

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, April 23rd 2019, 8:00PM – Tue, April 23rd 2019, 9:15PM (Europe/London).

See #OTalk Influencers/Analytics.



Sazzle Willow @LadySarahW1
Ready for tonight's #OTalk on #cpd



OTalk @OTalk_
Good evening all... who is here and ready for this evenings chat? Don't forget to include #OTalk in all your tweets.... or not everyone will see and they wont get included int he transcript! <https://t.co/ZZ93ZbcBPI>



Margaret Spencer @margaretOT360
All Ready #otalk



OTalk @OTalk_
Well we have had a great response to the questions... so they will be coming think and fast this evening. But don't forget we will not grab the transcript for at least 24 hrs so time to re-read and respond... #OTalk Just a little reminder about the 'House Rules' <https://t.co/Fw0npw3d7g>



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



Bill Wong, OTD, OTR/L @BillWongOT
And I hope you guys are aware that I got a 90% rating for curating TEDxAlmansorPark. I heard that is a fantastic score for a first time event! where will OT go from here? #OTalk



Kerri Schubert @kerri_schOT
here for #OTalk 🍷❤️😊 #happytuesday <https://t.co/5EBuA5I7j6>



OTalk @OTalk_
All this evenings questions have come from the community... so in no particular order.... #OTalk Questions 1. How do we identify the CPD in everyday practice?



Elizabeth @Lizzie_OT
@OTalk_ Hello all 🍷 #OTalk #CPD



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ I think we have to constantly reflect what we do on a daily basis- no matter what role we play in, or activities we do (if it is anything related). #otalk



Margaret Spencer @margaretOT360
The ordinary and extraordinary which make a difference to service users, the service and our practice #OTalk



Maxine @OTMaxine
RT @OTalk_: All this evenings questions have come from the community... so in no particular order.... #OTalk Questions 1. How do we iden



Shelley Faulkner OT @shelleyamybeth
An #OTalk about #CPD...this could be interesting! #OccupationalTherapy #ProfessionalDevelopment

Helen OTUK @Helen_OTUK



@OTalk_ #OTalk in everyday practice I would say went I intentionally seek information, have a moment that makes me stop and think, an int discussion so many way... but is it then what I go ion to acknowledge as learning from those inspirational sparks?



Kerri Schubert @kerri_schOT

@OTalk_ reflect, reflect & then reflect some more! Reflective practice is something you are taught about a great deal & it's easy to keep up v habit when qualified #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @margaretOT360: The ordinary and extraordinary which make a difference to service users, the service and our practice #OTalk <https://t>



Kerri Schubert @kerri_schOT

RT @BillWongOT: @OTalk_ I think we have to constantly reflect what we do on a daily basis- no matter what role we play in, or activities we



Elizabeth @Lizzie_OT

@OTalk_ Any opportunities or experiences that develop our professional knowledge and skills as Occupational Therapists #OTalk #CPD



Minh Tran @otramblings

Hi everyone! 🐰 #OTalk



DawnVictoriaT @DawnVictoriaT

@OTalk_ Bit late to the party but I'm here & ready to catch up 🙌 #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@margaretOT360 And speaking of extraordinary... I actually thought about how TEDxAlmansonPark curation has not only made me grow as but also how impactful it did for the local community that attended. The official positive reviews made my day yesterday. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Helen_OTUK: @OTalk_ #OTalk in everyday practice I would say went I intentionally seek information, have a moment that makes me : and...



Bill Wong, OTD, OTR/L @BillWongOT

RT @Lizzie_OT: @OTalk_ Any opportunities or experiences that develop our professional knowledge and skills as Occupational Therapists :



Elizabeth @Lizzie_OT

@OTalk_ Implementing formal or informal learning into practice for the benefit of our service users #OTalk #CPD



Bill Wong, OTD, OTR/L @BillWongOT

RT @Lizzie_OT: @OTalk_ Implementing formal or informal learning into practice for the benefit of our service users #OTalk #CPD



Minh Tran @otramblings

I'm good at identifying the formal CPD ie workshops, IST but always forget the informal chats with colleagues reflecting about a patient #OTa



AshleyOT @AshleyN64

@OTalk_ Reflection! Reflect on anything that has made you pause, hesitate or surprised! Reflection allows us to put our learning into a fram and then utilise it in our practice! #Otalk



