#OTalk Transcrip

Healthcare social media transcript of the #OTalk hashtag.

Tue, January 15th 2019, 8:00PM – Tue, January 15th 2019, 9:15PM
(Europe/London).

See #OTalk Influencers/Analytics.

OTalk @OTalk_
Evening folks! Thanks for joining us, its @Kirstie_OT on the #OTalk account tonight. This evening we are talking about “applying your learning in practice” with @SLawsonOT. Give us a hello if you are out there. https://t.co/0b8ptjorgt

FOX Rehabilitation @FOXRehab
#FOXCastOT: We are continually updating our #EHR system based off the latest evidence that’s out there. #OTalk Google Play: https://t.co/wypXDBG3rH Stitcher: https://t.co/ggL5I1MvTov TuneIn: https://t.co/3L5f3Etyh Apple Podcasts: https://t.co/fCnUSILWxd

Carolina Cordero @colourful_ot
@OTalk_ @Kirstie_OT @SLawsonOT Hello! 😊 #OTalk

sarah @sarah98865006
@OTalk_ @Kirstie_OT @SLawsonOT Hello #OTalk

Beth @bethty_s
@OTalk_ @Kirstie_OT @SLawsonOT Hello!! #OTalk 😊

#Hellomynameis Sarah @SLawsonOT
Evening all #OTalk, looking forward to chatting all things CPD especially on the launch of the new Principles for CPD and Lifelong learning #CPDtogether https://t.co/ezHzmnvClZ

Sophie is my name. @ciderwithsophie
@OTalk_ @Kirstie_OT @SLawsonOT Hello. Not mentally prepared for this after the #BrexitVote latest...!! #OTalk

#Hellomynameis Sarah @SLawsonOT
@colourful_ot @OTalk_ @Kirstie_OT Hi Carolina, glad you could join us #otalk

OTalk @OTalk_
RT @SLawsonOT: Evening all #OTalk, looking forward to chatting all things CPD especially on the launch of the new Principles for CPD and Li...
#Hellomynameis Sarah @SLawsonOT
@sarah98865006 @OTalk_ @Kirstie_OT Hi Sarah, welcome to #OTalk

OTalk @OTalk_
The usual #OTalk house keeping applies. Please remember that your code of ethics applies online as it does in practice. https://t.co/9tcKS2pzfw

Deb Hearle @heardle
@SLawsonOT Great timing! #otalk

#Hellomynameis Sarah @SLawsonOT
@bethy_s @OTalk_ @Kirstie_OT Hi Beth, welcome to tonight's #OTalk

#Hellomynameis Sarah @SLawsonOT
Q1: What types of activities have you learnt the most from this year? #OTalk

OTalk @OTalk_
Please be mindful & respectful of others & their views, we are all here to share & learn with each other. If anyone has any concerns or questions you can drop me a DM at anytime. #OTalk https://t.co/eZWBKoXfkq

#Hellomynameis Sarah @SLawsonOT
@AideenKa @OTalk_ @Kirstie_OT Welcome to #otalk Aideen

Jenny R @JR1OT
@OTalk_ @Kirstie_OT @SLawsonOT Hello #OTalk

#Hellomynameis Sarah @SLawsonOT
@ciderwithsophie @OTalk_ @Kirstie_OT Yes, the country is in disarray and here we are #otalk

OTalk @OTalk_
Last thing to remember, and this is the BIG one... please remember to include the #OTalk hashtag in all your tweets. If you dont people wont be able to see what you have to say or engage with you. https://t.co/fczhPmKoke

Michele Morgan @MicheleMorganOT
RT @OTalk_: Last thing to remember, and this is the BIG one... please remember to include the #OTalk hashtag in all your tweets. If you don...

#Hellomynameis Sarah @SLawsonOT
@otramblings @OTalk_ @Kirstie_OT Hi Minh, please make sure you incluce #otalk in all your tweets so they show up in the conversation

Gilly- does- Doing @GillyGorry
Evening all #otalk looking forward to tonight's chat #cpd https://t.co/cLUQFwbbBp
OTalk @OTalk_ With all the housekeeping done with, lets hand over to our host @SLawsonOT to get the #OTalk discussion rolling! https://t.co/9rG020SyQj

Deb Hearle @hearled @SLawsonOT #otalk participating in the review of the CPD standards helped me to further develop my research and thinking around CPD and TRAMmCPD

Chloe Hague 🍀 @ChloeHagueOT @OTalk_ @Kirstie_OT @SLawsonOT Hello! #OTalk

#Hellomynameis Sarah @SLawsonOT RT @OTalk_: Please be mindful & respectful of others & their views, we are all here to share & learn with each other. If anyone has any con...

#Hellomynameis Sarah @SLawsonOT RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk

OTalk @OTalk_ Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😝)

#Hellomynameis Sarah @SLawsonOT RT @OTalk_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😝) https://t.co/0721mW6...

Michele Morgan @MicheleMorganOT @OTalk_ @SLawsonOT Q1 #OTalk going low tech this year with leather work and metal stamping. Nice to have unplugged options:) 

Gilly- does- Doing @GillyGorry @SLawsonOT A mix of learning from personal experience, professional experience, reflection, reading, training. And #otalk of course

Emma Pickup @EmmaP_OT @SLawsonOT First time joining in #otalk! 🧑‍⚕️ hi! Personally, as a student, my time on placement has been invaluable, particularly kitchen assessments looking specifically at cognitive impairment have really helped my understanding of activity analysis

#Hellomynameis Sarah @SLawsonOT @hearled Me too! #OTalk
Bill Wong, OTD, OTR/L @BillWongOT
RT @OTalk_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) https://t.co/0721mW6…

Sophie is my name. @ciderwithsophie @SLawsonOT Reading, my development module and training #OTalk

OTalk @OTalk_
@EmmaP_OT @SLawsonOT Welcome aboard Emma! Shout if you need anything #OTalk

#Hellomynameis Sarah @SLawsonOT @GillyGorry And being a volunteer for the @NW_RCOT #otalk!

#Hellomynameis Sarah @SLawsonOT Q2: If you were at RCoT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most significant learning points, and which have you applied in practice? practice in some way? #OTalk

Carolina Cordero 🌸 @colourful_ot @SLawsonOT Is that this year as in 2018 or 2019? If it's 2019 I haven't had many learning opportunities yet; for 2018 I'd say the activities that taught me most were my experiences on placement 😊 #OTalk

#Hellomynameis Sarah @SLawsonOT @EmmaP_OT Welcome to #otalk Emma

deb_OT @dmay_ot Evening! I've learned a ridiculous amount from placement; including a good way to organise my CPD file and the kind of things I can put in it! #otalk

Minh Tran @otramblings @SLawsonOT For me, it has been a mixture of learning on the job (bit of good ol trial and error), self directed learning and workshops. I've recently rotated into a new clinical specialty area so a lot of things are new to me #otalk

Sophie Heywood @SophieHeywood29 RT @OTalk_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) https://t.co/0721mW6…

#Hellomynameis Sarah @SLawsonOT If you did not attend RCoT2018 what other events have you learnt the most from and which have changed your practice? #OTalk

Jenny R @JR1OT @SLawsonOT Being a practice educator and providing clinical placements for students
#OTalk

**Rachel** @_rachelOT 7 days ago
@SLawsonOT Hi #otalk 😊 I have found project work the most useful - setting up @senseaware_sw has offered experience in networking, business plans/pitches, supervision, running groups, applying for funding and most importantly remaining person centred! As a student this has been invaluable!

