

# 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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**Tosin @TosinOgunbiyi2**

a month ago

Would be great to do something similar in dietetics [#RDchat](#) [@BDA\\_Dietitians](#) [@LondonBDA](#) [@WeAHPs](#)



**Kirsty Stanley Occupation4Life** [@Occ4LifeLtd](#)

a month ago

[@KwakuOT](#) [@DaveThomasOT](#) [@BAMEOTUK](#) My 2021 challenge will be to catch up on the podcast [#otalk](#)



**Sherlyn** [@sherlynmelody](#)

a month ago

[@Occ4LifeLtd](#) [#otalk](#) with regards to Black people; there is a lack of diversity in that sense. I feel it has also highlighted other areas that also feel under represented. I've learnt diversity takes many forms that I also had not recognised/considered personally.



**#OTalk @OTalk\_**

a month ago

Small changes all add up and often can create ripples all around us. Some good practical ideas mentioned here [#OTalk](#)





**Kwaku Agyemang** @KwakuOT

a month ago

@Occ4LifeLtd Alongside colleagues at @BAMEOTUK we have engaged in conversations with different organisations. I have personally been involved in podcasts, webinars and written about the need to improve representation to match the population we serve...hopefully more to come in 2021. #OTalk



**Georgia Vine** @GeorgiaVineOT

a month ago

@TokunboTweetz @Occ4LifeLtd Ahh I see! Yes it's not easy to have these conversations and that's why they should happen more regular to make them easier! #OTalk



**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

a month ago

Note to self always say 'Who is this?' Rather than is this your x,y,z #otalk



**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

a month ago

Q4 What opportunities can you capitalise on? #OTalk if you have projects you need people to help with now is your chance to share them.



**Ryan Lavalley PhD, OTR/L** @ryan\_lavalley

a month ago

@TokunboTweetz @GeorgiaVineOT @Occ4LifeLtd Pple often forget the power of asking, (especially in academia) bc we are supposed "to know". Asking pronouns, how people want to be labeled, asking what words people like to use & why- so important in learning & therapy, & can solve so much discomfort. #OTalk #radicalconsent



**Farrah Money** فارهه @farrah\_money

a month ago

@Occ4LifeLtd So many issues are systemic in nature.. this causes an obvious barrier via unconscious bias. Improvements could be made by the institution itself becoming more diverse represent by leading by example #otalk



❤️🇺🇸 **Sherlyn** 🇬🇧❤️ @sherlynmelody

a month ago

@Occ4LifeLtd #otalk I created a video for my organisation for OTWeek. Covering my feelings as a black OT working in a rural area of Hertfordshire and how it's impacted my practice.



**Celia Bentley** @celiabentleyOT

a month ago

@Occ4LifeLtd I think there needs to be more awareness about occupational therapy earlier in education - like at 6th form colleges, and that students hear from practicing therapists to motivate them. #Otalk



**Ed Sum Occupational Therapist** 🇨🇦❤️🇬🇧 @musedNeuroOT

a month ago

@ryan\_lavalley @KwakuOT @Occ4LifeLtd @DaveThomasOT @BAMEOTUK Agreed! And different ways proposed to address things... "the tools of the master..." discussions is still making me reflect #OTalk



**Ryan Lavalley PhD, OTR/L** [@ryan\\_lavalley](#)

a month ago

RT @Andre/BatesOT: [@Occ4LifeLtd](#) Small changes e.g. adding pronouns to email signature/name badge, discussing ED&I topic each team meeting,...

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

Have seen this quite clearly in the covid discussions and with respect to that recent BMJ article. We really need to be publishing in non OT journals and presenting at non OT only conferences too [#otalk](#)

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

RT [@Beth\\_Rocketship](#): [@Occ4LifeLtd](#) A patient might present with a disability or health condition, but we also need to consider pronouns, not...