Rach_OT @RachelOT7

RT @kerri_schOT: @OTalk_ reflect, reflect & then reflect some more! Reflective practice is something you are taught about a great deal & it



Katherine Swithenbank @katy_maggi

Oops forgot #OTalk

AshleyOT @AshleyN64

@OTalk_ Reflection! Reflect on anything that has made you pause, hesitate or surprised! Reflection allows us to put our learning into a fram



and then utilise it in our practice! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@Lizzie_OT @OTalk_ And same goes with teaching too if you are in academia. I have been thinking about what I could do better after each was in this new position. I had no expectations to be perfect to start, but I have expectations to be awesome. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @otramblings: I'm good at identifying the formal CPD ie workshops, IST but always forget the informal chats with colleagues reflecting a.



OTalk @OTalk_

#OTalk Question 3 Does every CPD activity require a reflection as evidence ?



Kerri Schubert @kerri_schOT

@OTalk_ I quite like Borton's model of reflection.. quite simple and quick #otalk <https://t.co/CspT1KYEfh>



Bill Wong, OTD, OTR/L @BillWongOT

@otramblings Sometimes I do informal CPD with folks like you guys... or a monthly OT committee that I am serving in AOTA. #otalk



Kerri Schubert @kerri_schOT

@OTalk_ though as a student I did prefer Gibb's model as there are more prompt questions #otalk <https://t.co/oGMS2EMniO>



OTalk @OTalk_

#OTalk Question 4 ... still on the theme of reflection: How long do written reflections need to be ?



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ I will say no- but for some people who like record keeping, that can be fascinating to track how much growth/progress were made s day 1! #otalk



Kerri Schubert @kerri_schOT

RT @Lizzie_OT: @OTalk_ Any opportunities or experiences that develop our professional knowledge and skills as Occupational Therapists :



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ And who knows- if somebody who is an aspiring Casson lecturer (or Slagle in the US), I would say this is a definite must. #otalk



OTalk @OTalk_

#OTalk



OTalk @OTalk_

#OTalk



Elizabeth @Lizzie_OT

@OTalk_ Gibbs or Johns reflective cycles #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ I can go on forever with this... lol! I just free write if I am intentional about it on my Facebook page. #otalk



OTalk @OTalk_

Don't forget to include #OTalk in your responses folks, there are a lot of questions tonight I may miss retweeting some of the tweets without t <https://t.co/F5gILn7IS6>



OTalk @OTalk_

#Otalk



Simon Jacques @JacquieOT

@OTalk_ That's interesting as I use that model (Borton) but I've always been citing it as Rolfe's! 😊 I find it the most effective way for me to do reflections where the subject matter is more important than struggling with a convoluted model. #otalk



Kerri Schubert @kerri_schOT

@AshleyN64 @OTalk_ I agree, it's the moments that you learnt a great deal from / feel made you develop that need to be formally reflected #otalk



Katherine Swithenbank @katy_maggi

@OTalk_ As long or as short as it needs to be to make sense of a situation #OTalk



OTalk @OTalk_

#OTalk Question 5.... The next batch are about keeping track and portfolios etc.... #OTalk how do people keep a track of CPD activities?



Kerri Schubert @kerri_schOT

@OTalk_ no you can use a range of evidence to show you've engaged in CPD #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @kerri_schOT: @AshleyN64 @OTalk_ I agree, it's the moments that you learnt a great deal from / feel made you develop that need to be



Kerri Schubert @kerri_schOT

RT @OTalk_: Don't forget to include #OTalk in your responses folks, there are a lot of questions tonight I may miss retweeting some of the...



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ I have pretty good long term memory. #otalk



Margaret Spencer @margaretOT360

#otalk as long as is useful for the person



Kerri Schubert @kerri_schOT

RT @margaretOT360: #otalk as long as is useful for the person <https://t.co/N1CKDb5M47>



Helen OTUK @Helen_OTUK

Can definitely be creative in ways to show learning #OTalk may do a reflection to back up, but not required for every single activity



Margaret Spencer @margaretOT360

No #Otalk why would it?



