

SYMPLUR

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, December 15th 2020, 2:40PM – Thu, December 17th 2020, 2:40PM
(Europe/London).

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Celia Bentley [@celiabentleyOT](#)

a month ago

Hi [#OTalk](#) 🙋 I'm a little late to the party but this is an area I am keen to be involved in



Ryan Lavalley PhD, OTR/L [@ryan_lavalley](#)

a month ago

[@Occ4LifeLtd](#) I've learned that improving it requires discomfort on the part of those who have power, but also directness and honesty can be very powerful tools. [#OTalk](#)



#OTalk [@OTalk_](#)

a month ago

[@GeorgiaVineOT](#) [@RachaelD_OT](#) [@Occ4LifeLtd](#) That's one of the best things about [#OTalk](#), that you can be in all sorts of locations (and even in your PJ's if you wish)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

This leads nicely into Q3 so I'll share it a little earlier than planned. What challenges/barriers are there to improving representation? And how can they be overcome? [#OTalk](#)





Ed Sum Occupational Therapist 🇳🇮❤️🇺🇸 @musedNeuroOT

a month ago

@Occ4LifeLtd Not in my area, but I've provided some support / mentorship to a few people. I've joined two @AHPLLeader podcasts and increased my network #OTalk



Georgia Vine @GeorgjaVineOT
@KwakuOT @Occ4LifeLtd Yassss #OTalk

a month ago



Caitlin Sparling OT @OtCaitlin

a month ago

@Occ4LifeLtd #OTalk amazingly supportive team of lecturers @QMU_OT. They make reasonable adjustments such as a part time placement and deadlines which allow me to manage my health needs alongside studying.



Georgia Vine @GeorgjaVineOT
@Occ4LifeLtd Myself with my amazing peers @ArzooRaja30 @dj_tiny_rabbi and @OTTYPractice have hosted empowered practice conversations at uni. #OTalk

a month ago



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

a month ago

Some would said discomfort is always a precursor to learning. Hence us as humans always making the same errors again and again #otalk



Georgia Vine @GeorgjaVineOT
@OTalk @RachaelD_OT @Occ4LifeLtd Yes! #OTalk

a month ago



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

a month ago

This sounds good. Tell us more. #otalk



Rachael @RachaelD_OT

a month ago

@Occ4LifeLtd I am far more open than I ever have been before, in relation to my sexuality & mental health. For example, rather than refer to my wife as my partner (through fear of reaction), I refer to her as my wife. I do still worry about the reaction though... #OTalk



#OTalk @OTalk_

a month ago

@GeorgjaVineOT @Occ4LifeLtd @ArzooRaja30 @dj_tiny_rabbi @OTTYPractice That sounds interesting @GeorgjaVineOT. Tell us more #OTalk



Toks Odutayo @TokunboTweetz

a month ago

@Occ4LifeLtd Not be shy about participating in and speaking up about these issues in practice. The service I work in has been great in responding to the recent acknowledgement of lack of diversity and representation which has allowed confidence to have open discussions for change #otalk





Rachael @RachaelD_OT

a month ago

[@Occ4LifeLtd](#) although I don't shout it from the rooftops, I also don't shy away from the mental health crisis that I experienced last year. I feel that it's both beneficial for me and for others that I discuss it [#OTalk](#)



Ryan Lavalley PhD, OTR/L @ryan_lavalley

a month ago

[@Occ4LifeLtd](#) I try to actively listen & learn first, amplify voices of those who have diverse experiences in my classes, & identify specific policies & structures that exclude so that they can be addressed. Also joined [@OTDiversity](#) to support their work in building networks&solidarity [#otalk](#)



Kirsty Stanley Occupation4Life @Occ4LifeLtd

a month ago

Fabulous to hear. Now we need to consider how to make all areas of OT accessible through part time and flexible patterns of working. Interested about whether some areas adopt these practices more easily and what factors ensures this [#otalk](#)



