

SYMPLUR

#OTalk Transcript

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

Tue, December 8th 2020, 2:40PM – Wed, December 9th 2020, 2:40PM
(Europe/London).

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#OTalk @OTalk_

10 minutes to go! [#OTalk](#)

a month ago



OfficialCAHPR @OfficialCAHPR

The latest [#OTalk](#) chat gets underway shortly...

a month ago



Carolyn #OccupationalTherapist @CeeCeeOT

RT [@OTalk_](#): 10 minutes to go! [#OTalk](#)

a month ago















#OTalk @OTalk_

If you're joining us for the first time (or just need a refresher), here's how [#OTalk](#) works: our host will be Tweeting questions from 8pm to 9pm on tonight's topic and anyone can join in by responding and using the [#OTalk](#) hashtag!

a month ago



-  **#OTalk @OTalk** a month ago
Using the hashtag makes it easier to find all the Tweets from tonight's chat by either clicking on the hashtag itself, or searching for it on Twitter [#OTalk](#)
-  **#OTalk @OTalk** a month ago
We have a few simple rules for our chats; respect other participants, respect confidentiality, and be mindful of your professional body's and employers' guidelines for social media use [#OTalk](#)
-  **#OTalk @OTalk** a month ago
But most of all, have fun! [#OTalk](#)
-  **Carolyn #OccupationalTherapist @CeeCeeOT** a month ago
RT [@OTalk](#): We have a few simple rules for our chats; respect other participants, respect confidentiality, and be mindful of your professio...
-  **Rachael @RachaelD_OT** a month ago
[#OTalk](#) <https://t.co/0VdZ4J0Suv>
-  **#OTalk @OTalk** a month ago
[@RachaelD_OT](#) Hello! [#OTalk](#)
-  **Rachael @RachaelD_OT** a month ago
How is everybody this evening? [#OTalk](#)
-  **Carolyn #OccupationalTherapist @CeeCeeOT** a month ago
[@RachaelD_OT](#) What an entrance 😂 [#OTalk](#)
-  **Rachael @RachaelD_OT** a month ago
[@CeeCeeOT](#) Thank you. Been working on it for months 😊😂 [#OTalk](#)
-  **Carolyn #OccupationalTherapist @CeeCeeOT** a month ago
[@RachaelD_OT](#) Tired but ok thanks! Looking forward to tonight's [#OTalk](#)
-  **Georgia Vine @GeorgiaVineOT** a month ago
[@CeeCeeOT](#) [@RachaelD_OT](#) I second that [#OTalk](#)
-  **Rachael @RachaelD_OT** a month ago
Am I missing something? Or has this week's chat not started yet? [#OTalk](#)

**Michaela Young** @MichaelaYoungOT

a month ago

@RachaelD_OT was thinking the same 🤔 #OTalk**Carolyn #OccupationalTherapist** @CeeCeeOT

a month ago

@RachaelD_OT I thought my WiFi might be playing up #OTalk

#OTalk @OTalk_

a month ago

Who's joining us this evening? 😊 #OTalk

**Georgia Vine** @GeorgiaVineOT

a month ago

@MichaelaYoungOT @RachaelD_OT Me too I keep refreshing my feed #OTalk**Martin O'Doherty** @MrMartinOT

a month ago

@OTalk_ Ive been waiting for it to start lol #OTalk**Rachael** @RachaelD_OT

a month ago

@GeorgiaVineOT @MichaelaYoungOT Hmm... @OTalk_, do you know what's going on? 🤔 #OTalk

#OTalk @OTalk_

a month ago

@RachaelD_OT I'm a bit confused too! We may have had a date or time mix-up... 🤔 #OTalk**Student Platform OT** @SPOTEurope

a month ago

@OTalk_ We are here! Looking forward for tonight's #OTalk**FfionOT** @FfionOT

a month ago

@OTalk_ #OTalk <https://t.co/ZZ0RvMt3V3>**Rachael** @RachaelD_OT

a month ago

@OTalk_ Well, if all else fails... #Covid is a hot topic right now. Especially with the vaccines now being administered #OTalk**Carolyn #OccupationalTherapist** @CeeCeeOT

a month ago

@FfionOT @OTalk_ #OTalk 😂 <https://t.co/kcxtCqVNZw>**Georgia Vine** @GeorgiaVineOT

a month ago

@OTalk_ Me! ¡Hola! #OTalk**Rachael** @RachaelD_OT

a month ago

Has anybody been asked to support with the #Covid19 vaccination programme? #OTalk





