

# #OTalk Transcript

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

Tue, May 31st 2022, 8:00PM – Sat, June 4th 2022, 9:15PM (Europe/London).

See [#OTalk Influencers/Analytics](#).



**#OTalk @OTalk**

Its 8pm that means its [#OTalk](#) time. Tonight's topic - It's [@OT\\_rach](#) on [@OTalk](#) account support tonight. Say hello, let us know you're here tonight. <https://t.co/0QKfGA2dr9>



**#OTalk @OTalk**

[#OTalk](#) Engagement Guidance 1 - To see the conversation, Click on the HASHTAG, it will take you to a page of just tweets including [#OTalk](#). Click LATEST to see the most recent tweets. If you are in a chat in real time, you will need to refresh this page often. <https://t.co/rhdGn1fbvh>



**Helen OTUK @Helen\_OTUK**

Good evening [#OTalk](#) who is ready for the [#OTalkTeaParty](#). Me! <https://t.co/0KIsMxANmD>



**#OTalk @OTalk**

[#OTalk](#) Engagement Guidance 2 - To reply to a questions, simply CLICK reply, type what you want to say in under 280 characters making sure you included your tweet. <https://t.co/QIOQIzh4Zv>



**Melissa chieza @melissa\_chieza**

[@Helen\\_OTUK](#) Evening it's been a while . Looking forward to [#otalk](#) tonight .



**#OTalk @OTalk**

[#OTalk](#) Engagement Guidance 3 - 'Don't forget to include the [#OTalk](#) hashtag in ALL your tweets/replies.' That way everyone can see them, and they will appear in the transcript. <https://t.co/vimQrhKyYE>



**Sarah Small @Sarah\_RheumOT**

[@OTalk](#) [@OT\\_rach](#) Hello. Already eaten my lemon meringue pie. Couldn't wait!! [#OTalk](#)



**Rachael (she/her) 🇧🇪 🇬🇧 @RachaelD\_OT**

Evening all 🙌 Just making myself a tea & looking for snacks 🍵🍪 [#OTalk](#)



**#OTalk @OTalk**

[#OTalk](#) Engagement Guidance 4 - Remember your codes of practice apply online as they do in practice. Be Polite, Respectful, Share, Listen, Learn & enjoy. <https://t.co/JwQgQMcsj>



**#OTalk @OTalk**

[#OTalk](#) Engagement Guidance 5 - There is only 1 T in the hashtag its pronounced O Talk as in 'Occupation Talk' - [#OTalk](#) - a place to talk occupation <https://t.co/gMPrix7cG>



**Ms Rachel Booth-Gardiner ❤️ @OT\_rach**

Here is my [#OTalkTeaParty](#) treat [@TonysChocoUK\\_IE](#) eggs. [#otalk](#) <https://t.co/7FBNLxYGAs>



**#OTalk @OTalk**

With that out of the way. We hand over to [@Helen\\_OTUK](#) to start us off with the first question. [#OTalk](#) <https://t.co/LduN8OtpGt>



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

Hello folks! Joining today since my class's schedule this week got reshuffled due to Memorial Day this week in USA. [#otalk](#)



**Helen OTUK @Helen\_OTUK**

[#OTalk](#) Question 1 Are you planning on attending any virtual conferences in 2022? <https://t.co/qd2j7c3MLC>



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

@melissa\_chieza @Helen\_OTUK I rejoined today... and then I will be back on first week of July until further notice, where I hopefully will know more about my schedule in the near future. #otalk



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

@Helen\_OTUK A1. I prefer in-person for OT conferences. Have already attended #aotainspire22 and #caot2022 in person earlier this year. There are aspects harder to get when it is virtual. #otalk



**Rachael (she/her) @RachaelD\_OT**

@Helen\_OTUK I'll be attending @theRCOT virtual conference #OTalk



**Sarah Small @Sarah\_RheumOT**

@Helen\_OTUK No. But attended TMH SS conference in March 22. #OTalk



**Helen OTUK @Helen\_OTUK**

#OTalk Question 2 How many virtual conferences have you attended before?



**Melissa chieza @melissa\_chieza**

@Sarah\_RheumOT @Helen\_OTUK Same . Although nothing is planned yet for the rest of the year . #otalk



**Sarah Small @Sarah\_RheumOT**

@Helen\_OTUK 2 #OTalk



**Helen OTUK @Helen\_OTUK**

#OTalk Good luck with that!



