel less confident in approaching someone in person or their verbal debate skills? #OTalk
Different learning styles/preferences maybe?



Real Bread Campaign @RealBread

Is #RealBread #baking therapeutic? <https://t.co/4TLDabZoO4> #otalk #mentalhealth #breadweeek #gbbo <https://t.co/oq9DsUHLVu>



#Hellomynameis Sarah @SLawsonOT

@LelanieBrewer @preston_jenny Yes, so many opportunities to learn from each other #otalk



Carolina Cordero @colourful_ot

@SLawsonOT I think for me it sort of levels the playing field in terms of who can participate - I think if I was in a room full of qualified and experienced OTs I might feel a bit intimidated about contributing to the conversation but joining in on Twitter chats feels different #OTalk



OTalk @OTalk_

♥ #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Scrumpeess: @SLawsonOT I think it is about really considering how much it will benefit you and focusing on those and shelving others.



Carolina Cordero @colourful_ot

@SLawsonOT And that's a great learning experience for me #OTalk



deb_OT @dmay_ot

@ot_lynne I think meeting up with others is so important. There aren't *many* online spaces where dialogues are completely open, threads unravelled and information challenged. #OTalk is quite special in that regard!



#Mynameis Jeni @Jeni_woods_OT

@SLawsonOT I tend to look at using hashtags or search on key terms to find information, groups, webinars, contacts. #OTalk



Louise @Louisepenny87

@SLawsonOT I don't think this question needs to have the caveat of being a lone OT (although I'm sure that has its challenges). A similar question would be about how do you ensure you have a broad professional network and are proactive with your own CPD #OTalk



Deb Hearle @heardled

@colourful_ot @SLawsonOT Learning from each other is so important #OTALK which is why it is always invaluable for all students to participate in learning activities



Sophie is my name. @ciderwithsophie

I was at my "Promoting evidence based practice" group the other day, professionals all interested in promoting EB yet none of them knew about #otalk or FB OT groups.. 😞!! I didn't understand how they manage...!



#Hellomynameis Sarah @SLawsonOT

@Louisepenny87 @OT_SHU There are some brilliant free online learning communities including MOOCs, FutureLearn which offer a huge array of subjects. Does anyone know of or have used any others #otalk



#Hellomynameis Sarah @SLawsonOT

Q4: What tips would you give for people finding and/or setting up learning communities? #OTalk



OTalk @OTalk_

Question 4... #OTalk



Ellen Chisman @EllenChisman

Crucial, really. 1 thing is experiences of others. Helps you feel less alone/like you're doing it "wrong" etc, but also find out & reflect on what ot did & what could work for you. & elps focus your learning & be efficient e.g. asking for particular advice #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @colourful_ot: @SLawsonOT I think for me it sort of levels the playing field in terms of who can participate - I think if I was in a roo...



Bill Wong, OTD, OTR/L @BillWongOT

RT @Louisepenny87: @SLawsonOT I don't think this question needs to have the caveat of being a lone OT (although I'm sure that has its cf



Sophie is my name. @ciderwithsophie

@SLawsonOT @Louisepenny87 @OT_SHU I mentored someone (@howell_lucy) who i believe introduced both to me, i couldn't believe ho useful they are!! #OTALK



Hannah Silcock @Scrumpess

@SLawsonOT I have now set up a wider OT CPD network in the trust to ensure I get chance to collaborate with others and we keep up to da current practice. I am focusing this on the #RCOTCareerFramework at the moment to give real professional focus #OTalk



Lynne Merrett @ot_lynne

@dmay_ot Yes, hurray for #OTalk!



#Hellomynameis Sarah @SLawsonOT

@preston_jenny @SetG75 Yes, and there seems to be more and more people using the CDF to identify and engage in learning and hopeful on to apply the learning in practice #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@colourful_ot @SLawsonOT True- in my own community of leaders group in AOTA, pretty much the members involved have roughly same experience level. So working with motivated contemporaries is a plus. #otalk



OTalk @OTalk_

What?! How can they not know about us 😊 #OTalk



Bethany Marshall @BethjmOT

@SLawsonOT At university, my learning community is mainly face to face learning with other students! I am very engaged in social media, fo and networking has allowed me to access information shared by other OTs and also join in with #OTalk. Great way to learn from home! #OTA



Bill Wong, OTD, OTR/L @BillWongOT

RT @ciderwithsophie: I was at my "Promoting evidence based practice" group the other day, professionals all interested in promoting EB yet.



Deb Hearle @hearled

@SLawsonOT It's also useful to have someone who is happy to challenge your ideas in a constructive way #OTALK I learn so much more th discussion and debate



Deb Hearle @hearled

RT @preston_jenny: I enjoy the networking, the challenge of different perspectives makes me think and reflect, and all the references and r..



Bill Wong, OTD, OTR/L @BillWongOT

@SLawsonOT I think passion and compatibility is a nice combination. #otalk



Dr Jenny Preston MBE @preston_jenny

Definitely agree with that #OTalk I used to be a bit wary but my one hour of CPD on a Tuesday between 8-9 pm is now one of my most mean occupations



#Hellomynameis Sarah @SLawsonOT

RT @Scrupmess: @SINetwork There are so many online courses now which makes it so much more convenient to be able to do in your own and...