Martin O'Doherty @MrMartinOT

a month ago

@CeeCeeOT @FfionOT @OTalk_ #OTalk <https://t.co/UHGBLFfXQL>



Kate Tudor @OT_KateT

a month ago

@RachaelD_OT Nope, but you've just reminded me I was going to do my first lateral flow test tonight.... 🤔👩 #OTalk



Georgia Vine @GeorgiaVineOT

a month ago

@FfionOT @MrMartinOT @CeeCeeOT @OTalk_ I second that! #OTalk



Martin O'Doherty @MrMartinOT

a month ago

@FfionOT @CeeCeeOT @OTalk_ Shall we scrap the #ACT chat lol and discuss the therapeutic use of Gifs instead? haha #OTalk



Ros French @RosFrench1

a month ago

@RachaelD_OT #OTalk I was dipping in and wondered if it was on tonight as really interested in ACT but also listening to another Webinar!



Rachael @RachaelD_OT

a month ago

@OT_KateT Glad to be of service 😊 #OTalk



Carolyn #OccupationalTherapist @CeeCeeOT

a month ago

@MrMartinOT @FfionOT @OTalk_ We could do an activity analysis of gif selection 😊 #OTalk <https://t.co/SGCohL6ytw>



Martin O'Doherty @MrMartinOT

a month ago

@CeeCeeOT @FfionOT @OTalk_ My selection is not that scientific...I just go for cheap laughs lol #OTalk



Carolyn #OccupationalTherapist @CeeCeeOT

a month ago

@MrMartinOT @FfionOT @OTalk_ The best kind of laughs lol #OTalk



Martin O'Doherty @MrMartinOT

a month ago

@CeeCeeOT @FfionOT @OTalk_ Absolutely #OTalk



Rachael @RachaelD_OT

a month ago

@RosFrench1 I have to be honest, I don't know an awful lot about it... #OTalk



Kate Tudor @OT_KateT

a month ago

@MrMartinOT @CeeCeeOT @FfionOT @OTalk_ Thus building your social engagement and sense of value within your community Always something there to ot-ify #OTalk

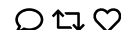




Carolyn #OccupationalTherapist @CeeCeeOT

a month ago

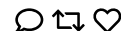
[@RachaelD_OT](#) [@RosFrench1](#) Me neither, I've seen it referred to in other OT chats on social media but I've not looked up what it entails [#OTalk](#)



Rachael @RachaelD_OT

a month ago

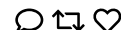
[@OT_KateT](#) [@MrMartinOT](#) [@CeeCeeOT](#) [@FfionOT](#) [@OTalk](#) [#OTalk](#) <https://t.co/LkVR2b6VSe>



Kate Tudor @OT_KateT

a month ago

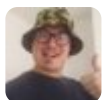
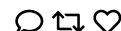
[@MrMartinOT](#) [@CeeCeeOT](#) [@FfionOT](#) [@OTalk](#) For ot-ify read examine through an occupational lense. Sometimes my grown up words take a while to kick in [#OTalk](#)



Michaela Young @MichaelaYoungOT

a month ago

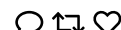
[@CeeCeeOT](#) [@RachaelD_OT](#) [@RosFrench1](#) I believe we received an email about it this evening at work. It sounds really interesting [#OTalk](#)



Martin O'Doherty @MrMartinOT

a month ago

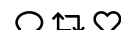
[@OT_KateT](#) [@CeeCeeOT](#) [@FfionOT](#) [@OTalk](#) Though seriously, I think using gifs is a great tool for people who might struggle with social communication [#autism](#) [#OTalk](#)



Rachael @RachaelD_OT

a month ago

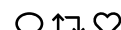
[@CeeCeeOT](#) [@RosFrench1](#) From what I understand, where CBT looks to challenge distressing thoughts & search for rational responses, ACT encourages you to accept the thoughts but also to defuse them using various techniques... [#OTalk](#)



FfionOT @FfionOT

a month ago

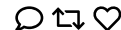
[@MrMartinOT](#) [@OT_KateT](#) [@CeeCeeOT](#) [@OTalk](#) I would definitely agree! [#OTalk](#) <https://t.co/cA4fMheBu9>



Rachael @RachaelD_OT

a month ago

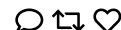
[@CeeCeeOT](#) [@RosFrench1](#) BUT... I could be wrong! [#OTalk](#)



Martin O'Doherty @MrMartinOT

a month ago

[@FfionOT](#) [@OT_KateT](#) [@CeeCeeOT](#) [@OTalk](#) [#OTalk](#) <https://t.co/di0cDceJtu>



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