**Ruth Hawley** [@Ruth\\_Hawley](#)

a month ago

[@Occ4LifeLtd](#) [@KwakuOT](#) [@DaveThomasOT](#) [@BAMEOTUK](#) Mine too! [#OTalk](#)

**Georgia Vine** [@GeorgiaVineOT](#)

a month ago

[@Occ4LifeLtd](#) Systems and attitudes! It needs to be always on the agenda [#OTalk](#)

**#OTalk** [@OTalk](#)

a month ago

[@clarsyarveyunt](#) [@Occ4LifeLtd](#) Nice idea. You do need to include the [#OTalk](#) though for your tweets to be included in the transcript.

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

It's the fear of being wrong or being labelled as racist, sexist, homophobic etc this stops people conversing. There does need to be space to make mistakes and not judged on an initial reaction. The concept of cancel culture does make this challenging. [#otalk](#)

**Georgia Vine** [@GeorgiaVineOT](#)

a month ago

[@Occ4LifeLtd](#) Check out [@OTTYPractice](#) (sorry for all the tagging Mille 😊) using OT as our super power to tackle occupational injustices. [#OTalk](#)

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

Great point that deserves that [#otalk](#) hashtag. Thanks. Definitely widening the scope of where and how we work will expose more people to OT and hopefully inspire people to go 'hey, I could do that!'

**Hannah Spencer** ❤️ [@hspenceruk](#)

a month ago

[@celiabentleyOT](#) [@OTalk](#) Plenty around. Perhaps predictably this Occupied episode (see link below) or a similar episode from [@ot4lyfe](#). Equally [@AHPLeader](#) and [@BAMEOTUK](#) have captured some really important and insightful discussions recently too [#OTalk](#)  
<https://t.co/XOprrrC6OV>



 **Sherlyn**  @sherlynmelody a month ago  
 @Occ4LifeLtd #otalk I joined the profession as a career change. I feel I bumped into OT. My cohort was mainly mature students. I personally feel it was due to my life experiences that prompted me to OT. Maybe OT is not well promoted/recognised/valued/understood.

  

 **Toks Odutayo** @TokunboTweetz a month ago  
 @Occ4LifeLtd Not allowing the considerations of and conversations about diversity and representation to die down like a 'flavour of the month'. It must remain the hot topic until Inclusivity truly becomes integral to the culture of the profession #otalk

  

 **Ryan Lavalley PhD, OTR/L** @ryan\_lavalley a month ago  
 @sherlynmelody @Occ4LifeLtd Is that video available online? #otalk

  

 **Georgia Vine** @GeorgiaVineOT a month ago  
 @ryan\_lavalley @TokunboTweetz @Occ4LifeLtd Definitely couldn't agree more! #OTalk

  

 **Ed Sum Occupational Therapist**  @musedNeuroOT a month ago  
 @RachaelD\_OT @hspenceruk @Occ4LifeLtd The thing about being 'visible' with diversity bothers me - and characteristics that are not on 'display': my photograph may make people think I am non-white, but how do I convey my sexuality? #OTalk

  

 **Kirsty Stanley Occupation4Life**  @Occ4LifeLtd a month ago  
 And this is where allies need to pull someone aside if they overhear this and educate. #otalk

  

 **#OTalk** @OTalk\_ a month ago  
 Some helpful comments about the challenges of talking and communicating with regards to fear of getting it wrong and confidence in the terminology have also been commented on in tonight's #OTalk

  

 **Kirsty Stanley Occupation4Life**  @Occ4LifeLtd a month ago  
 Fabulous #otalk. Great to see leadership taking the initiative

  

 **Ryan Lavalley PhD, OTR/L** @ryan\_lavalley a month ago  
 RT @TokunboTweetz: @Occ4LifeLtd Not allowing the considerations of and conversations about diversity and representation to die down like a...

  

 **#OTalk** @OTalk\_ a month ago  
 Question 4

  

- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago  
 RT [@Beth\\_Rocketship](#): [@clarsyarveyunt](#) [@Occ4LifeLtd](#) Yes this is a great idea! ! feel like a lot of universities would benefit from consulting...  
  