**Kirstie** @Kirstie_OT 7 days ago
Being a patient over the last few months has given me alot to reflect on. Learnt alot about the type of OT i am and my expectations of other professionals. #OTalk

**Chloe Hague** 🌸 @ChloeHagueOT 7 days ago
@SLawsonOT As a student OT I have found I have learnt the most from hands on placement experience and reflecting on this learning #OTalk

**#Hellomynamesis Sarah** @SLawsonOT 7 days ago
@ciderwithsophie I am intrigued by your tweet this morning, is there anything in particular which prompted your thoughts about 'what shall i do with this now?' #otalk does anyone else have this feeling?

**Deb Hearle** @hearded 7 days ago
@colourful_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for others to join us - great learning opportunity @rcot

**#Hellomynamesis Sarah** @SLawsonOT 7 days ago
RT @hearded: @colourful_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for oth…

**Kirstie** @Kirstie_OT 7 days ago
@hearded @SLawsonOT Agree... lots of learning this year about my perceptions of and participation in CPD, and how it may differ from others. #OTalk

**Dr Stephanie Tempest** @SetG75 7 days ago
@SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple perspectives and how to negotiate / identify what we have in common #CPDTogether #OTalk https://t.co/kDMA69Jhve

**#Hellomynamesis Sarah** @SLawsonOT 7 days ago
@colourful_ot Good question, anytime. I wrote the blog back in October ! #otalk It's more to prompt thoughts around the types f learning activities you may (or may not ) be engaging in #OTalk

**Sophie is my name.** @ciderwithsophie 7 days ago
@Kirstie_OT Lived experience is so powerful. Hope you're ok #OTalk
OTalk @OTalk_  
Question 2... #OTalk

Bill Wong, OTD, OTR/L @BillWongOT  
Late to the party. #OTalk

sherlyn graham @shelynmelody  
I’m late! 😁 We had a training session in Parkinson’s it was amazing I followed up by sharing my New learnt experience with my team #OTalk

OTalk @OTalk_  
RT @SLawsonOT: Q2: If you were at #RCOT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most...

OTalk @OTalk_  
RT @hearled: @colourful_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for oth...

#Hellomynameis Sarah @SLawsonOT  
@dmay_ot and hopefully beginning to get your head around the difference between Monitor and measure? #otalk

#Hellomynameis Sarah @SLawsonOT  
RT @dmay_ot: Evening! I’ve learned a ridiculous amount from placement; including a good way to organise my CPD file and the kind of things...

Monica Iofciu_OT @Monicalofciu  
RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk

Bill Wong, OTD, OTR/L @BillWongOT  
@OTalk_ @SLawsonOT I would say taking on placement students. Really forced me to take my time to break down what I know to teach to students. #otalk

sherlyn graham @shelynmelody  
@BillWongOT #otalk that makes 2 of us 😊

Sophie is my name. @ciderwithsophie  
@SLawsonOT I recently looked at the #OTshow videos which has inspired me to consider lego use with older adults #OTalk

Monica Iofciu_OT @Monicalofciu  
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...
Carolina Cordero 🌈 @colourful_ot
@ChloeHagueOT @SLawsonOT Same here! I have a debrief tomorrow morning for the placement I finished just before Christmas - seems like ages ago now after the holidays but I think it’ll still be useful to look back on it and pick out the important things I’ve learned #OTalk

OTalk @OTalk_
Great example of how to share knowledge and learning #OTalk

Gilly- does- Doing @GillyGorry
@SLawsonOT @NW_RCOT Indeed! I’ve done a lot, but I’m a bit disorganized currently #otalk

OTalk @OTalk_
@BillWongOT Better late than never folks! #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @ciderwithsophie: @SLawsonOT I recently looked at the #OTshow videos which has inspired me to consider lego use with older adults #OTalk

Dr Stephanie Tempest @SetG75
@otramblings @JR1OT @SLawsonOT Completely agree - working with students to support their placement learning provides really rich #CPD opportunities for us inc leadership, facilitation of learning etc @MMShiells #OTalk

sheryln graham @sherylynmelody
@OTalk_ I even did a little quiz 👨‍👩‍👧‍👦 #otalk 🤓

OTalk @OTalk_
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe…

#Hellomynameis Sarah @SLawsonOT
@JR1OT Yes, students can be a real catalyst for CPD #otalk

Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Last week I was a few hours late post tweeting... since I had job orientation at that part of day. #otalk

Sophie Heywood @SophieHeywood29
@SLawsonOT First time on #OTalk. I am a student OT and one of my best experiences was volunteering for @CalvertTrust last September. The instructor taught me how to safely help someone get down a steep slope in a wheelchair using just a rope and our
muscle power #problemsolving

Aideen Carroll @AideenKa
@OTalk_ @SLawsonOT Q1 #OTalk I'm an OT student. I haven't really started my CPD activities yet this year. However, I have found that I learn better when the activity is practical.

Student Platform OT @SPOTeurope
RT @OTalk_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think I will just put my feet up for this chat 😊) https://t.co/0721mW6...

OTalk @OTalk_
Anyone else think “what shall I do with this now” after training or learning event? #OTalk

#Hellomynamesis Sarah @SLawsonOT
@_rachelOT @senseaware_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk

sherlyn graham @sherlynmelody
@SophieHeywood29 @SLawsonOT @CalvertTrust #otalk that sounds very interesting did you do a #riskassessment 😊

IamAnOT @IamAnOT19
Good evening #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @SLawsonOT: @_rachelOT @senseaware_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk

Sophie is my name. @ciderwithsophie
@SLawsonOT For example I was on safeguarding officer training and there was mention of self neglect, I recognised a learning need so an action is for me to book on the training ... #OTalk 1/2

#Hellomynamesis Sarah @SLawsonOT
RT @Kirstie_OT: @hearled @SLawsonOT Agree... lots of learning this year about my perceptions of and participation in CPD, and how it may di...

Gilly- does- Doing @GillyGorry
@Kirstie_OT Same here. I've had a positive experience of being a service user this past few years. Well mostly. lots of experience made me question things #otalk

Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT @_rachelOT @senseaware_sw And speaking of which... I consider curating a TEDx event as an ongoing one. I learned so much about what I do well as a leader and what I still need improvement on. #otalk
Bill Wong, OTD, OTR/L @BillWongOT
RT @AideenKa: @OTalk_ @SLawsonOT Q1 #OTalk I'm an OT student. I haven't really started my CPD activities yet this year. However, I have fou…

Deb Hearle @hearled
@colourful_ot @ChloeHagueOT @SLawsonOT Good point #otalk sometimes it is really helpful to take a step back and forget about it for a short while ….revisiting can then allow you to see things through a different lens and learn more deeply from it

#Hellomynameis Sarah @SLawsonOT
@Kirstie_OT @hearled Our conversations have led to some of my greatest learning that I have been able to Apply within my research #otalk The conversations, real and virtual have helped to clarify my thoughts

Sophie is my name. @ciderwithsophie
@SLawsonOT But i also thought, ok so now how am I taking this back to my team? The information gained will be shared in a meeting to inform best practise. So many other examples.... #OTalk

Gilly- does- Doing @GillyGorry
@OTalk_ All the time. Isn't that what makes it CPD? We have to use the learning #otalk

deb_OT @dmay_ot
Regularly! As a student I don't feel I have anywhere to USE the things I'm learning yet. It's all filed away for when I get to the real world. #otalk

#Hellomynameis Sarah @SLawsonOT
@Kirstie_OT @hearled Also, the impact that others have on us #CPDnerds @hearleD and I have lots of findings about the influence of others #otalk

#Hellomynameis Sarah @SLawsonOT
Q3: How have you Applied what you have learnt from your activities to benefit yourself? #OTalk

#Hellomynameis Sarah @SLawsonOT
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe…