**Sam Pywell @smileyfacehalo**

@Helen\_OTUK Q1 #otalk virtual



**Rachael (she/her) @RachaelD\_OT**

@Helen\_OTUK I attended @TheOTShow virtually. Personally, it was a bit of a nightmare for me. I found myself becoming very easily distracted & had difficulty concentrating #OTalk



**Ms Rachel Booth-Gardiner @OT\_rach**

@SaskiaGrassie @OTalk\_ @Helen\_OTUK @Ruth\_Hawley don't forget the hashtag #OTalk



**Helen OTUK @Helen\_OTUK**

#OTalk Question 3 What did you find most beneficial from attending a virtual conference? <https://t.co/Zx4YZBMs50>



**Ms Rachel Booth-Gardiner @OT\_rach**

@Helen\_OTUK Question 2 - I have attended a few, but these have only been an afternoon or a morning. #RCOT2022 will be the first that runs over two days about distractions, and missing networking. #OTalk



**#OTalk @OTalk\_**

Don't forget those #OTalk hashtags a few of you are on my naughty step already. <https://t.co/SnUWFB3VRE>



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

@Helen\_OTUK Let me count- I will say 5 OT ones since COVID. However, for TEDx ones, I will say 50 since COVID. #otalk



**Saskia Grassie @SaskiaGrassie**

@OT\_rach @OTalk\_ @Helen\_OTUK @Ruth\_Hawley Oops! 😅 #OTalk



**Helen OTUK @Helen\_OTUK**

@BillWongOT Are TEDx conferences or more talks? #OTalk

**#OTalk @OTalk\_**



#OTalk



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

@Helen\_OTUK They technically are conferences because each event shows its own series of talks. However, because of virtual format, so typically they are less (though some are longer). #otalk



**Dr Lisa Taylor** @drisataylor

@melissa\_chieza @Sarah\_RheumOT @Helen\_OTUK Yes I am. #OTalk - Hello @Sarah\_RheumOT BTW!



**Sarah Small** @Sarah\_RheumOT

@Helen\_OTUK Q3. Being able to catch up with clashing sessions later. No travel. Ease of digital connection with others as able to see attendee list and con Not missing family. Comfort. #OTalk



#OTalk @OTalk\_

@drisataylor @melissa\_chieza @Sarah\_RheumOT @Helen\_OTUK @drisataylor which are you attending. #OTalk



**Dr Lisa Taylor** @drisataylor

@Helen\_OTUK Dipping in and out of relevant sessions when not able to commit to the whole event due to other work commitments which would have precluded attending in person #OTalk



**Dr Lisa Taylor** @drisataylor

@OTalk\_ @melissa\_chieza @Sarah\_RheumOT @Helen\_OTUK I am presenting @thewfot congress in September #OTalk



**Ms Rachel Booth-Gardiner** ❤️ @OT\_rach

Question 3. I like that I can sit with my feet up in bed, I can screen shoot slides I want to remember. It costs less, I don't have to travel, think about what I am wear. #OTalk



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

@drisataylor @OTalk\_ @melissa\_chieza @Sarah\_RheumOT @Helen\_OTUK @thewfot I will also be there, but in person. #otalk



**Helen OTUK** @Helen\_OTUK

@drisataylor @OTalk\_ @melissa\_chieza @Sarah\_RheumOT @thewfot WFOT is not virtual this year is it? #OTalk



**Saskia Grassie** @SaskiaGrassie

@RachaelD\_OT @Helen\_OTUK @TheOTShow Live virtual over prolonged period can feel very intense. When getting up to move to support joints, attention learning, sometimes worry that I'll be 'caught' if forget to turn camera off even tho I know movement break good practice! #OTalk



**Dr Lisa Taylor** @drisataylor

@Helen\_OTUK @OTalk\_ @melissa\_chieza @Sarah\_RheumOT @thewfot You can attend virtually or in person @Helen\_OTUK #OTalk



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

@OT\_rach and also friendly for students who want such experiences before they qualify, but only have pockets of time to participate instead of the whole du conference. #otalk



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

RT @SaskiaGrassie: @RachaelD\_OT @Helen\_OTUK @TheOTShow Live virtual over prolonged period can feel very intense. When getting up to move to s attention and learning, sometimes worry that I'll be 'caught' if forget to turn camera off even tho I know movement break good practice! #OTalk



**Helen OTUK** @Helen\_OTUK

@SaskiaGrassie @RachaelD\_OT @TheOTShow @drisataylor This is more towards Question 4.. #OTalk



**Sarah Small** @Sarah\_RheumOT

@drisataylor @Helen\_OTUK @OTalk\_ @melissa\_chieza @thewfot Hybrid- best of both worlds? #OTalk



**Helen OTUK** @Helen\_OTUK

@drisataylor @OTalk\_ @melissa\_chieza @Sarah\_RheumOT @thewfot Hybrid, that brings in other issues too I guess? #OTalk



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

↳ [SaskiaGrassie](#) [@RachaelD\\_OT](#) [@Helen\\_OTUK](#) [@TheOTShow](#) and also screen fatigue. That's why when I organize my virtual TEDx events, I try to keep -3 hour range. It's a meaningful amount of time before attendees reach diminishing returns. [#otalk](#)



**Helen OTUK @Helen\_OTUK**

[#OTalk](#) Question 4 (as it ties in very closely to Q3..) What did you find least beneficial form attending a virtual conference?