- 
- Ryan Lavalley PhD, OTR/L** [@ryan\\_lavalley](#) a month ago  
 RT [@hspenceruk](#): [@celiabentleyOT](#) [@OTalk](#) Plenty around. Perhaps predictably this Occupied episode (see link below) or a similar episode from...  
  
- 
- wheredoyougetyourprOTEin?** [@clarsyarveyunt](#) a month ago  
 [@OTalk](#) [@Occ4LifeLtd](#) My bad! OT being a lesser known profession will inevitably affect the demographics of both practitioners and service users. Role emerging placements could introduce OT to diverse communities eg youth centres; charities; religious groups etc [#OTalk](#)  
  
- 
- Rachael** [@RachaelD\\_OT](#) a month ago  
 [@musedNeuroOT](#) [@hspenceruk](#) [@Occ4LifeLtd](#) I think that society in general are very quick to judge/come to conclusions based on appearance. Which, is a terrible idea and often results in offence and misconceptions [#OTalk](#)  
  
- 
- #OTalk** [@OTalk](#) a month ago  
 [#OTalk](#)  
 Yes! This conversation is not over. [#OTalk](#)  
  
- 
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago  
 In reality we are each of us diverse but we each have to acknowledge our privilege or power in certain situations [#otalk](#)  
  
- 
- Farrah Money** فاره [@farrah\\_money](#) a month ago  
 [@Occ4LifeLtd](#) I have been fortunate to be allowed such a space at university recently. [@DaveThomasOT](#) opened up a discussion surrounding race. I truly appreciated it as it allowed us to learn together hearing what others felt comfortable with, addressing the not so comfortable areas [#otalk](#)  
  
- 
- Toks Odutayo** [@TokunboTweez](#) a month ago  
 [@Occ4LifeLtd](#) True! It's tough situation of being 'damned if I do, damned if I don't!' [#otalk](#)  
  
- 
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago  
 Indeed. Lots of things in progress ... [#otalk](#)  
  
- 
- BethChesworth** [@Beth\\_Rocketship](#) a month ago  
 [@Occ4LifeLtd](#) Yes, we need to be the people who call people 'in' on things, not call them 'out'. We need to correct people sensitively and open up a discussion or suggest resources for learning [#OTalk](#)  
  

**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#) a month ago  
 What should the key priorities be for OT in terms of improving representation and embracing diversity in 2021? [#OTalk](#) What's our wishlist? Bonus points if you know one way we can work toward it.



**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#) a month ago  
 RT [@ryan\\_lavalley](#): [@TokunboTweetz](#) [@GeorgiaVineOT](#) [@Occ4LifeLtd](#) Pple often forget the power of asking, (especially in academia) bc we are sup...



**#OTalk** [@OTalk\\_](#) a month ago  
 [@clarsyarveyunt](#) [@Occ4LifeLtd](#) Thank you for the [#OTalk](#). Easily done, we've all done it 🙌



**Caitlin Sparling OT** [@OtCaitlin](#) a month ago  
 [@clarsyarveyunt](#) [@OTalk\\_](#) [@Occ4LifeLtd](#) I completely agree, unless I had known a family friend who was an occupational therapist I never would have known it was a career option. If a person has never met/ spoken to an occupational therapist it is difficult to see it as something you want to do. [#OTalk](#)



**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#) a month ago  
 Definitely. So who is applying for [@theRCOT](#) CEO then? [#otalk](#)



**Ed Sum Occupational Therapist**   [@musedNeuroOT](#) a month ago  
 [@Occ4LifeLtd](#) That BMJ article... was there an outcry because OTs felt they were being erased, not felt acknowledged, felt that they did not exist..? Sounds familiar... And how did they feel how the response was handled..? [#OTalk](#)



**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#) a month ago  
 Did you get any good responses? [#otalk](#)



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