Sophie is my name. @ciderwithsophie

@OTalk_ I know right?! You're pretty hard to avoid... 😂😂😂😂 #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

RT @hearled: @colourful_ot @SLawsonOT Learning from each other is so important #OTALK which is why it is always invaluable for all students



deb_OT @dmay_ot

@ciderwithsophie @SLawsonOT @Louisepenny87 @OT_SHU @howell_lucy I tried to introduce twitter and #OTalk on my last placement. Failed there but did get them using #TRAMmCPD!! I quite enjoyed being able to pass knowledge back to my educators who taught me so much!



Louise @Louisepenny87

@SLawsonOT @OT_SHU A little unclear about whether these classes as learning communities, but I always encourage people to use the stroke competencies e-learning and the SCI elearning. I have also used the coursera app and the understanding cancer elearning #OTalk



OTalk @OTalk_

@ciderwithsophie The team pride themselves on being unavoidable... get like to get around 😂 #OTalk



#Hellomynameis Sarah @SLawsonOT

@Louisepenny87 @Scrupmess Yes, how can we ensure that what we are learning is evidence based and robust #otalk



Kristina Gill @kristinagill

RT @RealBread: Is #RealBread #baking therapeutic? <https://t.co/4TLDabZoO4> #otalk #mentalhealth #breadweek #gbbo <https://t.co/oq9Dsl>



OTalk @OTalk_

RT @Scrupmess: @SINetwork There are so many online courses now which makes it so much more convenient to be able to do in your own and...



Bill Wong, OTD, OTR/L @BillWongOT

@hearled @colourful_ot @SLawsonOT Yes- that was why having weekly chats with you guys is beneficial for me- both networking and learning know networking will come into play much later when I attend an RCOT conference. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @EllenChisman: Crucial, really. 1 thing is experiences of others. Helps you feel less alone/like you're doing it "wrong" etc, but also f...



Bill Wong, OTD, OTR/L @BillWongOT

RT @Scrupmess: @SLawsonOT I have now set up a wider OT CPD network in the trust to ensure I get chance to collaborate with others and ke...



Bill Wong, OTD, OTR/L @BillWongOT

RT @BethjmOT: @SLawsonOT At university, my learning community is mainly face to face learning with other students! I am very engaged i



Bill Wong, OTD, OTR/L @BillWongOT

RT @Louisepenny87: @SLawsonOT @OT_SHU A little unclear about whether these classes as learning communities, but I always encourage people to u...



Sally Scott-Roberts @SallyScottRobe1

@SLawsonOT @Louisepenny87 @OT_SHU #OTalk I have recently undertaken two free short courses on FutureLearn, they were very accessible. Both carefully integrated opportunities for online discussion which really did provide opportunity to talk to an array of other professionals.

Deb Hearle @hearled



@colourful_ot @SLawsonOT That said, students or novices often make us more experienced staff think as you ask the questions that others to ask #otalk #students



Sophie is my name. @ciderwithsophie
@dmay_ot @SLawsonOT @Louisepenny87 @OT_SHU @howell_lucy Well done! I always like it when students can keep us up to date too! #OTALK



Louise @Louisepenny87
@SallyScottRobe1 @SLawsonOT @OT_SHU I need to check out FutureLearn! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @hearled: @colourful_ot @SLawsonOT That said, students or novices often make us more experienced staff think as you ask the questi th...



#Hellomynameis Sarah @SLawsonOT
@colourful_ot Yes, learning from each other and learning together, challenging each other in a supportive environment, sharing ideas and reflections. What sort of other less obvious learning communities are you a part of too? #otalk



Bill Wong, OTD, OTR/L @BillWongOT
@hearled @colourful_ot @SLawsonOT And I like having fieldwork/placement students because of the same purpose. #otalk



#Hellomynameis Sarah @SLawsonOT
Q5: How do you know when you are learning something which could be CPD? #OTalk



OTalk @OTalk_
Wow @SLawsonOT sets a good pace, we are now halfway through tonights #OTalk. Keep those ideas & thoughts coming folks!
<https://t.co/4c6PfS6AiW>



Deb Hearle @hearled
RT @SLawsonOT: @preston_jenny @SetG75 Yes, and there seems to be more and more people using the CDF to identify and engage in le and...



#Hellomynameis Sarah @SLawsonOT
@Kirstie_OT Looking forward to reading your research findings #otalk



Louise @Louisepenny87
@SLawsonOT Get over your imposter syndrome! #OTalk



Hannah Silcock @Scrumpess
@Louisepenny87 @SallyScottRobe1 @SLawsonOT @OT_SHU me too! #otalk



Dr Jenny Preston MBE @preston_jenny
@colourful_ot @SLawsonOT Good point, but the key thing to remember is that we are all learning. Dinosaurs like me learn so much from all fresh and new ideas whether on line or in person #OTalk



Sophie is my name. @ciderwithsophie
@SLawsonOT If it makes me think/feel something. #OTALK



Bill Wong, OTD, OTR/L @BillWongOT
RT @SLawsonOT: @colourful_ot Yes, learning from each other and learning together, challenging each other in a supportive environment, s



#Hellomynameis Sarah @SLawsonOT
RT @Jeni_woods_OT: @SLawsonOT Really important - which I have only recently come to realise in the past few years. My learning communities...