#Hellomynameis Sarah @SLawsonOT
RT @OTalk_: Question 2... #OTalk https://t.co/ErfzvX92SH

OTalk @OTalk_
Absolutely...But does it always happen? Do we know how to apply it? Do we mean to come back to it and then move on? #OTalk
Sophie is my name. @ciderwithsophie
@BillWongOT @SLawsonOT @_rachelOT @senseaware_sw Oh bill, back on recruiting people for Tedtalks 😊😊 #OTalk

OTalk @OTalk_
Question 3... #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
@ciderwithsophie @SLawsonOT @_rachelOT @senseaware_sw New year... this old me is back. 😃 #otalk

OTalk @OTalk_
#OTalk

Student Platform OT @SPOTeurope
RT @OTalk_: Question 3... #OTalk https://t.co/TtSVwlCCK1

#Hellomynameis Sarah @SLawsonOT
@ciderwithsophie @Kirstie_OT will love you #otalk

Carolina Cordero 🌸 @colourful_ot
@hearled @ChloeHagueOT @SLawsonOT Definitely! I think in this case the time gap between the placement ending and our class debrief had more to do with the timing of the Christmas break than a deliberate choice, but it's worked out well for me because I think I needed all that time to reflect #OTalk

Deb Hearle @hearled
@GillyGorry @Kirstie_OT Same for me when I was a carer #OTALK - really gives you a different and invaluable perspective .....important to learn and grow from it

sherlyn graham @sherlynmelody
@OTalk_ #otalk all the time. You end up collecting lots of info that you forget about. Not great and when you do need it, it makes no sense 😞

Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Yes- and I am hoping to be an effective adjunct instructor. #otalk

#Hellomynameis Sarah @SLawsonOT
@colourful_ot @ChloeHagueOT and hopefully you'll continue to reflect on what you have learnt and how you are developing. Also help you identify new learning needs/set new goals #otalk

Dr Stephanie Tempest @SetG75
At my recent school governor training session, we had an action plan sheet which we filled in as the session progressed 🙌 It made it so easy for me to pick up the "where next" afterwards #OTalk
Deb Hearle @heardled
@SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the value of this

OTalk @OTalk_
Interesting point...applyinf it theoretically in discussion & assignments can be a good way of unpicking and understanding prior to “real world” application. #OTalk

Monica Iofciu_OT @Monicalofciu
#OTalk Q1: 2018 had 3 big highlights for me: starting a band 5 rotational post, starting a rotation in ED and also attending my first big @theRCOT event: #RCOT18. Organising an event for #OTweek18 and making #OTpledge has been fun.

OTalk @OTalk_
Good tip! #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @Monicalofciu: #OTalk Q1: 2018 had 3 big highlights for me: starting a band 5 rotational post, starting a rotation in ED and also atten…

Sophie is my name. @ciderwithsophie
@OTalk_ I'd like to think everyone does but I think we have to be realistic that the people that don't, are likely not engaging in #OTalk. Equally, it's not just enough to say it. Does everyone action it? #OTalk

#Hellomynameis Sarah @SLawsonOT
@AideenKa @OTalk_ Is it a case of not starting or maybe not recognising the things you may already be engaging in which could be CPD? #otalk @heardled

Sophie is my name. @ciderwithsophie
@OTalk_ Oops I hashtagged #OTalk twice !!

Bill Wong, OTD, OTR/L @BillWongOT
RT @sherlynmelody: #OTalk_ #otalk all the time. You end up collecting lots of info that you forget about. Not great and when you do need it…

Gilly- does- Doing @GillyGorry
@SLawsonOT Used direct in practice, used for applying to #rcot2019 (abstract accepted) used to get my OT mojo back after 6months off sick. #OTalk

Deb Hearle @heardled
@AideenKa @OTalk_ @SLawsonOT As a student you learn so much but it's important to flag those experiences/activities that have a significant impact on what you do in the future #otalk
Deb Hearle @heared 7 days ago
RT @SLawsonOT: @_rachelOT @senseaware_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk

sherlyn graham @sherlynmelody 7 days ago
@ciderwithsophie @SophieHeywood29 @SLawsonOT @CalvertTrust #otalk can I get access to this video @ciderwithsophie

Sophie is my name. @ciderwithsophie 7 days ago
@sherlynmelody @OTalk_ Love a quiz !! #OTalk

Emma Pickup @EmmaP_OT 7 days ago
@OTalk_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have found reflecting on activities particularly beneficial towards my own personal development #otalk

#Hellomynamesis Sarah @SLawsonOT 7 days ago
RT @heared: @colourful_ot @ChloeHagueOT @SLawsonOT Good point #otalk sometimes it is really helpful to take a step back and forget about i…

Bill Wong, OTD, OTR/L @BillWongOT 7 days ago
@sherlynmelody @OTalk_ In my case will be a refresher and reinforcement. Having context in terms of how far the placement students are coming along will make me improve my overall assessment of their performance. #otalk

#Hellomynamesis Sarah @SLawsonOT 7 days ago
@heared @colourful_ot @ChloeHagueOT That's also why it can be important to revisit reflections to see how you have developed and used that learning #otalk

Deb Hearle @heared 7 days ago
@SLawsonOT @Kirstie_OT And if I'm honest, others have been a much more significant part of my professional growth than any course I have attended #otalk

Kirstie @Kirstie_OT 7 days ago
Just dont over do it. As someone who is still learning to say no, balance is key. Love my volunteering roles but sometimes overwhelmed by the follow up & application of what im achiveing/learning #Otalk

Bill Wong, OTD, OTR/L @BillWongOT 7 days ago
RT @EmmaP_OT: @OTalk_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have f…

Monica Iofciu_OT @Monicalofciu 7 days ago
RT @OTalk_: Its your one hour #OTalk warning! We shall be taking “applying your learning in practice” with @SLawsonOT. https://t.co/qAKJEQr…
Dr Stephanie Tempest @SetG75
@dmay_ot That’s a really interesting point but at the same time there is value in putting into practice all those communication skills, leadership tips, reflective thinking abilities etc when working in student groups at uni....#OTalk

Sophie is my name. @ciderwithsophie @SLawsonOT @Kirstie_OT Ha I know, we've already had a brief discussion about it. And don't get me started on @GeekyOT’s board game talk inspiring me to consider board games with older adults... #OTalk

#Hellomynamesis Sarah @SLawsonOT
@dmay_ot Good to hear you have it filed away and will be able to find it again when you do need to use it #otalk

Carolina Cordero 🌸 @colourful_ot @SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then tried to apply to my work the following week 😊 #OTalk

#Hellomynamesis Sarah @SLawsonOT
RT @OTalk_: Absolutely...But does it always happen? Do we know how to apply it? Do we mean to come back to it and then move on? #OTalk http…

Bill Wong, OTD, OTR/L @BillWongOT @ciderwithsophie @sherlynmelody @OTalk_ Well- for my program I am teaching... if you are 15 minutes late to class, you most likely can get a quiz. 😒 #otalk

#Hellomynamesis Sarah @SLawsonOT @OTalk_ Good questions #otalk

Deb Hearle @hearled @GillyGorry @OTalk_ Absolutely! Sarah and I have an article coming out soon in the Journal of Continuing Education for the Health and Care Professionals defining CPD engagement ..... application is a core attribute #otalk

Student Platform OT @SPOTeurope RT @OTalk_: Good tip! #OTalk https://t.co/yBA8WD0TvY

Bill Wong, OTD, OTR/L @BillWongOT RT @colourful_ot: @SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then…

Minh Tran @otramblings @SLawsonOT #otalk it has helped me by adding more ‘tools’ into my toolbox that I try out in real life
OTalk @OTalk_
Another fab tip for students. Pick out the key points, some things (just like people & stories) will stay with you from student to practitioner, and its often for a good reason. #Otalk

Bill Wong, OTD, OTR/L @BillWongOT
@colourful_ot @SLawsonOT If I have 12 week or 8 week placements, I can definitely make it a requirement 😊. But since I don't... as I only have one weekers, I can only provide that as a suggestion. #otalk

#HelloMyNameIs Sarah @SLawsonOT
@colourful_ot @hearled @ChloeHagueOT Sometimes you need a bit of space to breath, think and plan #otalk

Aideen Carroll @AideenKa
@EmmaP_OT @OTalk__OTalk I'm the same. I find reflections extremely helpful when on placement.