**Sam Pywell @smileyfacehalo**

[@Helen\\_OTUK](#) Q2. Several, [@MS\\_Ignite](#) [@ASPiHUK](#) [@rcot](#) 4th international social prescribing conference [@SalfordSPx](#) and couple of others [#otalk](#)



**Helen OTUK @Helen\_OTUK**

What do peeps think? [#OTalk](#)



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

[@Helen\\_OTUK](#) [@drlisataylor](#) [@OTalk](#) [@melissa\\_chieza](#) [@Sarah\\_RheumOT](#) [@thewfot](#) yup- like AOTA annual conferences nowadays for example, hard to time slot. Someone international want to wake up early or stay up late to watch the sessions if they want to participate live. [#otalk](#)



**Saskia Grassie @SaskiaGrassie**

[@Helen\\_OTUK](#) The cost becomes manageable and no travel time. Being able to revisit talks and posters. Pacing by watching some on recording rather than choose one stream [#OTalk](#)



**Helen OTUK @Helen\_OTUK**

Oh you will have lots of tips then when we get to Q5? [#OTalk](#)



**K-OT (she, her) @kalessandram**

[@Helen\\_OTUK](#) Likely watching [#RCOT2022](#) on catch up, potentially other virtual conferences also [#OTalk](#)



**Dr Lisa Taylor @drlisataylor**

[@Helen\\_OTUK](#) Being distracted by emails etc during sessions! [#OTalk](#)



**#OTalk @OTalk**

Don't forget those [#OTalk](#) hashtags a few of you are still on my naughty step. <https://t.co/ubTKVM8zgo>



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

[@SaskiaGrassie](#) [@Helen\\_OTUK](#) but I am more of a fan of in person version for posters, not only it is an opportunity to catch up with colleagues I want to me potential opportunity to interact with them for an extended period of time if their posters have little traffic. [#otalk](#)



**Sam Pywell @smileyfacehalo**

[@Helen\\_OTUK](#) Q4. [#otalk](#) least beneficial: a virtual room to see stalls and networks without avatars ... "walking" round a virtual conference networking area other avatars and no presence was very odd (at a high tech conference). Regardless of how it's done I was there to connect



**Helen OTUK @Helen\_OTUK**

I fired the first few Q's out quick... will give a little more time for peeps to respond to Q's 3 & 4 [#OTalk](#)



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

[@Helen\\_OTUK](#) A4. Interacting someone on a platform's DM box is not the same as interacting with that same person face to face. [#otalk](#)



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

RT [@smileyfacehalo](#): [@Helen\\_OTUK](#) Q4. [#otalk](#) least beneficial: [@Helen\\_OTUK](#) Q4. [#otalk](#) least beneficial: a virtual room to see stalls and networks without "walking" round a virtual conference networking area without any other avatars and no presence was very odd (at a high tech conference). Regardless of how was there to connect



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

[@drlisataylor](#) [@Helen\\_OTUK](#) or for a live tweeter like me, notifications of what I have live tweeted... lol! [#otalk](#)



**#OTalk @OTalk**

Warning - We are now halfway through tonights [#OTalk](#). <https://t.co/ELp8J5FREJ>



**Saskia Grassie @SaskiaGrassie**

[@BillWongOT](#) [@RachaelD\\_OT](#) [@Helen\\_OTUK](#) [@TheOTShow](#) Screen fatigue is very real! [#OTalk](#)



**Dr Lisa Taylor @drlisataylor**

[@BillWongOT](#) [@Helen\\_OTUK](#) That too [@BillWongOT](#) 😊 [#OTalk](#)



**Helen OTUK** @Helen\_OTUK  
@AuntyHeln Good evening Auntie Helen, good to have here. #OTalk



**Sarah Small** @Sarah\_RheumOT  
@Helen\_OTUK Q4 Hmm. I have found I really rather prefer virtual! Although I have not had to experience as much pandemic screen time as many others. #



**Bill Wong, OTD, OTR/L** @BillWongOT  
@Helen\_OTUK and another downside, some of your sessions may experience technical difficulties! #otalk <https://t.co/zYeWqMzIX3>



**Ms Rachel Booth-Gardiner** @OT\_rach  
@Helen\_OTUK Question 4 - Being disturbed by other things. losing concentration. Not seeing friends and colleagues I see at conference normally, the netw  
#OTalk



**Helen OTUK** @Helen\_OTUK  
@AuntyHeln Which ones? #OTalk



**#OTalk** @OTalk  
Question 1 #OTalk Are you planning on attending any virtual conferences in 2022? <https://t.co/5mYPpC6J7k>



**#OTalk** @OTalk  
Question 2 #OTalk How many virtual conferences have you attended before? <https://t.co/w7yOGXK9Lm>



**Saskia Grassie** @SaskiaGrassie  
@Helen\_OTUK Screen fatigue, 'sameness' of home venue, home based distractions #OTalk



**Freya Sledding** @SleddingFreya  
RT @OT\_rach: Question 3. I like that I can sit with my feet up in bed, I can screen shoot sides I want to remember. It costs less, I don't have to travel, think a  
am going to wear. #OTalk