OTalk @OTalk_
Dont forget to include the #OTalk hashtag in all your tweets! <https://t.co/5ehDaeS8Zc>



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT When we really wanted to take some time to reflect on what just happened. #otalk



Carolina Cordero @colourful_ot
@hearled @SLawsonOT I was volunteering at a conference recently and got the chance to take part in several of the workshops, I was surpr how happy so many of the attendees were about the idea of a student being involved and being able to offer a different viewpoint 😊 #OTalk



OTalk @OTalk_
Question 5... #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @ciderwithsophie: @SLawsonOT If it makes me think/feel something. #OTALK



Bill Wong, OTD, OTR/L @BillWongOT
RT @preston_jenny: @colourful_ot @SLawsonOT Good point, but the key thing to remember is that we are all learning. Dinosaurs like me le



deb_OT @dmay_ot
@SLawsonOT If it changes the way I approach something #OTalk



#Hellomynameis Sarah @SLawsonOT
@Scrumpress This is really interesting and is another element of TRAMm Station TELL. About sharing planning and disseminating learning #



Louise @Louisepenny87
@SLawsonOT If I'm learning it, and able to apply it now, or in the fairly near future in some way #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@colourful_ot @hearled @SLawsonOT And organizing a TEDx talk actually is a very unique CPD opportunity for me. I get to be really front center of our role as community partners! #otalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @Louisepenny87: @SLawsonOT If I'm learning it, and able to apply it now, or in the fairly near future in some way #OTalk



Carolina Cordero @colourful_ot
@SLawsonOT I think this has come up in an #OTalk before! I suppose if you can show you learned something from it that you can apply to y work in the future then it's CPD?



Toks Odutayo @TokunboTweetz
@SLawsonOT The certificate at the end 😊😄.. just kidding. I think learning that can be translated into practice, enhance practice or contribut particular way of thinking in relation to practice ensures CPD? #OTalk



Louise @Louisepenny87
@dmay_ot @SLawsonOT Don't undervalue learning that confirms that you are doing the right thing #OTalk



#Hellomynameis Sarah @SLawsonOT
having problems keeping up due to slow internet #otalk



Deb Hearle @hearled
@SLawsonOT I stop working on automatic pilot, it makes me think and explore #otalk

Ellen Chisman @EllenChisman



Agreed! #OTalk



deb_OT @dmay_ot
@Louisepenny87 @SLawsonOT That's a really good point. Thanks! #Otalk



#Hellomynameis Sarah @SLawsonOT
Q6: Do you actively consider how you are applying your learning in your practice? We have another #OTalk booked on 23 October to explore question in more depth



Hannah Silcock @Scrumpess
@SLawsonOT If something has made you reflect on yourself, your practice or processes then it is CPD. Whether this has made you change you do things or not... sometimes, it is just as nice to know that we are doing it right :) #otalk



OTalk @OTalk_
Question 6... #OTalk



#Hellomynameis Sarah @SLawsonOT
@Louisepenny87 What about if it's something you learn which you don't apply for a long time? #otalk I'm really interested in this, it is often something people ask, 'how do I know what to record for CPD if I don't know when I'll use it' #otalk



Dr Jenny Preston MBE @preston_jenny
When it changes my practice or helps me make sense of my thinking and decision making. Impact is important so I'm always thinking how wi make a difference #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT For me in terms of learning about leadership, I would actually take moments to reflect, and then pass on such lessons to anyt who wants to learn from such too. #otalk



Sally Scott-Roberts @SallyScottRobe1
@SLawsonOT @colourful_ot #OTalk Whilst not related to academic development I do seem to find myself on sites such as pinterest in searc new resources to use with the children I work with and getting far too overexcited about being able to modify them to use with a specific indiv



OT Child (Kat Carruthers) @OT_Child
@SLawsonOT If the learning, theory or discussion is then linked to an action whether that is reflection or leading to practice change. I don't th CPD is passive #OTalk



Sarah Sharland @SarahSharland19
@OTalk_ Students! Networking, attending conferences, email groups, journals, magazines, connecting with friends I studied with. #OTalk



Louise @Louisepenny87
@SLawsonOT Interesting question. I guess, if HCPC pulled me up to audit, would I use a piece of evidence that was something that I wasn't right now but I may do in 5 years - probably not. But I would certainly bank the knowledge and save it for later #OTalk



Deb Hearle @hearled
@TokunboTweetz @SLawsonOT Hi Toks 😊 back to the importance of applying learning again #OTALK



OTalk @OTalk_
Interesting point! #Otalk



#Hellomynameis Sarah @SLawsonOT
@dmay_ot Good point Deb, and Louise is right about sometimes confirming you're doing the right thing but sometimes it might also be that y need to stop doing something because you learn there is better way #otalk does that make sense in a tweet???