#HelloMyNameIs Sarah @SLawsonOT
Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

Sophie is my name. @ciderwithsophie
@Kirstie_OT This is such a good point kirstie. In workplace too, sometimes I feel like my learning cannot always be passed on or used to make changes (organisational barriers etc), gotta manage that frustration...! #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
@OTalk__And same goes with when you go back to academia too! Students love stories! #otalk

#HelloMyNameIs Sarah @SLawsonOT
@sherlynmelody @OTalk__ That's why it can be important to Record your learning - the trick is to know what to record! #otalk

OTalk @OTalk_
We are half way through tonights chat! Time flies... #OTalk https://t.co/XhhpwrIS2F

deb_OT @dmay_ot
@SetG75 Fair point, well made! Its one of the things about being a mature student. I know I've changed and my skills have evolved through the course - I'd love to figure out where and how much! #otalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @otramblings: @SLawsonOT #otalk it has helped me by adding more 'tools' into my toolbox that I try out in real life
OTalk @OTalk_
Question 4... #OTalk

Minh Tran @otramblings
@SLawsonOT @colourful_ot @hearled @ChloeHagueOT #otalk I find it so hard when you work full time. Work can be so draining, the last thing you think of doing is reflecting about the day when you get home

OTalk @OTalk_
RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

Sophie is my name. @ciderwithsophie
@hearled @SLawsonOT @Kirstie_OT Also a really good point. Sometimes I feel like my team is lacking that "bouncing off" #OTalk

Chloe Hague 🌻 @ChloeHagueOT
@colourful_ot @SLawsonOT Yes me too 😊 #OTalk

Monica Iofciu_OT @Monicalofciu
RT @OTalk_: Question 3... #OTalk https://t.co/TtSVwlCCK1

Kelly M @OTontheTracks
RT @OTalk_: Good tip! #OTalk https://t.co/yBA8WD0TvY

Carolyn is an OT @CeeCeeOT
I'm late! #OTalk

Student Platform OT @SPOTeurope
RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

Gilly- does- Doing @GillyGorry
@OTalk_ I think we learn all the time, but it's only when we take it out the filing cabinet, dust it off and do something with it that it becomes 'cpd' we can store for later, but we need to know we have it in in tool kit for it not to be wasted #otalk

Gilly- does- Doing @GillyGorry
RT @hearled: @GillyGorry @Kirstie_OT Same for me when I was a carer #OTALK - really gives you a different and invaluable perspective ....i...

#Hellomynameis Sarah @SLawsonOT
@SetG75 This is a great example of how learning in real life 'outside' of occupational therapy can bring new learning and skills which can be utilised in everyday practice #otalk
Student Platform OT @SPOTeurope
RT @heared: @AideenKa @OTalk_ @SLawsonOT As a student you learn so much but it's important to flag those experiences/activities that have…

Deb Hearle @heared
RT @SLawsonOT: @heared @colourful_ot @ChloeHagueOT That's also why it can be important to revisit reflections to see how you have develope…

Sophie Roberts @sophierobertsOT
@SLawsonOT I was lucky enough to attend the RCOT children's course last year and my manager said in my mid year review that she can see a real positive difference in my assessments and the quality of the interventions I'm giving to my service users #OTalk 😊

OTalk @OTalk_
Dont forget those hashtags people! #OTalk

#Hellomynameis Sarah @SLawsonOT
RT @heared: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu…

Carolyn is an OT @CeeCeeOT
RT @OTalk_: Its your one hour #OTalk warning! We shall be taking “applying your learning in practice” with @SLawsonOT. https://t.co/…

sherlyn graham @sherlynmelody
@AideenKa @EmmaP_OT @OTalk_ #otalk I always try and think of specific service users when I'm on training so when I visit them again I can possibly try out what I have learnt. Techniques, equipment, questions... Reflection #timepermitting #heavycaseloads 🍂

OTalk @OTalk_
RT @GillyGorry: @OTalk_ I think we learn all the time, but it's only when we take it out the filing cabinet, dust it off and do something w…

Aideen Carroll @AideenKa
@heared @OTalk_ @SLawsonOT #otalk thank you for the tip Deb.

Bill Wong, OTD, OTR/L @BillWongOT
@otramblings @SLawsonOT @colourful_ot @heared @ChloeHagueOT I work full time, and then now have an adjunct position, and then on top of that I have 2 AOTA leadership positions and a TEDx event I got to curate. It's crazy I can somehow juggle them all while maintaining online presence. #otalk

Sophie is my name. @ciderwithsophie
@SLawsonOT Setting up an intergenerational group, training staff in reablement in dementia has positively impacted service provided and therefore outcomes for the person #OTalk
Monica Iofciu_OT @Monicalofciu
RT @hearled: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu...

Minh Tran @otramblings
@GillyGorry @OTalk_ #otalk but do you think sometimes we do change our practice but it is subtle and less tangible so we don’t always notice?

Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Indirectly- I think the fact that I got to teach students from what I know clinically will be a way to help our profession produce quality practitioners. #otalk

Minh Tran @otramblings
@OTalk_ My bad #otalk

#Hellomynameis Sarah @SLawsonOT
@ciderwithsophie @OTalk_ And is engaging in #otalk enough? how can we ensure that the rich learning impacts on our practice? #otalk

sherlyn graham @sherlynmelody
@BillWongOT @otramblings @SLawsonOT @colourful_ot @hearled @ChloeHagueOT #otalk that sounds craaaaazaay!! #keepitup 👏👏

Sophie Roberts @sophierobertsOT
@SLawsonOT I have also recently completed my practice educator training and am hoping to have my first student soon!🎉 #OTalk

Minh Tran @otramblings
@BillWongOT @SLawsonOT @colourful_ot @hearled @ChloeHagueOT #otalk my god I have nothing to moan about then! 😃

#Hellomynameis Sarah @SLawsonOT
@GillyGorry Congratulations, looking forward to #RCOT2019 #otalk Glad to hear you've got your OT mojo back

Carolina Cordero 🌸 @colourful_ot
@BillWongOT @SLawsonOT Hmm, might be a bit much to write a reflection every day for a week, but you could check in with them at the end of each day and ask them to tell you one thing that went well and one thing that could have been better - would prompt them to reflect a little #OTalk

OTalk @OTalk_
How many people complete our reflect log after participating in an #OTalk 🤔

Bill Wong, OTD, OTR/L @BillWongOT
@ciderwithsophie  @sherlynmelody  @OTalk_  In the course I am teaching... if you don't get 94% or higher, you fail it. Sure... most of the points are easy points. But the practicums can make or break your standing in the program. #otalk

#Hellomynameisharach  @SLawsonOT  Busy #otalk and struggling to keep up!

OTalk  @OTalk_  #OTalk

Deb Hearle  @heared  @sophierobertsOT  @SLawsonOT  That's excellent anecdotal evidence #OTALK can you unpick that further to understand exactly what you are doing differently and why?