**Helen OTUK** @Helen\_OTUK  
Which conferences are you planning on attending? #OTalk



**KristinaB.OT** @KristinaB\_OT  
@Helen\_OTUK Q1: Yes, attending RCOT virtually again this year, looking forward to it #otalk



**#OTalk** @OTalk  
#OTalk Question 3 What did you find most beneficial from attending a virtual conference? <https://t.co/rbG6hjgmxv>



**#OTalk** @OTalk  
#OTalk Question 4 (as it ties in very closely to Q3..) What did you find least beneficial form attending a virtual conference? <https://t.co/rOwX2XWw4J>



**#OTalk** @OTalk  
Great question? What sort of conference, is best? Virtual, In person or hybrid? #OTalk



**K-OT (she, her)** @kalessandram  
@Helen\_OTUK #OTalk, more manageable cost & timewise, can join from home, fits in better with life & catch on catch-up (meaning i dont have to choose be  
2great presentations or get turned away on arrival when numbers are exceeded. More assessable for all, Inc those who disabilities



**KristinaB.OT** @KristinaB\_OT  
@Helen\_OTUK Q2: RCOT from last year, Sensory Processing in Autism Virtual Summit in 2020 (not sure if this is a conference as such), have attended a fe  
trainings/seminars as well #OTalk



**Iki Victor** @IkiVictor  
@OTalk Hybrid #OTalk



**Helen OTUK** @Helen\_OTUK  
#OTalk Question 5. a) What did you think of the tips in the blog? b) What is your TOP TIP for attending a virtual conference? <https://t.co/grt7svad2u>



**Saskia Grassie** @SaskiaGrassie  
@Sarah\_RheumOT @drlisataylor @Helen\_OTUK @OTalk @melissa\_chieza @thewfot Maybe ... if virtual attendees feel they are offered as much of the ir  
experience as practically possible - there will always be differences however #OTalk

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



**@OTalk** I think hybrid is the best solution to offer because it can cater to folks with different preferences, especially for those who are still hesitant to travel COVID. #otalk



**Ms Rachel Booth-Gardiner** **@OT\_rach**  
 hi **@AuntyHeln** please ensure you put the hashtag in all your tweets when joining in **#OTalk** otherwise others will miss them and you will not make the transcr



**KristinaB.OT** **@KristinaB\_OT**  
**@Helen\_OTUK** Q3: Less mentally draining. I do like in person conferences for networking on one level but on the other I get very exhausted from all the stim don't have that as much in the comfort of my home. Can take things in better and don't have to be "on" all day. **#OTalk**



**Helen OTUK** **@Helen\_OTUK**  
 You may offer more than one TOP TIP **#OTalk**



**Bill Wong, OTD, OTR/L** **@BillWongOT**  
**@SaskiaGrassie @Sarah\_RheumOT @drrisataylor @Helen\_OTUK @OTalk\_ @melissa\_chieza @thewfot** I think there are always pros and cons. A pro for conferences, for example, is that you don't have to speed through 50-125 posters PER 2 HOUR SESSION during its 8 sessions for live versions. **#otalk**



**#OTalk** **@OTalk\_**  
 don't forget that hashtag **@zzzoooman #OTalk**



**KristinaB.OT** **@KristinaB\_OT**  
**@Helen\_OTUK** Q3: part 2 - I can retreat and have a real break between sessions for example by closing the screen and having some quiet time. At an in person conference, you can't have this as much. **#OTalk**



**#OTalk** **@OTalk\_**  
**@IkiVictor** Why? **#OTalk**



**Bill Wong, OTD, OTR/L** **@BillWongOT**  
**@KristinaB\_OT @Helen\_OTUK** AOTA Annual Conferences can be at least 10 times more difficult than RCOT! Moreover, you got lots more sessions to choose from. **#otalk**



**#OTalk** **@OTalk\_**  
**#OTalk** Question 5. a) What did you think of the tips in the blog? b) What is your TOP TIP for attending a virtual conference? <https://t.co/flsE4VvfvfC>



**KristinaB.OT** **@KristinaB\_OT**  
**@Helen\_OTUK** Q4: making connections with people by happening to pass them or being introduced by someone you know, etc. I get a bit less out of virtual sessions I think too. **#OTalk**



**Saskia Grassie** **@SaskiaGrassie**  
**@Sarah\_RheumOT @Helen\_OTUK** Finding virtual a great option and have attended more events as a result **#OTalk**



**Ms Rachel Booth-Gardiner** **@OT\_rach**  
**@AuntyHeln** you need to put the hashtag in all your tweets so people see them. **#OTalk**



**Bill Wong, OTD, OTR/L** **@BillWongOT**  
**@Helen\_OTUK** A5. If you want as close to as in person experience as possible, you should attend while the conference is live if possible. **#otalk**



**Bill Wong, OTD, OTR/L** **@BillWongOT**  
**@Helen\_OTUK** A5. If the conference platforms allow you to put in your SocMe handles and pages, do so so that other attendees can connect with you. **#otalk**