Sophie is my name. @ciderwithsophie

@SLawsonOT I never properly take the time to sit and think about it analytically. However I think this has been helped by completing a modu CPD as it has got me thinking about everything in that way. #OTALK



Hannah Silcock @Scrumpess

@SLawsonOT @Louisepenny87 If it goes in your toolbox of tricks, it is CPD, whether it is to be used now or at a later date. It is then CPD ag when you go back to it and pull it out, reflect on it and check if it is still current #otalk



Ellen Chisman @EllenChisman

I have been trying to make sure I return to my reflections, activities etc to record how I have applied my learning. The @TRAMMCPD resourc me do this - I write in red text on the trail and tracker that I need to return to do this until it is done! #OTalk



Carol Percy @DrCarolPercy

RT @OTalk_: Interesting point! #Otalk <https://t.co/0JrwY7rcyh>



#Hellomynameis Sarah @SLawsonOT

@ciderwithsophie oooh, interesting, can you expand on the feeling something? #otalk



deb_OT @dmay_ot

@SLawsonOT @Louisepenny87 I think this is especially valid for students. Everything we learn will inform/influence future practice but you c reasonably record everything as CPD #OTalk



#Hellomynameis Sarah @SLawsonOT

RT @preston_jenny: @colourful_ot @SLawsonOT Good point, but the key thing to remember is that we are all learning. Dinosaurs like me le



Sarah Sharland @SarahSharland19

@OTalk_ Network, network, network. I went through the company email address book and found other OTs at the other end of the country. I : an email group so we can share ideas and practice, and to problem solve. I've met others at conferences etc #OTalk



Sophie is my name. @ciderwithsophie

@colourful_ot @SLawsonOT Exactly!! That's something we can go wrong with sometimes e.g. in my competencies at the moment it is havin remind myself to reinforce WHAT HAVE I LEARNT FROM THAT AND HOW AM I APPLYING IT #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

RT @SarahSharland19: @OTalk_ Students! Networking, attending conferences, email groups, journals, magazines, connecting with friends I



Ellen 🧑🏻❤️ @OTEllenUK

RT @BethjmOT: @SLawsonOT At university, my learning community is mainly face to face learning with other students! I am very engaged i



Jackie Pottle @JackiePottleOT

Agree with Jenny -any thing that helps me to think clearer and understand and then hopefully sharing this with others #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Scrumpess: @SLawsonOT @Louisepenny87 If it goes in your toolbox of tricks, it is CPD, whether it is to be used now or at a later date



Bill Wong, OTD, OTR/L @BillWongOT

RT @EllenChisman: I have been trying to make sure I return to my reflections, activities etc to record how I have applied my learning. The...



Bill Wong, OTD, OTR/L @BillWongOT

RT @dmay_ot: @SLawsonOT @Louisepenny87 I think this is especially valid for students. Everything we learn will inform/influence future pr



Louise @Louisepenny87

@SLawsonOT Yes. But Thinking about it doesnt mean I do a good job of it. It takes 16 years to translate evidence in to practice. I wonder ho it takes New learning to be applied to an individuals practice? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@dmay_ot @SLawsonOT @Louisepenny87 True- you guys are like sponges! #otalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @SarahSharland19: @OTalk_ Network, network, network. I went through the company email address book and found other OTs at the end...



Sophie is my name. @ciderwithsophie
@SLawsonOT @Scrumpress I'd love some examples of completed TRAMm station! Tell is the one i struggle with most. I cascade info down t team but never have concrete examples! #OTALK



#Hellomynameis Sarah @SLawsonOT
@Louisepenny87 Yes, you'll often find that others are happy that someone is taking the lead, as soem tweeted earlier we are all learning tog and from each other #otalk



Dr Jenny Preston MBE @preston_jenny
I think it is perfectly reasonable for learning to occur over time, a bit like longitudinal research. Those deeper reflections need time so don't r #OTalk



OT Child (Kat Carruthers) @OT_Child
@SLawsonOT Yes! Touching on last week's subject, keeping a research diary to track decision making processes has made me more proact utilising and analysing outcomes of learning/CPD. Another positive for research education. It is a unique skill in itself #OTalk



Sarah Sharland @SarahSharland19
@OTalk_ Yes! I signed up for an online CPD profile and because I pay monthly, it really motivates me to reflect on my learning experiences, v formal or not #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@SarahSharland19 @OTalk_ Yes- and in my level now, that means having means to do a TEDx event. It is such a hard project and any connections I make actually led me to somewhere closer to my goal! #otalk



OTalk @OTalk_
15 minutes left of tonights #OTalk with @SLawsonOT & @heardled 👍 <https://t.co/DHtvMs4Eoa>



Bill Wong, OTD, OTR/L @BillWongOT
RT @OT_Child: @SLawsonOT Yes! Touching on last week's subject, keeping a research diary to track decision making processes has made more...



Bill Wong, OTD, OTR/L @BillWongOT
RT @preston_jenny: I think it is perfectly reasonable for learning to occur over time, a bit like longitudinal research. Those deeper refl...