Sophie is my name.  @ciderwithsophie  @SLawsonOT  @OTalk_  Feeding back to others things learnt in #OTalk, having actions to take forward.... #OTalk

OTalk  @OTalk_  RT @ciderwithsophie: @SLawsonOT @OTalk_  Feeding back to others things learnt in #OTalk, having actions to take forward.... #OTalk

Gilly- does- Doing  @GillyGorry  @otramblings  @OTalk_  Our practice is always evolving, it would do that naturally as we gain experience. I feel CPD is more directed, although sometimes people don't see the CPD in what they already do. Needs to be recorded and continuous, with some purpose. #otalk

Sherlyn Graham  @sherlynmelody  @OTalk_  #otalk #confessiontime 😐

Michele Morgan  @MicheleMorganOT  @OTalk_  #OTalk by incorporating makerspace activities as modalities, our interns take away skills they can use most practice settings :)

Bill Wong, OTD, OTR/L  @BillWongOT  @otramblings  @SLawsonOT  @colourful_ot  @heared  @ChloeHagueOT  Yes- curating a TEDx event can be like a 5-15 hour a week job in itself. It's a lot of privileges, but also huge responsibilities with great time pressure. #otalk

Minh Tran  @otramblings  Bit of a tangent - all the Practice Educators out there - anyone completed the APPLE accreditation? #OTalk

Student Platform OT  @SPOTeurope  RT @colourful_ot: @BillWongOT @SLawsonOT  Hmm, might be a bit much to write a
reflection every day for a week, but you could check in with t…

Monica Iofciu_OT @Monicalofciu 7 days ago
@SLawsonOT #OTalk I was at #RCOT2018 and I prepared an in service training for the whole OT team in the hospital I work at. I personally found extremely useful the sessions on working in ED as I rotated to this area a few months after.

#Hellowmynameis Sarah @SLawsonOT 7 days ago
@ciderwithsophie @hearled @Kirstie_OT This is an aspect which is coming strongly out of our research, the importance of learning communities/culture can impact +ve/-ve on recognition of, engagement in and application of learning and CPD #otalk

Monica Iofciu_OT @Monicalofciu 7 days ago
RT @SLawsonOT: Q2: If you were at #RCOT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most…

Dr Stephanie Tempest @SetG75 7 days ago
@SLawsonOT Definitely... the volunteering I do as a school governor provides excellent strategic leadership #CPD activity. So important to engage in and apply learning within and beyond the profession #OTalk

Sophie Roberts @sophierobertsOT 7 days ago
@hearled @SLawsonOT #OTalk

OTalk @OTalk_ 7 days ago
Indeedy! Its that recognising when learning/CPD is happening! @SLawsonOT, funny how it always comes about isn’t it! #otalk

Beth @bethy_s 7 days ago
@hearled @AideenKa @OTalk_ @SLawsonOT Great advice 😊 #otalk

Gilly- does- Doing @GillyGorry 7 days ago
@SLawsonOT I think it was in my metaphorical filing cabinet. #otalk

Carolina Cordero 🌟 @colourful_ot 7 days ago
@sherlynmelody @AideenKa @EmmaP_OT @OTalk_ I've been finding it useful even when I'm reading textbooks to try to think of people I've met on placement who I could have used a particular approach or activity with, and how I would have done it - helps me consider the practical things I might miss otherwise #OTalk

Monica Iofciu_OT @Monicalofciu 7 days ago
RT @SLawsonOT: Q3: How have you Applied what you have learnt from your activities to benefit yourself? #OTalk
Bill Wong, OTD, OTR/L @BillWongOT
@sherlynmelody @otramblings @SLawsonOT @colourful_ot @heardled
@ChloeHagueOT It is crazy! But that is the extra mile stuff we got to do sometimes to share #valueofot and show that we are players in community discussions. #otalk

Deb Hearle @heardled
@OTalk_ My service users are my students - #otalk. I used my own experience of Prof Doc supervision and feedback from students to determine what I do and do not do with my students during their supervision....also integrating TRAMmCPD and RCOT career framework in our new curriculum

Dr Stephanie Tempest @SetG75
@dmay_ot This is where the #RCOTCareerFramework helps - I know students who are mapping themselves at different points of academic year and across their years to see progress #OTalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @colourful_ot: @sherlynmelody @AideenKa @EmmaP_OT @OTalk_ I've been finding it useful even when I'm reading textbooks to try to think of...

Bill Wong, OTD, OTR/L @BillWongOT
RT @SetG75: @SLawsonOT Definitely... the volunteering I do as a school governor provides excellent strategic leadership #CPD activity. So i...

deb_OT @dmay_ot
I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process ideas from here and bounce them around with other people.

Bill Wong, OTD, OTR/L @BillWongOT
RT @Monicalofciu: @SLawsonOT #OTalk I was at #RCOT2018 and I prepared an in service training for the whole OT team in the hospital I work a...

Gilly- does- Doing @GillyGorry
@colourful_ot @sherlynmelody @AideenKa @EmmaP_OT @OTalk_ That's a good tip! #otalk

#Hellomynameis Sarah @SLawsonOT
Q5: How have you Applied what you have learnt from your activities to benefit your organisation? #OTalk

#Hellomynameis Sarah @SLawsonOT
@colourful_ot Have you been able to follow any of the points up beyond placement, in
your academic work? #otalk

Sophie is my name. @ciderwithsophie   
@SLawsonOT @hearled @Kirstie_OT It's something I've noticed more recently and the result has actually then negatively impacted me-although reflecting I'm not sure what much can be done, u can't force people to be as "into it"/geeky/driven about it as you 😞 #OTalk 1/2

Bill Wong, OTD, OTR/L @BillWongOT   
@otramblings In US- AOTA has its own. It is not mandatory. I didn’t get one because my crazy schedule makes it impossible for me to have 8-12 week students. #otalk

#Hellomynameis Sarah @SLawsonOT   
RT @hearled: @GillyGorry @OTalk_ Absolutely! Sarah and I have an article coming out soon in the Journal of Continuing Education for the Hea...

OTalk @OTalk_   
RT @dmay_ot: I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process...

Sophie is my name. @ciderwithsophie   
@SLawsonOT @hearled @Kirstie_OT Almost feels like there's a danger of reaching a glass ceiling (I feel I'm there...) but thank God for #OTalk

OTalk @OTalk_   
Question 5... #OTalk

OTalk @OTalk_   
RT @SLawsonOT: Q5: How have you Applied what you have learnt from your activities to benefit your organisation? #OTalk

#Hellomynameis Sarah @SLawsonOT   
@otramblings Can you expand a bit on what some of your 'tools' are? #otalk

Aideen Carroll @AideenKa   
@colourful_ot @sherlynmelody @EmmaP_OT @OTalk_ #OTalk thanks for the helpful tips 😊.

Carolina Cordero 🌸@colourful_ot   
@SLawsonOT @hearled @ChloeHagueOT Yes, especially for myself I know that I can tend to obsess over things I did wrong rather than focusing on what went well and making the most of that, so a bit of breathing room is important for me to get some perspective and look at things more positively #OTalk

Bill Wong, OTD, OTR/L @BillWongOT   
7 days ago
@ciderwithsophie @SLawsonOT @hearled @Kirstie_OT When I reached a glass ceiling 2 years ago, I took out a hammer and smashed it! #otalk

Deb Hearle @hearled
@SLawsonOT If you can’t then I don’t have a hope 😞 #otalk

#Hellomynameis Sarah @SLawsonOT
@AideenKa @EmmaP_OT @OTalk_ And at other times? Do you ever reflect on learning within uni or from everyday life? #otalk

Sophie is my name. @ciderwithsophie
@OTalk_ 😊😊😊😊 #OTalk https://t.co/X6dDEKlnRI

sherlyn graham @sherlynmelody
@SLawsonOT otalk happier services users. The more info I can share or demonstrate means things run smoother. Service users get a more prompt, efficient and evidence based service.