Elizabeth @Lizzie_OT

@katy_maggi @OTalk_ I agree with this also, dependent on the situation. I've also found the 3 (or 5) whys approach helpful for problem solving fully analysing a situation #OTalk #CPD



Kerri Schubert @kerri_schOT

@OTalk_ I have a physical folder but i'm looking into online cpd apps at the moment! #otalk



OTalk @OTalk_

#OTalk



Simon Jacques @JacquieOT

@OTalk_ Reflections often happen for me several days later when thinking over a CPD activity and it's nice to have a reflective way of going through things just in my head. If it sticks & mulls around somewhat, I'll get writing and researching though! #otalk



Margaret Spencer @margaretOT360

I link something with the HCPC guidelines each month #otalk. I do the same for everyone I supervise.



Kerri Schubert @kerri_schOT

@OTalk_ including this @cpdme app!! log your CPD via the app 👍 #otalk <https://t.co/BthPUaZfu9>



OTalk @OTalk_

@margaretOT360 Not saying it does, but a question posed by someone in the community. #OTalk



AshleyOT @AshleyN64

@kerri_schOT @OTalk_ #OTalk



Simon Jacques @JacquieOT

@OTalk_ I try not to go further than a side and half of A4... if it turns into 2 sides, I'm either over thinking or not being concise enough... #otal



OTalk @OTalk_

#OTalk Question 6 Is there a correct way to structure your CPD file?



Elizabeth @Lizzie_OT

@OTalk_ Yes, I keep a paper log and a have working document. But have recently been researching online apps including @cpdme and HC which can be directly linked with @The_HCPC standards I believe #OTalk #CPD



AshleyOT @AshleyN64

@OTalk_ I use Dropbox but am trying to find a better online alternative to track CPD easier! Am very keen for recommendations for this! Gre question! #OTalk



Kerri Schubert @kerri_schOT

@OTalk_ There's lots of guidance out there, I made mine with various sections but It's hard to fit every piece of evidence into a section I feel have to go with what feels best for you #otalk



OTalk @OTalk_

#OTalk Question 7 Do people keep their CPD folders from previous years ?



Margaret Spencer @margaretOT360

If it's providing evidence for each of the HCPC standards you know you have everything to hand if you are called for audit. It does tick all the #otalk



Margaret Spencer @margaretOT360

Archive every two years. This year will be Oct 2019.#otalk



Helen OTUK @Helen_OTUK

@AshleyN64 @OTalk_ I use OneNote and a spreadsheet.... #OTalk



Vicki @V_the_OT

@OTalk_ I have used the HCPC template for mine. I found it very useful and that it helped me decide on what to put in and that I also had a set of evidence #otalk



OTalk @OTalk_

@SarahLotstudent Just 1 T in #OTalk



Katherine Swithenbank @katy_maggi

@OTalk_ I try to collect evidence as I'm going along, use a log of training I've attended, save emails that could be used as evidence. I can't s very organised though, it's mostly a pile of certificates and power point presentations in my desk drawer 🙄 #OTalk



Margaret Spencer @margaretOT360
Yep works well. #otalk



AshleyOT @AshleyN64
@OTalk_ If the learning experience is still relevant, I keep it! #OTalk



Kerri Schubert @kerri_schOT
RT @margaretOT360: If it's providing evidence for each of the HCPC standards you know you have everything to hand if you are called for a



Helen OTUK @Helen_OTUK
@AshleyN64 @OTalk_ You can also review and update to keep it relevant #OTalk



Simon Jacques @JacquieOT
@OTalk_ I tend to use sections such as RCOT events, Uni CPD such as @shout_team work and then all my individual work opportunities either from placement or from employers. It's all in a file that's getting a bit too big now & should really start digitalising it all... #otalk



Sarah @SarahLotstudent
@OTalk_ I have recently started a folder of my CPD, but I am up for exploring different ways to track it #otalk



Margaret Spencer @margaretOT360
I think it eventually gets absorbed into my practice. #otalk



OTalk @OTalk_
#OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@katy_maggi @OTalk_ Now I have to do this in academia- so I save meeting minutes as hard evidence for my service to the profession requirement for my academic job. #otalk



AshleyOT @AshleyN64
@Helen_OTUK @OTalk_ Yes! It's also good to see your development in writing! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @JacquieOT: @OTalk_ I tend to use sections such as RCOT events, Uni CPD such as @shout_team work and then all my individual work opportunities...