**Iki Victor** **@IkiVictor**  
**@OTalk\_** It gives the opportunity for people to meet and network physically and virtually at the same time. **#OTalk**



**Saskia Grassie** **@SaskiaGrassie**  
**@kalessandram @Helen\_OTUK** Me too - great to have the option to do this when dates don't fit for whatever reason **#OTalk**



**Bill Wong, OTD, OTR/L** **@BillWongOT**  
**@Helen\_OTUK** A5. Be patient when you are in a session with technical difficulties. This is something you definitely can't control! **#otalk**



**KristinaB.OT** **@KristinaB\_OT**  
**@BillWongOT @Helen\_OTUK** I am from the US and practiced there for several years! I've tasted both haha actually maybe never got to attend AOTA because I tended to be too far away and no funding to go but went to my state conferences. Online is nice for large countries! **#OTalk**

**Sarah Small** **@Sarah\_RheumOT**



@Helen\_OTUK Top tips. Check out attendee list before conference starts. Purposeful networking before, during and after. Listen to poster presentations of n as soon as possible. Include time away from the screen. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT @KristinaB\_OT @Helen\_OTUK yeah- state ones are not the same as AOTA in terms of atmosphere. Even in a "down year" for AOTA this year, it still had 50 person attendees. #otalk



Bill Wong, OTD, OTR/L @BillWongOT RT @Sarah\_RheumOT: @Helen\_OTUK Top tips. Check out attendee list before conference starts. Purposeful networking before, during and after. Listen to presentations of most interest as soon as possible. Include time away from the screen. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT @SaskiaGrassie @kalessandram @Helen\_OTUK but then you also have to keep yourself accountable if you say you will watch certain sessions later. #otal



Ms Rachel Booth-Gardiner ❤️ @OT\_rach @Helen\_OTUK Top tips - 1 Prepare like you would if you're going in person 2 Put you're out of office on 3 Tell people you are at a conference 4 Turn off noti your computer & phone. 5 Plan out your day 6 Take breaks, walk around arrange to meet someone for a chat #OTalk



Jane Moseley @janiemoseley @Helen\_OTUK Yes, RCOT this year #otalk



Bill Wong, OTD, OTR/L @BillWongOT RT @OT\_rach: @Helen\_OTUK Top tips - 1 Prepare like you would if you're going in person 2 Put you're out of office on 3 Tell people you are at a conferenc notifications on your computer & phone. 5 Plan out your day 6 Take breaks, walk around arrange to meet someone for a chat #OTalk



#OTalk @OTalk @IkiVictor If you are there in person would you network with those who are there virtually? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT @OTalk\_A5. If you want to watch certain sessions later because you can't make them, please set aside time to watch them before access period ends. #ot



Helen OTUK @Helen\_OTUK Good Question? #OTalk



Jane Moseley @janiemoseley @Helen\_OTUK Q3 #otalk I would struggle to attend a f2f conference due to my disability, pain and fatigue. Means I can still join but be comfortable and not energy on travelling 😊



Bill Wong, OTD, OTR/L @BillWongOT @OTalk @IkiVictor For someone like me, I will try to interact with folks who live tweet. But, it's hard to network with folks in person and then through the cor app at the same time! #otalk



Saskia Grassie @SaskiaGrassie @Helen\_OTUK Blog has useful tips - many of which used. I find essential to get positioning right & lighting where it will not distract or interfere w seeing scre extended period to 👉 eye strain (no curtains where best connection!). Mvmt breaks; hydration; foot massage roller! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT RT @SaskiaGrassie: @Helen\_OTUK Blog has useful tips - many of which used. I find essential to get positioning right & lighting where it will not distract or i seeing screen over extended period to 👉 eye strain (no curtains where best connection!). Mvmt breaks; hydration; foot massage roller! #OTalk



#OTalk @OTalk @outdoorperscrip @BillWongOT Everyone is always welcome to comment. however there is only one t in the hashtag, Think of it as Occupation Talk so its ♪ pronounced O Talk. 😊



#OTalk @OTalk Great input from @outdoorperscrip here #OTalk



KristinaB.OT @KristinaB\_OT @Helen\_OTUK To clarify - lack of ability to make these connections. Though, depends on what u put into it. I messaged ppl in virtual conference who I had r before to say hello. This led to reconnecting with a person who told me about an open job position I now work in and love! #OTalk



Helen OTUK @Helen\_OTUK #OTalk Question 5 Do you have any tools that you have found useful when attending a virtual conference? and of course Why? <https://t.co/2AMkbntr2>



Bill Wong, OTD, OTR/L @BillWongOT @SaskiaGrassie @Helen\_OTUK It's a bit different when you are attending vs. live hosting /presenting at a conference. If I were presenting live, I need to mc water intake so that I don't take too many nature breaks... lol! #otalk

K-OT (she, her) ❤️ @kalessandram



@OTalk Try to switch off emails etc and just focus on the conference as you would in a face to face one. Make a note of what you want to join and what to catch. Make notes and reflections as you go along. Make sure to schedule breaks and time away from screen #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @kalessandram: @OTalk Try to switch off emails etc and just focus on the conference as you would in a face to face one. Make a note of what you want to watch on catch. Make notes and reflections as you go along. Make sure to schedule breaks and time away from screen #OTalk