Minh Tran @otramblings
@SLawsonOT For instance, I recently attended a SAGE and THYME workshop which looks at communicating in difficult situations ie angry family members. It won’t work for everyone but I have it in my tool box to pull out when I think it’s appropriate. #otalk

OTalk @OTalk_ @hearled @SLawsonOT You are both doing awesome! Only 15 minutes left! #Otalk

#Hellomynameis Sarah @SLawsonOT
@ciderwithsophie @Kirstie_OT How can you build your own learning communities outside the organisational barriers, where you can engage in and share learning...apart from #otalk of course?

Bill Wong, OTD, OTR/L @BillWongOT
RT @OTalk_: Having something tangible to affix your learning to is a great help, which is why placements are key. Visualising a previous cl...

Monica Iofciu_OT @Monicalofciu
@SLawsonOT #OTalk Going to #RCOT2018 after not having my abstract accepted last year, I spoke to the Learning and Development team during the event, applied the advice when writing the abstract for 2019 and I had my abstract accepted this time around.

Aideen Carroll @AideenKa
@OTalk_ #OTalk thank you I will give that a go 😊.

Minh Tran @otramblings
@SLawsonOT So I guess my approach to CPD is to look at what I have learnt and how it can be used as a tool to help me in my practice #otalk
Bill Wong, OTD, OTR/L  @BillWongOT
@OTalk_ Or sometimes is what you learned from in school too. #otalk

Bill Wong, OTD, OTR/L  @BillWongOT
RT  @dmay_ot: I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process…

Gilly- does- Doing  @GillyGorry
@OTalk_ Ermm.. as a team member I’m setting a bad example saying no… #musttryharder #otalk

Monica Iofciu OT  @Monicalofciu
RT  @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

Deb Hearle  @hearled
@OTalk_ My learning is now contributing to strategic decisions within the organisation, though sometimes it’s hard to pinpoint where this learning can be attributed to #OTALK

OTalk  @OTalk_
Heading into the last 15 minutes now. Been a busy one! #Otalk https://t.co/pzfIUxAQY5

#Hellomynameis Sarah  @SLawsonOT
@ciderwithsophie Are you also able to articulate this for the organisation too? One of my findings has been that organisations less likely to support CPD if they do not perceive the benefit #otalk

Bill Wong, OTD, OTR/L  @BillWongOT
@ciderwithsophie @SLawsonOT @hearled @Kirstie_OT Yeah- the OT TEDx talk glass ceiling was what I referred to. Now I got the pleasure to put a new pane of glass at 3 for us! #otalk

OTalk  @OTalk_
@GillyGorry Lol … cant say I do anything follow support either 🙄 #OTalk

Rachel  @_rachelOT
@SLawsonOT @OTalk_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a community sensory hub, offering groups for young people to learn to build coping strategies. CPD has also enabled me to offer more in my support worker role whilst I study #otalk

OTalk  @OTalk_
RT  @_rachelOT: @SLawsonOT @OTalk_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm…
Monica Iofciu_OT @Monicalofciu
RT @_rachelOT: @SLawsonOT @OTalk_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm…

Carolyn is an OT @CeeCeeOT
As I'm still fairly recently qualified, mainly learning on the job especially when changing role and setting #OTalk

Deb Hearle @hearled
@Monicalofciu @SLawsonOT Fantastic well done Monica 😊😊😊 #otalk

Gilly- does- Doing @GillyGorry
@SLawsonOT @ciderwithsophie @Kirstie_OT I would love to see more @NW_RCOT @theRCOT local groups to support OTs. Community of practice so important #otalk

#Hellomynameis Sarah @SLawsonOT
@GillyGorry @otramblings @OTalk_ Yes, the recognition of learning with the potential to become CPD is crucial - it's not necessarily about doing more but recognising what we already do #otalk

Bill Wong, OTD, OTR/L @BillWongOT
@ciderwithsophie @SLawsonOT @hearled @Kirstie_OT And another notable glass ceiling I have been shattering- the types of leadership roles I have been serving in AOTA and my perennial efforts at submitting to OT conferences globally! I am setting the bar higher for #actuallyautistic OT students and practitioners. #otalk

#Hellomynameis Sarah @SLawsonOT
Q6: What other types of Application of your learning have you done? #OTalk

Carolina Cordero 🌻 @colourful_ot
@SLawsonOT It's not something I've given a lot of thought to before now; I think I've been focused on applying learning from college to placement rather than vice-versa! It's definitely something I'm going to make an effort to do this semester before I go out on my final placement #OTalk

Minh Tran @otramblings
Bit late but bae has decided to join in the conversation lol #OTalk https://t.co/Z1EwRKLYH8

OTalk @OTalk_
Question 6... #OTalk

Deb Hearle @hearled
@OTalk_ #OTALK I so love your gifs 😊

OTalk @OTalk_
RT @SLawsonOT: Q6: What other types of Application of your learning have you done? #OTalk

Sophie is my name. @ciderwithsophie
@SLawsonOT. The organisation benefit has been massive- senior managers have shared with the whole council with reports of people feeling inspired, staff retainment, keeping the residents at the scheme longer due to increased wellbeing, reduced cost of care etc etc #OTalk

#Hellomynameis Sarah @SLawsonOT
@colourful_ot @BillWongOT. Yes, it could be verbal reflection instead #otalk

Emma Pickup @Emma_P_OT
@SLawsonOT @AideenKa @OTalk_. Whoops, I've forgot my #otalk #whoops

OTalk @OTalk_
@heardled. Can always count on me for either animals or nerdy references 😻 #Otalk

Minh Tran @otramblings
@SLawsonOT. What do you mean by other types of application? #otalk

Sophie is my name. @ciderwithsophie
@GillyGorry @SLawsonOT @Kirstie_OT @NW_Rcot @thercot. I think you make a really good point. Do those local groups need to revisit purpose/connection with therapists? #OTalk

#Hellomynameis Sarah @SLawsonOT
@OTalk_. How many do more than complete the reflection following #otalk and use something they have learnt?

Minh Tran @otramblings
@heardled. @OTalk_. Me too! #otalk

OTalk @OTalk_
@EmmaP_OT @SLawsonOT @AideenKa. You corrected it before I told, so it totally doesn't count 😻 #Otalk

Bill Wong, OTD, OTR/L @BillWongOT
RT @ciderwithsophie. @SLawsonOT. The organisation benefit has been massive- senior managers have shared with the whole council with reports...

Monica Iofciu_OT @Monicalofciu
RT @SLawsonOT. @ciderwithsophie @Kirstie_OT. How can you build your own learning communities outside the organisational barriers, where you...
Dr Stephanie Tempest @SetG75
@SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities. This benefits the collaborations I have with my ‘MDT’ consisting of members, journalists, librarians, press officers, senior executives etc #OTalk

OTalk @OTalk_
Ooooooo, @SLawsonOT posing another challenging question. #OTalk #GuiltyOverHere

#Hellomynamesis Sarah @SLawsonOT
@MicheleMorganOT @OTalk_ Can I ask what makerspace activities are #otalk

Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ For me to do a presentation at a multidisciplinary autism conference was a huge deal for me. I always wanted to do one since 2010. I got my wish! Now I got to strategize a little bit to do more of that in my career. #otalk

Sophie is my name. @ciderwithsophie
@SLawsonOT @Kirstie_OT Good point. No idea HALLLLP #OTALK

Gilly- does- Doing @GillyGorry
RT @SetG75: @SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities…

Sophie Heywood @SophieHeywood29
@OTalk_ #OTalk please can you direct me to the reflect log?