OTalk @OTalk_
#OTalk Question 8 What can I do as a student to get started on building a CPD portfolio?



Margaret Spencer @margaretOT360
Start with your placement booklets. They will give you your strengths and areas for development. Use the competencies and link theory to practice as you go along. #otalk



AshleyOT @AshleyN64
@katy_maggi @OTalk_ This sounds very accurate! It's challenging to incorporate this into everyday practice. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Find out what is your vision for your career first. Then focus on CPD opportunities that directly or indirectly address such skills or areas for development. #otalk



Carolina Cordero @colourful_ot
@OTalk_ I think different parts of a written reflection lend themselves to different formats and lengths; e.g. when using Gibbs I think Feelings and Sense as a longer, more stream-of-consciousness paragraph while Action Plan should probably be simple bulletpoints #OTalk

**OTalk** @OTalk_

#OTalk Question 9... these are all very similar.... a) Do you need to block out names and addresses on certificates and letters put in CPD file For emails and certificates used as evidence do you have to hide the company name and professionals name for confidentiality?

**Bill Wong, OTD, OTR/L** @BillWongOT

RT @colourful_ot: @OTalk_ I think different parts of a written reflection lend themselves to different formats and lengths; e.g. when using...

**OTalk** @OTalk_

#OTalk Question 9 c) How does everyone maintain confidentiality in their CPD file?

**Elizabeth** @Lizzie_OT

@OTalk_ The @theRCOT Career Development Framework could be a useful tool for planning #CPD activities and direction. Also @The_HC some useful resources #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

@OTalk_ I will answer the second one- if it is for my portfolio for my academia job, I will just turn in artifacts or whatever evidence as is, as lo my department agrees with me on what is appropriate. #otalk

**AshleyOT** @AshleyN64

@OTalk_ Try to record all learning experiences. This can be reflections, case studies, leaflets of certain events or certificates. Finding a struc the challenging part, but it will start to come together so don't worry! Everyone finds their own way. #OTalk

**Margaret Spencer** @margaretOT360

a) Not if it's your name and address b) Not if it's training and they have given you the certificate. The reason we block people's name is for confidentiality. #otalk

**OTalk** @OTalk_

#OTalk <https://t.co/jsL95wgsKX>

**Bill Wong, OTD, OTR/L** @BillWongOT

RT @AshleyN64: @OTalk_ Try to record all learning experiences. This can be reflections, case studies, leaflets of certain events or certifi...

**OTalk** @OTalk_

Don't forget the #OTalk <https://t.co/eLFuGUXInm>

**Amanda White** @ajciliaOT

@OTalk_ I block out / delete personal info #otalk

**Margaret Spencer** @margaretOT360

Use 1 initial and delete and geographical info #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

@AshleyN64 @OTalk_ I think a good idea perhaps can be a buddy system with a peer. That way you guys can keep each other accountable organized. #otalk

**Student Platform OT** @SPOTEurope

RT @OTalk_: #OTalk Question 6 Is there a correct way to structure your CPD file?

**Student Platform OT** @SPOTEurope

RT @OTalk_: #OTalk Question 7 Do people keep their CPD folders from previous years ?

**Amanda White** @ajciliaOT

@OTalk_ But not on certificates #otalk

**Elizabeth @Lizzie_OT**

@OTalk_ Just get started, pen to paper 📝 you will find a structure/method that works for you #CPD #OTalk

**AshleyOT @AshleyN64**

@BillWongOT @OTalk_ Great idea! #OTalk

**RCOT N&Y Region @RCOTNYRegion**Tonight's #OTalk is on CPD. Check out this fantastic CPD event - a whole day's learning and networking for only £10! Total bargain! Please r
@OTalk_ <https://t.co/neEppBCtWE>**Student Platform OT @SPOTEurope**

RT @RCOTNYRegion: Tonight's #OTalk is on CPD. Check out this fantastic CPD event - a whole day's learning and networking for only £10

**OTalk @OTalk_**

#OTalk Question 10.... How do I make time for CPD?

**Student Platform OT @SPOTEurope**RT @BillWongOT: @AshleyN64 @OTalk_ I think a good idea perhaps can be a buddy system with a peer. That way you guys can keep each
acc...**Margaret Spencer @margaretOT360**

This is going to be an amazing day. Luckily am booked on #otalk

**OTalk @OTalk_**

#OTalk Question 11 Who's responsibility is getting my CPD time? Mine or my employer?