Bill Wong, OTD, OTR/L @BillWongOT
@preston_jenny True- sometimes there are moments where I thought, "hey I learned about this a while back!" #otalk



Deb Hearle @heardled
@SLawsonOT @Louisepenny87such a good point #otalk so many times I have drawn on something that at the time did not appear significant that was one of the reasons for the @TRAMMCPD TRAMm trail - to acknowledge those things that have contributed to the CPI undertaken even if retrospectively



Sarah Sharland @SarahSharland19
@OTalk_ I learnt about #OTalk while attending a practice placement update. Best thing ever! @mampy1985 😊

Gilly- does- Doing @GillyGorry



So sorry I haven't been able to join tonight. Sons excessive homeworks has taken all of my evening up! #otalk



OTalk @OTalk_
#OTalk



#Hellomynameis Sarah @SLawsonOT
@TokunboTweetz I'm so glad you're just kidding about the certificate!!! #otalk



#Hellomynameis Sarah @SLawsonOT
RT @hearled: @SLawsonOT I stop working on automatic pilot, it makes me think and explore #otalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @hearled: @SLawsonOT @Louisepenny87such a good point #otalk so many times I have drawn on something that at the time dic



Sarah Sharland @SarahSharland19
@OTalk_ When it's something that will change how I do things in future, or makes me question how I do things now #OTalk



Dr Jenny Preston MBE @preston_jenny
And me @BillWongOT #OTalk



#Hellomynameis Sarah @SLawsonOT
Q7: Do you link your CPD to your appraisal process? Do you revisit this regularly to monitor your progress throughout the year or only at the appraisal? #OTalk



Deb Hearle @hearled
RT @preston_jenny: When it changes my practice or helps me make sense of my thinking and decision making. Impact is important so I'm al



Carolina Cordero @colourful_ot
@SLawsonOT Over the past few months I've gotten involved in a student organisation promoting interprofessional education which is making think more about how other healthcare students (e.g. nursing, medicine, physio students) make up a wider learning community that I'm part o #OTalk



OTalk @OTalk_
Whats the key theme of tonights #OTalk so far? We are all #CPDnerds... LOVE IT! <https://t.co/5551MVNrwm>



Deb Hearle @hearled
RT @OTalk_: Question 6... #OTalk <https://t.co/usPGUZtYec>



Bethany Marshall @BethjmOT
RT @OTalk_: Whats the key theme of tonights #OTalk so far? We are all #CPDnerds... LOVE IT! <https://t.co/5551MVNrwm>



Bill Wong, OTD, OTR/L @BillWongOT
RT @SarahSharland19: @OTalk_ When it's something that will change how I do things in future, or makes me question how I do things now



OTalk @OTalk_
Question 7... #OTalk



Deb Hearle @hearled
Some brilliant gifs tonight #OTalk



#Hellomynameis Sarah @SLawsonOT
@Scrupmess @Louisepenny87 That's an interesting notion of a CPD box of tricks, how do you keep it organised so that you know where thi when you need them? #otalk



Sophie is my name. @ciderwithsophie

@SLawsonOT For example if a programme has made me feel sad about the presentation of a service (E.g. social workers/nhs), feel more in to customer's POV, a journal that has made me feel proud of what i do/confident what i do, ... #OTALK



Lucy Howell @howell_lucy

Hey! Still using with my clients, especially those who struggle socially but still want to engage in learning #Otalk



Bethany Marshall @BethjmOT

@OTalk_ @SLawsonOT @heardled It has gone so quick, we all love CPD 😊 #OTalk



#Hellomynameis Sarah @SLawsonOT

RT @EllenChisman: I have been trying to make sure I return to my reflections, activities etc to record how I have applied my learning. The...



Bill Wong, OTD, OTR/L @BillWongOT

@SarahSharland19 @OTalk_ Yes- I know the late Terry Olivas De La O left a strong legacy for us OT community in terms of anti bullying and sharing #valueofOT to public. I literally thought about her work from time to time and her mission has become my professional mission. #otalk



Dr Jenny Preston MBE @preston_jenny

That's a valid point as of course HCPC are interested in the impact of your learning #OTalk



Louise @Louisepenny87

@SLawsonOT Yes!! My PDR is where the majority of my CPD is documented in a way that others would understand. Although they can be v separate, I like to think I am being efficient by as much as possible allowing them@to be one and the same #OTalk



Carolina Cordero @colourful_ot

@ciderwithsophie @SLawsonOT When I write reflections I use a structure that makes those points very explicit so I have to think about them reflections have 4 sections: what happened, how did it go, what did I learn from it, what will I do next time #OTalk



#Hellomynameis Sarah @SLawsonOT

@EllenChisman @TRAMMCPD Music to our ears #otalk Also hoping that the change in focus of TRAMm Station A to apply helps to focus or implementation in practice



Bill Wong, OTD, OTR/L @BillWongOT

RT @colourful_ot: @ciderwithsophie @SLawsonOT When I write reflections I use a structure that makes those points very explicit so I have



Bill Wong, OTD, OTR/L @BillWongOT

RT @colourful_ot: @SLawsonOT Over the past few months I've gotten involved in a student organisation promoting interprofessional educat



Deb Hearle @heardled

@colourful_ot @SLawsonOT Absolutely Interprofessional learning is so valuable, but to make the most of it individuals have to overcome stereotyped perceptions and really want to understand and question others roles as well as their own #OTALK #IPE #CAIPE



OT Child (Kat Carruthers) @OT_Child

@SLawsonOT Being self-employed and currently relatively isolated professionally I use CPD as a main marker along with self motivation for own self appraisal. To me they are inseparable. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@colourful_ot @SLawsonOT I see a future TEDx organizer/curator in your future... 😊 #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @OT_Child: @SLawsonOT Being self-employed and currently relatively isolated professionally I use CPD as a main marker along with mo...