Helen OTUK @Helen\_OTUK

@outdoorperscrip @BillWongOT @OTalk #OTalk is open to ALL. Always welcome! <https://t.co/cMpKsiGyl4>



Bill Wong, OTD, OTR/L @BillWongOT

@Helen\_OTUK Not only you have to buy in with the conference app, but people you know who are attending, too! #otalk



R V @outdoorperscrip

@OTalk Also I could never present to a conference in person (autistic, lots of anxieties/ difficulties with unfamiliar places) but being able to present online or opportunities as a patient to present to HCPs from home #OTalk



#OTalk @OTalk

Warning - 5 minutes of tonights #OTalk left, have you said everything you wanted to? <https://t.co/rz9xylme1Y>



#OTalk @OTalk

#OTalk Question 5 Do you have any tools that you have found useful when attending a virtual conference? and of course Why? <https://t.co/a7qzUhUKM7>



Bill Wong, OTD, OTR/L @BillWongOT

@outdoorperscrip @OTalk I actually hear ya. I have to mask A LOT whenever I have to present in person, particularly if they are not poster varieties. #otalk



Helen OTUK @Helen\_OTUK

#OTalk A6 thinking of hybrid conferences here more, but this looks like a good tool? <https://t.co/wobjuuKbMp>



R V @outdoorperscrip

@Helen\_OTUK Headphones- keeps me more focused. A method of taking notes- keeps me engaged. #OTalk



K-OT (she, her) @kalessandram

@OTalk I've been able to attend virtual when I wouldn't have been able to go face to face, I know others prefer face to face. Maybe hybrid if sound & cam good as 100% virtual. #OTalk



Melissa chieza @melissa\_chieza

@Helen\_OTUK Spend 5 mins at the end of day recording the big wins from the conference . #otalk



KristinaB.OT @KristinaB\_OT

@Helen\_OTUK Q5: nothing in particular, just comforts. Blanket? Yeah! Get up and take a quick walk or stretch? Yeah! I also try to get up and look out a window now and then to give my eyes a break. Also like the RCOT 5 min reflection tool, did that after every session #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@Helen\_OTUK That could be a challenge to navigate at AOTA conference venues! I could imagine the robot might have to travel up to 1 kilometer from one conference center to another while being on a tight schedule! #otalk



#OTalk @OTalk

Yes when we think about #accessibility, which us OT's should do, all the time. Having options of how to engage/present at events really helps with being included answer @outdoorperscrip #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @KristinaB\_OT: @Helen\_OTUK Q5: @Helen\_OTUK Q5: nothing in particular, just comforts. Blanket? Yeah! Get up and take a quick walk or stretch? Yes to get up and look out a window every now and then to give my eyes a break. Also like the RCOT 5 min reflection tool, did that after every session #OTalk



#OTalk @OTalk

good tip here #OTalk



Saskia Grassie @SaskiaGrassie

@outdoorperscrip @BillWongOT @OTalk Absolutely agree! Offering opportunities for accessible options for clinically vulnerable essential! and cost of after person (time and financial) is prohibitive for so many #OTalk



#OTalk @OTalk

9pm that's our official #OTalk hour up. Please do keep chatting as we don't grab the chat transcript until Thursdays. Can we all thank our host @Helen\_OTUK chat tonight. <https://t.co/XXEQO9GY0u>

#OTalk @OTalk



#OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



K-OT (she, her)  @kalessandram  
@zzzoooman @OTalk\_ Oops #OTalk



Anna Pettican @AnnaPettican  
RT @OTalk\_ : #OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



#OTalk @OTalk\_  
@kalessandram @zzzoooman don't forget those hashtags #OTalk



Bill Wong, OTD, OTR/L @BillWongOT  
@SaskiaGrassie @outdoorperscrip @OTalk\_ And my high roller ways are DEFINITELY NOT recommended for many in OT... unless you are serious on a va in OT- from finding potential research partners to being an ambassador of OT for your country (if traveling internationally)! #otalk



#OTalk @OTalk\_  
Don't forget participating in or hosting an #OTalk can contribute towards your CPD. Remember @TheHCPC are interested in your learning so why not comp our reflective log to help evidence your learning. <https://t.co/HSHHvoGfxN>



#OTalk @OTalk\_  
#OTalk



#OTalk @OTalk\_  
Thanks everyone this is @OT\_rach signing off from #OTalk. Good night, stay safe. <https://t.co/NA4E2BRRT1>



Saskia Grassie @SaskiaGrassie  
@BillWongOT @OTalk\_ This can be a challenge! It can feel like one has ages to catch up and watch but that time disappears so quickly! Been caught out by to batch watch in small hours! #OTalk



KristinaB.OT @KristinaB\_OT  
@outdoorperscrip @Helen\_OTUK Agreed. I find headphones very helpful as well for focusing on audio from a laptop or computer #OTalk



Helen OTUK @Helen\_OTUK  
Wowzers I had forgotten how quick the chat goes when hosting! Thank you to everyone who has contributed this evening. As always the #OTalk community a blast. I am sure I missed a lot of the tweets, so look forward to catching up with the transcript. Thank you!