Bill Wong, OTD, OTR/L @BillWongOT
RT @hearled: @OTalk_ My learning is now contributing to strategic decisions within the organisation, though sometimes it’s hard to pinpoint…

Carolina Cordero 🎨 @colourful_ot
@EmmaP_OT @sherlynmelody @AideenKa @OTalk_ Something I’ve learned about myself on placement is that I often feel a bit awkward talking to clients (especially with my educator there) so sometimes it’s helpful just to visualise what I would say to someone, what my body language would be like, etc. #OTalk

OTalk @OTalk_
@SophieHeywood29 If you head over to the #OTalk website, under resources there is a reflective log and certificate you can complete 🖼️

IamAnOT @IamAnOT19
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe…

Deb Hearle @hearled
@colourful_ot @SLawsonOT That's a great plan Carolina #otalk your peers and us as tutors learn so much from you applying and disseminating your learning back in University

Bill Wong, OTD, OTR/L @BillWongOT
@hearled @OTalk_ My own learning in leadership- sure it has made me realized I have a ceiling with my abilities... but at least it was in a good way so that I won't do adverse things to the profession I love so much. #otalk

IamAnOT @IamAnOT19
RT @colourful_ot: @SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then...

IamAnOT @IamAnOT19
RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk

Deb Hearle @hearled
@otramblings 😊😊 brilliant! #otalk

IamAnOT @IamAnOT19
RT @EmmaP_OT: @OTalk_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have f...

IamAnOT @IamAnOT19
RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

Gilly- does- Doing @GillyGorry
@SLawsonOT @OTalk_ Discussion often influences my practice. Leads to me doing more research, work discussion, practical application. The discussions influences #otalk team decisions and how we act in the best interest of of the community.

#Hellomynamesis Sarah @SLawsonOT
@OTalk_ Yes, it seems to be a skill to develop but can safe so much time in the long run and help make CPD enjoyable rather than seeming a chore #otalk

#Hellomynamesis Sarah @SLawsonOT
RT @OTalk_: Indeedy! Its that recognising when learning/CPD is happening! @SLawsonOT, funny how it always comes about isn't it! #otalk https...

IamAnOT @IamAnOT19
RT @SLawsonOT: @ciderwithsophie @Kirstie_OT How can you build your own learning communities outside the organisational barriers, where you...
Deb Hearle @heared
RT @ciderwithsophie: @GillyGorry @SLawsonOT @Kirstie_OT @NW_RCOT @theRCOT I think you make a really good point. Do those local groups need…

Emma Pickup @EmmaP_OT
@colourful_ot @sherlynmelody @AideenKa @OTalk_ That's a great point- I feel less confident sometimes doing something when my educator is there as I am being 'watched' I noticed this and reflected on it and discussed this with my educator- this is clearly something from me personally to investigate about myself #otalk

Carolina Cordero 🍃 @colourful_ot
@SLawsonOT @MicheleMorganOT @OTalk_ My understanding is that they're collaborative spaces for people to work on tech/DIY projects - I'd love to hear more about them in an OT context! https://t.co/Iylp65zcEa #OTalk

IamAnOT @IamAnOT19
RT @heared: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu…

IamAnOT @IamAnOT19
RT @_rachelOT: @SLawsonOT @OTalk_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm…

#Hellomynameis Sarah @SLawsonOT
RT @SetG75: @dmay_ot This is where the #RCOTCareerFramework helps - I know students who are mapping themselves at different points of acade…

Molly Templeman @OTmollyy
@SophieHeywood29 @OTalk_ both written and verbal reflections through supervision regarding training opportunities I have been on. Also peer supervision and of course #OTalk. ED patients are highly intelligent and highly functioning patients therefore things learnt in training may be hard to use

Minh Tran @otramblings
@GillyGorry @SLawsonOT @OTalk_ #otalk same here. I love discussions because it opens up new perspectives that I might not have seen before

IamAnOT @IamAnOT19
RT @OTalk_: Having something tangible to affix your learning to is a great help, which is why placements are key. Visualising a previous cl…

OTalk @OTalk_
Last 5 minutes of tonights chat, any final thoughts @SLawsonOT? #OTalk https://t.co/zyuGMiwC2H

Dr Stephanie Tempest @SetG75
RT @SLawsonOT: @GillyGorry @otramblings @OTalk_ Yes, the recognition of learning
with the potential to become CPD is crucial - it's not nec...

#HelloMynameis Sarah @SLawsonOT @dmay_ot the importance of other people strongly coming out of the chat tonight #otalk

Gilly- does- Doing @GillyGorry @colourful_ot @EmmaP_OT @sherlynmelody @AideenKa @OTalk_ It's hard to be yourself when under scrutiny. You'll gain confidenc though, especially when working more independently. Rehearsing is a good strategy #OTalk

IamAnOT @IamAnOT19 RT @OTalk_: Another fab tip for students. Pick out the key points, some things (just like people & stories) will stay with you from student...

IamAnOT @IamAnOT19 RT @Kirstie_OT: Being a patient over the last few months has given me alot to reflect on. Learnt alot about the type of OT i am and my expe...

IamAnOT @IamAnOT19 RT @Kirstie_OT: Links really well with the #RCOTCareerFramework @The_HCPC standard & other #CPD tools such as @TRAMMCMD. #CPDnerd #CPDToget...

Bill Wong, OTD, OTR/L @BillWongOT RT @GillyGorry: @colourful_ot @EmmaP_OT @sherlynmelody @AideenKa @OTalk_ It's hard to be yourself when under scrutiny. You'll gain confiden...

Bill Wong, OTD, OTR/L @BillWongOT RT @otramblings: @GillyGorry @SLawsonOT @OTalk_ #otalk same here. I love discussions because it opens up new perspectives that I might not...

Deb Hearle @hearled @SLawsonOT @OTalk_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot verbally with like minded colleagues and can change my views several times just within one conversation ..... again the power of communities of practice

Bill Wong, OTD, OTR/L @BillWongOT RT @OT Mollyyy: @SophieHeywood29 @OTalk_ both written and verbal reflections through supervision regarding training opportunities I have been...

Sophie is my name. @ciderwithsophie @SLawsonOT @dmay_ot Again a reason I wish my team /wider organisation would engage in #OTalk or the fb groups 😞

Jo Watson @JoWatson22
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe…

Kirstie @Kirstie_OT 7 days ago
I come away with sooo many more questions, views points & thoughts following discussions. Quite often with @SLawsonOT & @SetG75... so much so my head hurts sometimes and im left spinning 😂 #OTalk

Bill Wong, OTD, OTR/L @BillWongOT 7 days ago
@EmmaP_OT @colourful_ot @sherlynmelody @AideenKa @OTalk_.Well- I will experience the same thing soon again... teaching as a real job teaching along side the program director will be a great opportunity for me. #otalk

OTalk @OTalk_ 7 days ago
❤️🙌🏻 #OTalk

Aideen Carroll @AideenKa 7 days ago
@colourful_ot @EmmaP_OT @sherlynmelody @OTalk_ #OTalk that's a great idea.