**Student Platform OT @SPOTEurope**

A really good thought especially for students who hand in placement documents to their uni, but want to show how rich their experiences wer

**Katherine Swithenbank @katy_maggi**

@OTalk_ I don't have an old one, just keep refreshing the same one with evidence from past 2-3 years. #OTalk

**Margaret Spencer @margaretOT360**

It's happening all day, everyday. You just need to make time to record it. Maybe supervision? #otalk

**OTalk @OTalk_**#OTalk Question 12 I love the learning, sharing & implementing of CPD but find the formal recording of it to be a paper exercise for The HCP
along in this?**Margaret Spencer @margaretOT360**RT @margaretOT360: This is going to be an amazing day. Luckily am booked on #otalk <https://t.co/EMQPEJaR9G>**Amanda White @ajciliaOT**@OTalk_ So this year I tried on on line /app. It was great to have a to hand easily accessible method to record events and diary activities, ho
didn't fit with the HCPC template to submit a profile #otalk I would be interested to hear if others have tried any**Margaret Spencer @margaretOT360**

Employer should allow time so you can maintain your professional competencies and be current. #otalk

**DawnVictoriaT @DawnVictoriaT**

@BillWongOT @AshleyN64 @OTalk_ Love this idea, definitely going to take it on board #OTalk



OTalk @OTalk_
#OTalk Question 12 What CPD activities can you engage in?



Amanda White @ajciliaOT
@OTalk_ Sorry I think I answered in the wrong thread #OTalk



Sophie is my name. @ciderwithsophie
@OTalk_ hmmm difficult- I know when I was training it was a must, and it is a good way to get your brain trained in reasoning, but essentially you get to the point where you can do in your head without putting to paper #OTALK



Margaret Spencer @margaretOT360
How else can the HCPC know you are current? Create a new way to record info that's fun. #otalk



OTalk @OTalk_
@ajciliaOT No worries, it has been a busy chat with lots of questions from the community to get out there! #OTalk



Sophie is my name. @ciderwithsophie
@OTalk_ This is forever my nemesis that I start calling out for creative types to give me inspiration for something other than blog/online/ etc far no luck! #OTalk



Simon Jacques @JacquieOT
@OTalk_ It's part of being an OT and realising the opportunities that are out there for me. Being involved in CPD has opened up so many areas in our practice, meeting some wonderful people along the way. It's now time for some of that there @theRCOT Career Development Framework



Helen OTUK @Helen_OTUK
@ciderwithsophie @OTalk_ Have you seen @GillyGorry 's comic reflections? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Guest lecturing to help fine tune my lecturing skills. Taking on placement students to help me dealing w/ different types of students in academia job. #otalk



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ And when I recently curated TEDxAlmansonPark, I consider that experience as a decathlon of leadership training! #otalk



Amanda White @ajciliaOT
@OTalk_ I find the recording a cathartic reflective process #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @JacquieOT: @OTalk_ It's part of being an OT and realising the opportunities that are out there for me. Being involved in CPD has opened up



Margaret Spencer @margaretOT360
Reading, research, assessments, interventions, outcome measures, feedback from patients. Just select 4 interesting/useful/valuable things a week. At the end of the year you will have 12 pieces of evidence for each HCPC standard #otalk



OTalk @OTalk_
#OTalk Question 13 How many CPD activities do you need to do each month?



Helen Willis @HumbyW
@OTalk_ #OTalk it can be the last thing you want to do after a tiring day. Once a month to compile. Training is hard to come by when locuming



Bill Wong, OTD, OTR/L @BillWongOT
RT @margaretOT360: Reading, research, assessments, interventions, outcome measures, feedback from patients. Just select 4 interesting/



OTalk @OTalk_
#OTalk Question 14 How do you maintain CPD in a non traditional role ?