Bill Wong, OTD, OTR/L @BillWongOT  
@SaskiaGrassie @outdoorperscrip @OTalk\_ Now I have to make pilgrimages to Australia every other year because that's where my #autism research ties in an expensive endeavor to self fund! #otalk



Helen OTUK @Helen\_OTUK  
A great big THANK YOU to @OT\_rach for keeping us on track this evening! As always a super star! #OTalk



Helen OTUK @Helen\_OTUK  
#OTalk TOP TIP.



R V @outdoorperscrip  
@KristinaB\_OT @Helen\_OTUK Can provide better audio for listeners too if headphones have a Mic. Can be hard to listen to echoing voices #OTalk



K-OT (she, her)  @kalessandram  
@Helen\_OTUK Distractions and not seeing people in person, chatting and networking. #OTalk



Saskia Grassie @SaskiaGrassie  
@Helen\_OTUK supportive chair & option to stand; change of pens with different grips; 'Conference in Progress' sign for door; separate device for checking up details - or for Tweeting! #OTalk



Sam Pywell @smileyfacehalo  
@Helen\_OTUK #otalk use a standing desk and Bluetooth headphones and keep moving.



Helen OTUK @Helen\_OTUK  
Was great to have your thoughts, Just 1 T in #OTalk Occupation Talk

It's Not Rocket Science @trewvs



RT @Helen\_OTUK: #OTalk A6 thinking of hybrid conferences here more, but this looks like a good tool? <https://t.co/wobjuuKbMp>



Helena Culshaw @AuntyHeln  
@Helen\_OTUK #otalk I'm rusty!



KristinaB.OT @KristinaB\_OT  
@BillWongOT @SaskiaGrassie @kalessandram @Helen\_OTUK Such a good point. There's often sessions running at the same time where I want to see but myself I'll catch up on the other. I have occasionally watched the recorded session at a later date if motivated by the topic but sometimes difficult 😊 #OTalk



Saskia Grassie @SaskiaGrassie  
@KristinaB\_OT @outdoorperscrip @Helen\_OTUK Me too! Headphones essential! #OTalk



Helen OTUK @Helen\_OTUK  
@zzzoooman @OTalk\_ he he he #OTalk



Saskia Grassie @SaskiaGrassie  
@OTalk\_ @Helen\_OTUK Thank you! 😊 #OTalk Not been on for a while and enjoyed this evening's talk



Saskia Grassie @SaskiaGrassie  
@outdoorperscrip @OTalk\_ This is a very important point @outdoorperscrip Without this option we are missing important contributions which benefit present audience #OTalk



Sarah Small @Sarah\_RheumOT  
Should be an interesting chat next week. #whywedoresearch



KristinaB.OT @KristinaB\_OT  
RT @OTalk\_ : #OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



#OTalk @OTalk\_  
Oh Oh Oh! One not to miss that is for sure..... #OTalk



Helen OTUK @Helen\_OTUK  
Oh Oh Oh! One not to miss that is for sure..... #OTalk



Iki Victor @IkiVictor  
@OTalk\_ Yes, but not as much as those in the physical meeting. #OTalk



Iki Victor @IkiVictor  
@BillWongOT @OTalk\_ True. #OTalk



Kirstie @Kirstie\_OT  
RT @OTalk\_ : #OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



Dr Jenny Preston MBE @preston\_jenny  
RT @OTalk\_ : #OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



Ms Rachel Booth-Gardiner ❤️ @OT\_rach  
RT @Helen\_OTUK: A great big THANK YOU to @OT\_rach for keeping us on track this evening! As always a super star! #OTalk



Occupational Therapy Research Network Wales @ORIENTCymru  
RT @OTalk\_ : #OTalk Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



Catherine McNulty @cathymc9781  
@OTalk\_ Hello #OTalk sorry I missed you last night...no time to fit everything in I am scooting through now as best as I can ..great topic given #RCOT 22 is c doorsteps



Prof Diane Cox @dianecox61  
RT @KristinaB\_OT: @Helen\_OTUK Q5: @Helen\_OTUK Q5: nothing in particular, just comforts. Blanket? Yeah! Get up and take a quick walk or stretch? Ye to get up and look out a window every now and then to give my eyes a break. Also like the RCOT 5 min reflection tool, did that after every session #OTalk

Prof Diane Cox @dianecox61  
RT @kalessandram: @OTalk\_ Try to switch off emails etc and just focus on the conference as you would in a face to face one. Make a note of what you war



what to watch on catch. Make notes and reflections as you go along. Make sure to schedule breaks and time away from screen [#OTalk](#)