Bill Wong, OTD, OTR/L @BillWongOT 7 days ago
RT @hearled: @SLawsonOT @OTalk_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot…

Sophie is my name. @ciderwithsophie 7 days ago
@OTalk_ @SLawsonOT Feel like we need some kind of #OTalk debrief //mentor // reflective online hub

Gilly- does- Doing @GillyGorry 7 days ago
@ciderwithsophie @SLawsonOT @Kirstie_OT @NW_RCOT @theRCOT I would like to see a willingness for closed groups to open up and invite their Peers in. Most OTs stick within their employment group. Had difficulty getting people to commit when I tried to get them up and running. #otalk

deb_OT @dmay_ot 7 days ago
@SLawsonOT Most definitely. I reflect most when I run. It helps that I run with a GP, physio, pharmacist and often come home with a reading list! It's hard to record stuff though! #otalk

Dr Stephanie Tempest @SetG75 7 days ago
@OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the quality of service delivery .... now that’s application 🤮😂 #CPDTogether https://t.co/OD9kd5wZp8 #OTalk https://t.co/GPwjJJCvYo

Bill Wong, OTD, OTR/L @BillWongOT 7 days ago
@ciderwithsophie @SLawsonOT @dmay_ot I hear you. I think I will introduce to my teaching surroundings some interesting and cool tools that they may not know about.

#otalk
OTalk @OTalk_
RT @SetG75: @OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual…

Minh Tran @otramblings
RT @SetG75: @OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual…

Gilly- does- Doing @GillyGorry
RT @SetG75: @OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual…

Deb Hearle @hearled
@OTalk_ @SLawsonOT My 'tired' brain will certainly be buzzing after tonight's #OTALK and your responses will I'm sure once again inform my CPD nerdy thinking ...... thanks @SLawsonOT and all you OTALK contributors for my expected lack of sleep tonight 😐

Sophie is my name. @ciderwithsophie
@BillWongOT @SLawsonOT @dmay_ot I do this most weeks at meetings but often feel like people are like “Oh god she's on one again” lol. #OTalk

Aideen Carroll @AideenKa
@EmmaP_OT @colourful_ot @sherlynmelody @OTalk_ #OTalk Yeah I'm the same. I'm more comfortable talking to patients and being myself when my educator isn't watching me.

Bill Wong, OTD, OTR/L @BillWongOT
RT @GillyGorry: @ciderwithsophie @SLawsonOT @Kirstie_OT @NW_RCOT @theRCOT I would like to see a willingness for closed groups to open up an…

OTalk @OTalk_
Tonights #OTalk participants might find this newly released (today!) document useful

#Hellomynameis Sarah @SLawsonOT
@ciderwithsophie @hearled @Kirstie_OT Interesting and so sad, have been in same situation myself, finding support outside helped and presenting a workshop at #RCOT2019 with @SetG75 on developing our own learning communities #otalk

Suzanne Henshall @Suze17
@SLawsonOT In our service we do a lot of vocational rehab and come together at a VR clinic to discuss cases, support problem solving, explore OT interventions etc as each case is so unique. We learn & share lots doing this. All of which benefits Service Users and us. #OTalk

OTalk @OTalk_
The sign of a job well done! #Otalk

Sophie is my name. @ciderwithsophie @SLawsonOT @hearled @colourful_ot @ChloeHagueOT I find it hilarious reading back old reflections. It's like looking at old photos 😂 #Otalk

OTalk @OTalk_ #Otalk 22nd January 2019 – Being a rotational OT https://t.co/9hvTPZFb

#Hellomynamesis Sarah @SLawsonOT I am running so behind with all the tweets, thank you everyone for joining in and we will review them over the next few days. Sorry if I haven't managed to respond to everyone #otalk

Bill Wong, OTD, OTR/L @BillWongOT @ciderwithsophie @SLawsonOT @dmay_ot Haha! I think I will hear a lot of “Oh! Bill is on TED talks stuff again.” Over the course of this year on #Otalk.

Liz McMullin @lizmcmullin RT @hearled: @SLawsonOT @OTalk_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot...

Sophie is my name. @ciderwithsophie @SLawsonOT @hearled @Kirstie_OT @SetG75 Well I shall have to brave the journey up to see you guys present it won't I...!! #Otalk

Gilly- does- Doing @GillyGorry @hearled @OTalk_ @SLawsonOT Thanks for hosting ladies, great chat as always. That's @Kirstie_OT for being on support, brilliant job, as usual! #otalk

Minh Tran @otramblings @OTalk_ Oh my god, no word of a lie, I was just thinking how this would be a great topic for #otalk I’m very excited. See you all next week!

Gilly- does- Doing @GillyGorry RT @OTalk_: #OTalk 22nd January 2019 – Being a rotational OT https://t.co/9hvTPZFb

#Hellomynamesis Sarah @SLawsonOT @otramblings Are there ways you have used your learning which was unexpected, or had unexpected impact? #otalk

OTalk @OTalk_ Well that's our official hour up! Please keep chatting, adding your thoughts & replies, we dont grab the transcript for a few days. A big thanks to @SLawsonOT for tonights topic & for being an awesome host, as always! #OTalk https://t.co/2u8edcOScG

Carolina Cordero 🌈 @colourful_ot @ciderwithsophie @BillWongOT @SLawsonOT @dmay_ot That's me bringing up #OTalk chats in lectures 😄

Dr Stephanie Tempest @SetG75 @SLawsonOT @ciderwithsophie @hearled @Kirstie_OT The barriers to learning are also interesting to explore ... too many to put in one tweet but I'm learning there are many reasons why people appear not to 'get it' - developing a culture of learning and a safe space to engage is so important but not always easy #OTalk

Lauren @Lauren_OT RT @OTalk_: #OTalk 22nd January 2019 – Being a rotational OT https://t.co/9hvTPZFuB

#HelloMyNameIs Sarah @SLawsonOT RT @SetG75: @SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities...

#HelloMyNameIs Sarah @SLawsonOT RT @OTalk_: Ooooooo, @SLawsonOT posing another challenging question. #OTalk #GuiltyOverHere https://t.co/nHrK93YCNt

#OTalk @OTalk_ If you have some learning you would like to apply or a topic to explore, why not host an #OTalk of your own? We are now taking booking from March onwards.

Bill Wong, OTD, OTR/L @BillWongOT @colourful_ot @ciderwithsophie @SLawsonOT @dmay_ot Haha- I might have some tardy students host #remediationchats on topics they missed in the future. 😂 #otalk

Sophie is my name. @ciderwithsophie @SetG75 @SLawsonOT @hearled @Kirstie_OT That is a topic in itself. We definitely have a safe space so that's not the issue...! #OTalk

OTalk @OTalk_ We shall be back next week when our #OTalk topic is “being a rotational OT” with @kerri_schOT.

Carolyn is an OT @CeeCeeOT RT @OTalk_: #OTalk 22nd January 2019 – Being a rotational OT https://t.co/9hvTPZFuB

Molly Templeman @OTmollyy @OTalk_ As a static OT i will be looking forward to next weeks #OTalk

OTalk @OTalk_ Thank you all for your tweets, sharing & participation. This is @Kirstie_OT signing off (m
flippin shattered, my wee Twitter break has clearly left me out of practice!) #OTalk Tweet you soon! https://t.co/Sw6TAephBo

#Hellomynameis Sarah @SLawsonOT
@Kirstie_OT @SetG75 Glad I'm not the only one! #otalk Enjoy the challenge though and it is certainly helps with my critical reasoning for my research #otalk

#Hellomynameis Sarah @SLawsonOT
RT @SetG75: @OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual…

Dawn Scull @DawnScull
RT @SetG75: @OTalk_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual…

#Hellomynameis Sarah @SLawsonOT
Me too, always impossible to sleep after hosting #otalk

#Hellomynameis Sarah @SLawsonOT
For anyone interested @hearled and I are hosting a workshop at #RCOT2019 on The Application of Learning for CPD #otalk

#Hellomynameis Sarah @SLawsonOT
@OTalk_ Thanks for your support, off for a lie down! #otalk

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