#Hellomynameis Sarah @SLawsonOT

@dmay_ot @Louisepenny87 Yes, and it's being able to identify what is learning you have to do as a student and the difference between that CPD. I regularly use your teaching kayaking skills as CPD as an example, all those translatable/transferable skills #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @hearled: @colourful_ot @SLawsonOT Absolutely Interprofessional learning is so valuable, but to make the most of it individuals hav



Bethany Marshall @BethjmOT

Linking to tonight's #OTalk, this portal has a range of online learning opportunities based around different fields of OT! @theOThub #CPD #Learningcommunity



Sophie is my name. @ciderwithsophie

@colourful_ot @SLawsonOT Which reflection template do you use? Whilst I have lots with prompts, sometimes i still don't find them particul useful, often have to come back to them to analyses properly. #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

@hearled @colourful_ot @SLawsonOT What people don't know about me organizing a TEDx event is- this is truly a multidisciplinary collabo have to learn a bunch of different knowledge that I otherwise wouldn't have exposed to. #otalk



#Hellomynameis Sarah @SLawsonOT

@SarahSharland19 @OTalk_ Have you also connected with your @theRCOT regional/local groups? #otalk They can be a great way to netw



Ellen Chisman @EllenChisman

Great :-) Yes I think it will help make it more explicit and means I/we have to address it in order to go through all the parts of TRAMm. Someti can also set a specific date I will return to it, if I know something specific is coming up I will be applying it in #OTalk



#Hellomynameis Sarah @SLawsonOT

RT @ciderwithsophie: @colourful_ot @SLawsonOT Exactly!! That's something we can go wrong with sometimes e.g. in my competencies at mome...



Simon Jacques @JacquieOT

@SLawsonOT I don't have regular appraisals so I keep my records as up to date as possible for when one happens. I find it hard getting all r reflections together with all my CPD events and work though and need to find a good system to get it all in the same place! #OTalk



Sarah Sharland @SarahSharland19

@SLawsonOT @OTalk_ @theRCOT I have indeed 😊 #OTalk



Dr Jenny Preston MBE @preston_jenny

Yes to appraisal but probably not enough re monitoring #OTalk



Louise @Louisepenny87

@SLawsonOT @SarahSharland19 @OTalk_ @theRCOT And join the committee too! It's a great way to keep learning and network within yo area / specialty #OTalk



Hannah Silcock @Scrupmess

@SLawsonOT @Louisepenny87 Folders (on desktop and emails) I'm forever emailing myself with things I've found. Wish I had a better way, the moment, it works. Its moved with me between trusts over the years with no problems & lets me revisit things I forgot about. The power of internet :) #otalk



Deb Hearle @hearled

@colourful_ot @ciderwithsophie @SLawsonOT Combine that with critical reflection where you integrate the literature to explain your thought feelings and actions, suddenly you find yourself learning loads ... #otalk

#Hellomynameis Sarah @SLawsonOT

@JackiePottleOT Do you find that sometimes the sharing with others can help you understand it more? #otalk



Carolina Cordero @colourful_ot

@ciderwithsophie @SLawsonOT It's just the headings "Do, Review, Learn, Apply" with the questions from my last Tweet under each heading respectively :) I was given it as an example on a placement having previously used slightly more complicated templates like Gibbs' model; I like the simplicity of it #OTalk



Recovery in the Bin @RITB_

RT @pixiegirle: Calling all #OTs #OccupationalTherapists interested in 'work as a health outcome' - this blog provides essential insight fr...



Fiona Ni Drisceoil @FionaNiDris

RT @preston_jenny: @colourful_ot @SLawsonOT Good point, but the key thing to remember is that we are all learning. Dinosaurs like me le



Bill Wong, OTD, OTR/L @BillWongOT

RT @Louisepenny87: @SLawsonOT @SarahSharland19 @OTalk_ @theRCOT And join the committee too! It's a great way to keep learning network w...



Lucy Howell @howell_lucy

@SLawsonOT If it makes me think about a difference to my practice, now or future clients, I note it for future, #otalk



Sophie is my name. @ciderwithsophie

@SLawsonOT Do you mean checking that your CPD meets anything within your appraisal? At the moment i don't think there is anything from our appraisals about CPD (or EBP) 🙄 but we have something called "stretch objectives" which is more personal, which is where i put about it #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

@Louisepenny87 @SLawsonOT @SarahSharland19 @OTalk_ @theRCOT I feel the same way about volunteering to serve in the Representation Assembly. I appreciate understanding the AOTA structure a lot better because of this experience. #otalk



OTalk @OTalk_

And we have 5 minutes left... @SLawsonOT @hearled, any final thoughts? #OTalk <https://t.co/DT9S3qN2yT>



Bill Wong, OTD, OTR/L @BillWongOT

RT @colourful_ot: @ciderwithsophie @SLawsonOT It's just the headings "Do, Review, Learn, Apply" with the questions from my last Tweet u