BethChesworth @Beth_Rocketship

a month ago

[@Occ4LifeLtd](#) I'm a student OT and I have had conversations with the lecturers about representation within the taught material. Eg, case studies that reflect our diverse population, so that we are actually looking at the WHOLE person [#OTalk](#)



Andrew Bates @AndrewBatesOT

a month ago

[@Occ4LifeLtd](#) Small changes e.g. adding pronouns to email signature/name badge, discussing ED&I topic each team meeting, sharing podcasts with colleagues, joining the trust's Race Equality Network webinars, ED&I is priority in job adverts/interviews, speaking openly about being LGBTQIA+ [#OTalk](#)



Georgia Vine @GeorgiaVineOT

a month ago

[@Occ4LifeLtd](#) So the hardest part about diversity representation is language and terminology no one knows what to say because the politics changes over night! So along with experience we just had an open discussion about the terminology and theories to make it easier in so cases. [#OTalk](#)



Kirsty Stanley Occupation4Life @Occ4LifeLtd

a month ago

Having the space to debrief on negative experiences in supervision would be helpful and having policies that back up a zero tolerance to discrimination too [#otalk](#)



Georgia Vine @GeorgiaVineOT

a month ago

[@Occ4LifeLtd](#) [@OTTYPractice](#) it's over to you [#OTalk](#)





Hannah Spencer [@hspenceruk](#)

a month ago

[@RachaelD_OT](#) [@Occ4LifeLtd](#) I'd echo that... I guess my use of me sends ripples... And I'm more willing than ever to lean into potentially difficult and uncomfortable conversations, but that in itself can be exhausting [#OTalk](#)



Kwaku Agyemang [@KwakuOT](#)

a month ago

[@Occ4LifeLtd](#) [@DaveThomasOT](#) discusses this in the [@BAMEOTUK](#) latest podcast. [#OTalk](#)



Celia Bentley [@celiabentleyOT](#)

a month ago

[@Occ4LifeLtd](#) I want to create a network for OT students & qualified OTs to be able to connect with others of similar disabilities- so we can share what works/tips etc. & motivate one another. So I've started discussing it with colleagues... [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

[#otalk](#). Good things take time but each step is a step closer. We should definitely be using [@OTnews](#) more to forge more connections and share good practice [#otalk](#) <https://t.co/ofSgfQ5aRw>



Andrew Bates [@AndrewBatesOT](#)

a month ago

[@RachaelD_OT](#) [@Occ4LifeLtd](#) I still shake my head each time I say "partner" instead of "boyfriend" and don't know if my automatic response will ever change. I automatically said "friend" to a stranger recently, shame that we feel that it's safer/easier to do so to avoid awkward reactions [#OTalk](#)



Toks Odutayo [@TokunboTweetz](#)

a month ago

[@Occ4LifeLtd](#) OT often sits in the shadows of other professions, when part of a large multidisciplinary service, so implementing change as a whole (with any matter) can be challenging. [#otalk](#)



#OTalk [@OTalk_](#)

a month ago

Talking is emerging as a theme so far. In conversations and podcasts, talking about the issues and acknowledging them has been a useful action people have taken. [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

a month ago

How have discussions been started and by who? [#otalk](#)



Beth Chesworth [@Beth_Rocketship](#)

a month ago

[@Occ4LifeLtd](#) A patient might present with a disability or health condition, but we also need to consider pronouns, not assume that everyone is heterosexual, provide environment's that aren't gendered [#OTalk](#)



- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
 **SYMPPLUR** [@RachaelD_OT](#) definitely. We are all human and I think this year a lot of people have had to acknowledge their own mental health for the first time. [#otalk](#)
 🗨️ ↻️ ❤️
-
- #OTalk** [@OTalk_](#) a month ago
 [#OTalk](#)
 And question 3....
 🗨️ ↻️ ❤️
-
- Georgia Vine** [@GeorgiaVineOT](#) a month ago
 [@Occ4LifeLtd](#) And attitudes always something I forget 🙄 [#OTalk](#)
 🗨️ ↻️ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
 Great actions.
 🗨️ ↻️ ❤️
-
- Hannah Spencer** ❤️ [@hspenceruk](#) a month ago
 I liked one of [@LGBTfdn](#)'s 'ground rules' in discussion - to assume/agree to positive intent. To know that we might not always get it right, things might not align, there might be contradiction, but we're willing to be vulnerable, to try [#OTalk](#)
 🗨️ ↻️ ❤️
-
- Ryan Lavalley PhD, OTR/L** [@ryan_lavalley](#) a month ago
 [@KwakuOT](#) [@Occ4LifeLtd](#) [@DaveThomasOT](#) [@BAMEOTUK](#) Such a good episode! [#OTalk](#)
 🗨️ ↻️ ❤️
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- Toks Odutayo** [@TokunboTweetz](#) a month ago
 [@GeorgiaVineOT](#) [@Occ4LifeLtd](#) Agreed! I have recently observed a bunch of very eloquent and articulate individuals become awfully uncomfortable and lost for words during such discussions. [#otalk](#)
 🗨️ ↻️ ❤️
-
- BethChesworth** [@Beth_Rocketship](#) a month ago
 [@Occ4LifeLtd](#) This can make a real difference in how we engage our patients in therapy. Diverse case studies can encourage students to learn more about populations that they may have been unfamiliar with [#OTalk](#)
 🗨️ ↻️ ❤️
-
- Rachael** [@Rachael_OT](#) a month ago
 [@hspenceruk](#) [@Occ4LifeLtd](#) The amount of times I've heard "you don't look gay though" or "but you've got long hair" 🙄 Then, on the other side "I thought so, cos of the nose piercing" 🙄 I'm with you [@hspenceruk](#), happy to walk towards difficult & uncomfortable situations, but it does get tiring [#OTalk](#)
 🗨️ ↻️ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
 Brilliant. And students take your anonymised examples from placements back to your lecturers to inform future case studies. [#otalk](#)
 🗨️ ↻️ ❤️

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 **SYMPPLUR**
 I do not have my pronouns in my Twitter bio but not my email. Must do this. And start introducing myself and my pronouns. [#otalk](#)



Hannah Spencer ❤️ [@hspenceruk](#) a month ago
 [@OTalk](#) Echo that. Podcasts = great and accessible way to lean in to the topics we're less familiar with and prompt thought/conversation/rippling action [#OTalk](#)



Rachael [@RachaelD_OT](#) a month ago
 [@AndrewBatesOT](#) [@Occ4LifeLtd](#) I automatically find myself referring to my wife as my friend when we go on holiday 🤗 Somebody once asked if we were sisters, and before I knew it I was nodding away 🙄 [#OTalk](#)



#OTalk [@OTalk](#) a month ago
 [@OtCaitlin](#) [@Occ4LifeLtd](#) Hi [@OtCaitlin](#). Great point but you need to have the [#OTalk](#) in each tweet, even replies, for them to be properly picked up by the transcript afterwards.



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 Words and terminology is tricky and often quite personal in terms of preference too. Good starting point [#otalk](#)



Celia Bentley [@celiabentleyOT](#) a month ago
 [@hspenceruk](#) [@OTalk](#) Can you recommend any podcasts in particular? [#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 Self care should be an essential part of any change process. Being aware of when you need to step back and being allowed to do so is vital [#otalk](#)



Georgia Vine [@GeorgiaVineOT](#) a month ago
 [@hspenceruk](#) [@LGBTfdn](#) Yes this is exactly what our conversation was about hence why we emphasised the word conversation! We also a hosts pointed out that we had experiences of oppression because of 1 characteristics (individually) so therefore as a team we work but are by no means experts [#OTalk](#)



BethChesworth [@Beth_Rocketship](#) a month ago
 [@clarsyarveyunt](#) [@Occ4LifeLtd](#) Yes this is a great idea! I feel like a lot of universities would benefit from consulting with diverse populations to seek out role emerging placements in areas they may not know exist. [#OTalk](#)



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