**Prof Diane Cox @dianecox61**

RT @SaskiaGrassie: @Helen\_OTUK Blog has useful tips - many of which used. I find essential to get positioning right & lighting where it will not distract or interfere with seeing screen over extended period to avoid eye strain (no curtains where best connection!). Mvmt breaks; hydration; foot massage roller! [#OTalk](#)



**Prof Diane Cox @dianecox61**

RT @OT\_rach: @Helen\_OTUK Top tips - 1 Prepare like you would if you're going in person 2 Put you're out of office on 3 Tell people you are at a conference 4 Turn off notifications on your computer & phone. 5 Plan out your day 6 Take breaks, walk around arrange to meet someone for a chat [#OTalk](#)



**Prof Diane Cox @dianecox61**

RT @Sarah\_RheumOT: @Helen\_OTUK Top tips. Check out attendee list before conference starts. Purposeful networking before, during and after. Listen to presentations of most interest as soon as possible. Include time away from the screen. [#OTalk](#)



**Jay Webster (They/Them) @jwot77**

@Helen\_OTUK Attending [#RCOT2022](#) this year and looking forward to it being virtual again. [#OTalk](#)



**Jay Webster (They/Them) @jwot77**

@Helen\_OTUK I've been to a few virtual conferences and enjoyed them all for different reasons. [#OTalk](#)



**Jay Webster (They/Them) @jwot77**

@Helen\_OTUK Attending from the spare room so no costly, exhausting travelling or accommodation. I can get to the sessions on time as they're not spread across massive distance in a centre. Catching up on parallel sessions is a bonus as is being able to make a cuppa whenever. [#OTalk](#)



**Jay Webster (They/Them) @jwot77**

@Helen\_OTUK Excessive screen time can often be as exhausting as in-person events so I need to consciously blink throughout the event and take regular breaks. Other than that, I love a virtual conference. [#OTalk](#)



**Jay Webster (They/Them) @jwot77**

@drlisataylor @Helen\_OTUK I tend to mute all other notifications to avoid distractions. [#OTalk](#)



**Nicole @N\_Murphy**

RT @Helen\_OTUK: [#OTalk](#) Question 1 Are you planning on attending any virtual conferences in 2022? <https://t.co/gd2j7c3MLC>



**Amy Mooney @AmyMooney145**

@Helen\_OTUK Yes. The IACFS/ME July 27-29,2022 conference was just moved 100% virtual. IACFS/ME mission is to promote, stimulate and coordinate the sharing of ideas related to CFS, ME and fibromyalgia (FM) research, patient care and treatment. <https://t.co/yDHy5TSsSx> [#LongCovid](#) [#MECFs](#) [#OTalk](#)



**TAU OT dept. @OT\_Tel\_Aviv**

TAU OT department is proud of MSc student, Shatha Abu-Rass, awarded with the faculty prize for excellence in volunteering in the community [#OTalk](#) <https://t.co/lnVcruVpuR>



**Dr Nikki Daniels @NikkiDanielsOT**

RT @OTalk : [#OTalk](#) Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



**Samantha Tavender @SamOTantha**

RT @OTalk : [#OTalk](#) Research Chat- Tuesday 7th June 2022 – Evidencing research engagement as a clinical practitioner <https://t.co/QzU4o5gWfJ>



**TinyEYE Therapy Services @TinyEYETherapy**

June is Indigenous History Month so let's celebrate! Our President & Co-Founder, Marnie Brick, wanted to share a beautiful memory ✨ [#IndigenousHistory](#) [#teletherapy](#) [#specialeducation](#) [#speechtherapy](#) [#mentalhealth](#) [#occupationaltherapy](#) [#SLPeeps](#) [#OTalk](#) [#TinyEYETherapyServices](#) <https://t.co/W4InUmCV3>



**Paul Howard @PaulHoward\_IMIT**

RT @TinyEYETherapy: June is Indigenous History Month so let's celebrate! Our President & Co-Founder, Marnie Brick, wanted to share a beautiful memory ✨ [#IndigenousHistoryMonth](#) [#teletherapy](#) [#specialeducation](#) [#speechtherapy](#) [#mentalhealth](#) [#occupationaltherapy](#) [#SLPeeps](#) [#OTalk](#) [#TinyEYETherapyService](#) <https://t.co/W4InUmCV3E>



**Jen Gash @OTCoachUK**

[#OTalk](#) Tuesday 31st May 2022 – Getting the best out of a virtual conference. 🙌 <https://t.co/MZegVco9os>

Showing 1 to 198 of 198 entries

## Free Analytics and Transcripts for #OTalk

# 200,000 Tweets

Simplur has over 200,000 #OTalk tweets going back to September 2011. Get unrestricted access to all conversations with [Simplur Signals](#).



Technology

Simplur API

Blog

Simplur Vs The Competition

Healthcare Social Graph

Healthcare Hashtag Project

Research

Pricing

Contact

Login

Privacy Policy

Do Not Sell My Persc Information

Website Data Collect Preferences

[REQUEST A DEMO](#)

Join our mailing list



© Simplur 2022