Bill Wong, OTD, OTR/L @BillWongOT

RT @howell_lucy: @SLawsonOT If it makes me think about a difference to my practice, now or future clients, I note it for future, #otalk



#Hellomynameis Sarah @SLawsonOT

@Louisepenny87 16 years that's a long time. I think that's often the tricky bit, it is often impossible to know when we'll need/have the opportunity to apply new learning in practice #otalk Whilst we can learn relevant to our sphere of work there are always other things we learn along the way



OT Child (Kat Carruthers) @OT_Child

@BillWongOT @hearled @colourful_ot @SLawsonOT It's amazing how unrelated professions can still be successful for CPD. I learned just as much as director of a photography company and print magazine about myself as an OT than I do on OT specific training. Life experiences can help with CPD it depends what you take from it #OTalk



Lucy Howell @howell_lucy

@ciderwithsophie @SLawsonOT @Louisepenny87 @OT_SHU Oh! Late to the party and my ears are burning! #otalk



#Hellomynameis Sarah @SLawsonOT

Q: 8 Last question, what do you think the positives and/or negatives might be of linking CPD to your appraisal process? #OTalk

Dr Jenny Preston MBE @preston_jenny



I find Johns model of reflection helpful as it makes me reflect on my emotions #OTalk



deb_OT @dmay_ot

@Scrupmess @SLawsonOT @Louisepenny87 I've discovered onenote for this. It's on my laptop, my tablet and my phone so I always have access to tonnes of resources. #otalk



Carolina Cordero @colourful_ot

@hearled @ciderwithsophie @SLawsonOT I hadn't thought of that - I like writing quick reflections so bringing in the literature seems a little daunting but it would definitely add a whole other level of learning to it 😊 #OTalk



Louise @Louisepenny87

@SLawsonOT @JackiePottleOT Sharing with others is amazing at increasing your understanding. Open discussion and Q&A help you learn from other perspectives #OTalk



OTalk @OTalk_

Final question, 8... #OTalk



#Hellomynameis Sarah @SLawsonOT

@ciderwithsophie @Scrupmess If you want to contact me I can try to help #otalk



Sensory Integration Education @SINetwork

@Scrupmess We're also finding participants can learn at their preferred pace and on a practical level there's less worry about expenses and childcare for example #otalk



#Hellomynameis Sarah @SLawsonOT

RT @preston_jenny: I think it is perfectly reasonable for learning to occur over time, a bit like longitudinal research. Those deeper refl...



Hannah Silcock @Scrupmess

@SLawsonOT I find the appraisal process a good way to make me pull everything together from the year & showcase achievements. By setting goals in the appraisal it also gives me opportunities to participate in CPD. If you want funding for a course, managers want it on your appraisal #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@OT_Child @hearled @colourful_ot @SLawsonOT I actually already heard a rumor that this will pad my resume as being in an OT conferer planning committee in my future. The only question then would be- will I be interested to join? #otalk



Sophie is my name. @ciderwithsophie

@colourful_ot @hearled @SLawsonOT I find the critical analysis format bringing in evidence does seem to have a deeper impact for my learning/goals for future. All seems to come together better. I look at my reflections using standard templates and they aren't comparable any So fascinating #OTALK



Dr Jenny Preston MBE @preston_jenny

And the RCOT Specialist Sections are another great opportunity for CPD @RCOT_Louise #OTalk



Deb Hearle @hearled

@ciderwithsophie @SLawsonOT It's also about ensuring your appraisal works for you CPD should not only be linked but should inform future goals #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@OT_Child @hearled @colourful_ot @SLawsonOT And technically I still have to use my OT skills for my TEDx curator role. After all, I know it is internal expectation of picking a strong OT speaker for my event. 🙄 #OTalk

Ellen Chisman @EllenChisman

Negatives: my appraisal goals are quite specific to my role and also the Trust and its values and priorities, so I like to do CPD and link it to my



generally my development as an OT as well. Positives: helps provide well-presented and though-out evidence with a focus #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Louisepenny87: @SLawsonOT @JackiePottleOT Sharing with others is amazing at increasing your understanding. Open discussion at hep...



OTalk @OTalk_

@hearled Why thank you! #OTalk <https://t.co/1OFIjleIGg>



Carolina Cordero @colourful_ot

@hearled @SLawsonOT Absolutely! Our group (IreIFH - Irish Interdisciplinary Forum for Healthcare which is a terribly long name :P) is plan social events as well as learning events so that students have the chance to get to know each other and challenge the perceptions we might #OTalk



#Hellomynameis Sarah @SLawsonOT

Thank you everyone for joining in tonight's #OTalk



Sophie is my name. @ciderwithsophie

@hearled @SLawsonOT Appraisals are for a whole different chat..!! The main goals are all driven by the directorate, despite appraisal trainir specifying they should be specific to you (!!) #OTALK 🙄



Sensory Integration Education @SINetwork

A positive will be demonstrating learning, critical thinking etc but it can be a negative if you weren't able to complete your agreed CPD for one reason or another. However there should be extenuating circumstances then #OTalk



Hannah Silcock @Scrumpess

@colourful_ot @ciderwithsophie @SLawsonOT That sounds similar to the one I use "What? So What? Now What?" So simple, but so effecti me #otalk



Louise @Louisepenny87

@SLawsonOT A positive = ease, lack of duplication and therefore both more likely to be thorough. A negative = it could be restrictive, and no inspirational. And potentially not focused on you enough #Otalk



OTalk @OTalk_

Well thats our official #OTalk hour up! HUGE thanks to @SLawsonOT & @hearled for a great topic, ever the Twitter Pros!