Amanda White @ajciliaOT
@OTalk_ There are so many, patient contact and reflective practice, supervision, appraisal, this group chats, networking, regional groups an days, self directed learning - journal article review etc #OTalk



Sophie is my name. @ciderwithsophie
@Helen_OTUK @OTalk_ @GillyGorry Yes she is the best ! My one creative CPD inspiration for sure! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Wow- getting some concrete numbers here, eh? Me is more seasonal. Guest lecturing usually I do in the fall. Taking placement stu year round, though. Conference presentations- depend on my mood. Peer reviewed articles- also depend on my mood. #otalk



Vikki Barry @VikkiBarryOT
RT @RCOTNYRegion: Tonight's #OTalk is on CPD. Check out this fantastic CPD event - a whole day's learning and networking for only £10



Margaret Spencer @margaretOT360
#otalk exactly the same as if you worked in a hospital. You require evidence of exactly the same things



RCOT N&Y Region @RCOTNYRegion
RT @margaretOT360: This is going to be an amazing day. Luckily am booked on #otalk <https://t.co/EMQPEJaR9G>



OTalk @OTalk_
#OTalk Question 14b How can CPD be OT focused if you work in a non-traditional setting?



Margaret Spencer @margaretOT360
RT @ajciliaOT: @OTalk_ There are so many, patient contact and reflective practice, supervision, appraisal, this group chats, networking, re.



Amanda White @ajciliaOT
@OTalk_ Personally I think CPD time is a joint negotiation, it depends on what your doing - this is CPD time and I'm not at work ... #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ I would consider curating TEDx event a non traditional role. As long as I have good awareness of what went well and what didn't, it enough... as my aim is to share it with someone else in OT who has the guts to take this challenge on! #otalk



Amanda White @ajciliaOT
@OTalk_ Just like this ... networking and engaging #OTalk



Margaret Spencer @margaretOT360
Use the OT Process - think about pathways, interventions, and outcome measures #otalk



OTalk @OTalk_
#OTalk Question 15.... Does supervision count as CPD? if so how do I evidence this?



Bill Wong, OTD, OTR/L @BillWongOT
@OTalk_ Funny thing when I talked about TEDxAlmansonPark, it actually made me re-examine the type of involvement will be beneficial not me in occupational therapy, but also the profession, too! #otalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @margaretOT360: Use the OT Process - think about pathways, interventions, and outcome measures #otalk <https://t.co/K3Ecqju3TB>

OTalk @OTalk_
Wowzer, with a little bit of grouping got that down to 15 questions. Super fast chat this evening, thank you to everyone who submitted a ques



#OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ Yes- I think taking placement students are in this category, no matter how long or short they are with you in terms of formal arrange goes. #otalk



Margaret Spencer @margaretOT360

Yes, as this needs to be recorded as the first standard of the HCPC. Dates, times, people and location work #otalk



Margaret Spencer @margaretOT360

RT @OTalk_: Wowzer, with a little bit of grouping got that down to 15 questions. Super fast chat this evening, thank you to everyone who...



Bill Wong, OTD, OTR/L @BillWongOT

@OTalk_ 15 questions is A LOT for our chat. But doing my best to hang in there. #otalk 😊



Simon Jacques @JacquieOT

@OTalk_ Reflections through supervision are always good to discuss, to make plans and evidence #otalk



Amanda White @ajciliaOT

@OTalk_ For me CPD is a continuous process which may include several reflections to reach a change in practice which benefits the service #OTalk



Helen Willis @HumbyW

@ajciliaOT @OTalk_ True! #OTalk



AshleyOT @AshleyN64

@OTalk_ I would say supervision counts as professional discussions - which we learn from! So yes! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @ajciliaOT: @OTalk_ For me CPD is a continuous process which may include several reflections to reach a change in practice which be



Sarah Blakeburn @blakeburn_sarah

@OTalk_ #OTalk having recently discussed with a colleague, who has been called for audit twice, as to the structure of how HCPC requires present CPD, does the format really matter or does a creative format help to motivate tracking CPD?



Sophie is my name. @ciderwithsophie

@OTalk_ No set number!! It will vary depending on point of career/flows of role/job experience! Some months I have lots and some others no #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

RT @AshleyN64: @OTalk_ I would say supervision counts as professional discussions - which we learn from! So yes! #OTalk



OTalk @OTalk_

With only 5 minutes of the 'official' #OTalk hour left what are you take away thoughts? Any action points? <https://t.co/9oGeLj9no6>



Bill Wong, OTD, OTR/L @BillWongOT

@AshleyN64 @OTalk_ And another thing I thought about- what if you are a chair of an association committee? I think that is a great learning experience on how to lead... which is an important skill. #otalk



Katherine Swithenbank @katy_maggi

@OTalk_ That's a tricky one, I think we could evidence a CPD activity every week (maybe more) but that's a lot of work! Realistically 2/3 pie evidence may be more achievable in a month - i need to remind myself of this more often though #practicewhatyoupreach #OTalk



AshleyOT @AshleyN64

RT @BillWongOT: @AshleyN64 @OTalk_ And another thing I thought about- what if you are a chair of an association committee? I think the



OTalk @OTalk_

#OTalk



Margaret Spencer @margaretOT360

Incorporate the recording of CPD however sketchy in something you do each month, like supervision. You get into the habit of seeing so many things as CPD opportunities #otalk



Carolina Cordero @colourful_ot

@OTalk_ Maybe bring in OT models when you're writing your reflections, e.g. reflecting on how something you've learned fits in with the idea of volition, habituation and performance capacity from the MOHO #OTalk



AshleyOT @AshleyN64

@BillWongOT @OTalk_ Great example! As occupational therapists we utilise and develop so many skills which can be used in practice. Learning from experiences which develop these are all valuable, therefore, acceptable for CPD recording! These are not always in traditional OT roles. :



Helen OTUK @Helen_OTUK

@OTalk_ I think it will also need to be proportionate to the hours you work whilst also ensuring you are keeping up to date and relevant #OTalk



Margaret Spencer @margaretOT360

I have learnt so much about @RCOT from being chair of @RCOTTrentregion and met so many fantastic people #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @margaretOT360: I have learnt so much about @RCOT from being chair of @RCOTTrentregion and met so many fantastic people #otalk <https://...>



Bill Wong, OTD, OTR/L @BillWongOT

RT @AshleyN64: @BillWongOT @OTalk_ Great example! As occupational therapists we utilise and develop so many skills which can be used in practice...



Bill Wong, OTD, OTR/L @BillWongOT

@margaretOT360 @rcot @RCOTTrentregion For me- I have a bucket list of colleagues I want to collaborate with. I am crossing them off as my career progresses. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

Later folks! #otalk



Elizabeth @Lizzie_OT

@margaretOT360 @rcot @RCOTTrentregion Would love to know more about what exactly this type of role and responsibility entails? #OTalk



Amanda White @ajciliaOT

@OTalk_ Yes I do as it helps to write this year and some CPD carries over into future years #OTalk



Gilly- does- Doing @GillyGorry

@ciderwithsophie @Helen_OTUK @OTalk_ Thanks. I need to get back on track with this. I bought some art journal prompt books to have a go at doing a combo of art/bullet journaling in a diary. Often doodle etc in my planners. #otalk



Amanda White @ajciliaOT

@OTalk_ There is a difference between a CPD file and a profile, I keep reflections and supervision records electronic in folders and add to my written bits #OTalk

LeonoraCoolhaas @LeonoraOT



@embracingOT I am seeing the last Q in #OTalk - sorry I have missed it but I suspect our #OT colleagues will have lots to get us thinking abt #notetoself read later - thanks @OTalk_



Helen OTUK @Helen_OTUK
Well need to go eat! Thanks #OTalk another super chat!



Amanda White @ajciliaOT
@OTalk_ Look at the @RCOT guidance and career framework as a start. Keep a list of monthly activities and reflections #OTalk



Helen OTUK @Helen_OTUK
@LeonoraOT @embracingOT @OTalk_ It was all questions submitted by the #OTalk community this evening... you know those things you a wanted to ask.... also sent anonymously! Maybe a bit HCPC slanted, hope they are of assistance to you on the other side of the world too!



DawnVictoriaT @DawnVictoriaT
@OTalk_ I'll be qualifying in just a few weeks & need to think about evidencing ongoing CPD. Wasn't sure quite how to approach it, despite k that I want to be on top of it. Taking away a range of ideas to explore to find out what might work for me. Thank you #OTalk #almostanOT ❤️



Amanda White @ajciliaOT
@OTalk_ Thank you, im still a novice at this twitter but CPD is a passion of mine - so glad I could join in a bit @OTinretirement will be proud efforts !! #OTalk

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