Deb Hearle @hearled

@preston_jenny And Fish and Twinn really makes you challenge your own thoughts and actions #OTALK which can be uncomfortable but is important #reflection



#Hellomynameis Sarah @SLawsonOT

@PurcellCath @OTalk_ I agree, it's important to recognise it as such and record the important elements #otalk



Samei Huda @SameiHuda

RT @pixiegirl: Calling all #OTs #OccupationalTherapists interested in 'work as a health outcome' - this blog provides essential insight fr...



Sophie is my name. @ciderwithsophie

@SLawsonOT Positives- links it all together and ensures CPD is the backbone throughout evidencing what you've done that year. Negative- appraisals aren't necessarily "you" based/may not have the freedom required #OTALK



Simon Jacques @JacquieOT

@SLawsonOT Appraisals ususally look at future plans and the best way to look forward sometimes is to consolidate what you've done and le previously and what you would like to do to fill CPD gaps for further development and learning... basically it's all good 😊 #OTalk



Courtney Jenkins @CJenkinsOT

RT @OT_Child: @SLawsonOT Yes! Touching on last week's subject, keeping a research diary to track decision making processes has made more...



Deb Hearle @hearled

@SLawsonOT And from me #otalk



Ellen Chisman @EllenChisman

Thank you for hosting @SLawsonOT and @hearled :-) #otalk



OTalk @OTalk_

Please do keep chatting & adding your thoughts. We dont grab the #OTalk transcript for a few days to allow people to catch up & contribute. <https://t.co/DI4U0lqFmX>



Carolina Cordero @colourful_ot

@Scrupmess @ciderwithsophie @SLawsonOT Ooh, that's a good one! #OTalk



Louise @Louisepenny87

@ciderwithsophie @SLawsonOT I think we just said the same thing in different words!! #Otalk



Sophie is my name. @ciderwithsophie

@Louisepenny87 @SLawsonOT Great minds ... #OTALK



Georgia Simmonds @OT_student_GS

Love reading all the tweets in #OTalk, i've always been in awe of the interesting conversations that are held!



OTalk @OTalk_

Dont forget participating in an #OTalk can contribute towards your CPD & hopefully tonights topic will have given you some ideas about implementing or sharing your learning. <https://t.co/8hkKd2AQ8G>



#Hellomynameis Sarah @SLawsonOT

@Louisepenny87 Is this something you revisit or monitor regularly or only when the next PDR is due? #otalk



Dr Jenny Preston MBE @preston_jenny

Thank you @SLawsonOT and @Kirstie_OT for hosting so well #OTalk



Courtney Jenkins @CJenkinsOT

RT @colourful_ot: @ciderwithsophie @SLawsonOT It's just the headings "Do, Review, Learn, Apply" with the questions from my last Tweet u



OTalk @OTalk_

Thanks to everyone for all your participation in tonights #OTalk. You really are a brill bunch of #CPDnerds... or are you #OTalkNerds 😊 <https://t.co/dmi1TrwFT>



#Hellomynameis Sarah @SLawsonOT

Thank you so much everyone, will cathc up with all the tweets over the next few days. Hope you can join us again on 23 OOctober to look in m depth at how we can apply learning in practice. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@colourful_ot @SLawsonOT I am a super bad example. It takes a lot of passion and energy to do what I do, especially with multitude of thin involved. #otalk



OTalk @OTalk_

While you have your CPD hats on & thinking about learning objectives & appraisals, why not consider hosting an #OTalk chat of your own in .

 **Louise** @Louisepenny87
 @SLawsonOT My PDR document is a live document, so constantly filing in bits, adding evidence etc. So that I don't bore my reviewer too much when it come to my appraisal meeting, they only get an executive summary #OTalk

 **Dimitris Voutsinos** @Voutsis1377
 @OTalk_ I had an OT mentor until recently. I ask more experienced OTs I know. I also think there's always something worth "stealing" from other specialities, like special educator, psychologist, speech therapist, & even plain staff members with many years of friction w subject #OTalk

 **OTalk** @OTalk_
 Right, this is @Kirstie_OT signing off! Bye for now! #OTalk <https://t.co/NnJLlyAYpv>

 **Kirstie** @Kirstie_OT
 @SLawsonOT My proofs were due on the 7th, then the 10th and now theres no date at all! Its killing me 🤔 #OTalk

 **Louise** @Louisepenny87
 @SLawsonOT Really enjoyed this #OTalk and looking forward to 23rd October

 **Lucy Howell** @howell_lucy
 @dmay_ot @ciderwithsophie @SLawsonOT @Louisepenny87 @OT_SHU Don't stop trying! I've managed to help promote CPD opportunities new post- even got some on twitter! @nicburke4 #otalk

 **Kirstie** @Kirstie_OT
 Went GIF crazy for tonights #OTalk... love me a Pikachu!

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