

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, January 8th 2019, 8:00PM – Tue, January 8th 2019, 9:15PM (Europe/London).

See #OTalk Influencers/Analytics.



OTalk @OTalk_

2 days ago

Good evening #OTalk and welcome to the first chat of 2019. @Helen_OTUK on the account this today. Just a little reminder about the house rules.... Who is here, do say hi even if you plan on lurking..... <https://t.co/t1SnNtkyO8>



Carolina Cordero  @colourful_ot

2 days ago

@OTalk_ @Helen_OTUK Hello! Happy New Year! 😊 #OTalk



Elle, OTS @elleOT2019

2 days ago

RT @OTalk_: #OTalk ***5 min*** warning.... are you ready? <https://t.co/HEE9x5ZDVN>



OTalk @OTalk_

2 days ago

@colourful_ot @Helen_OTUK Hello happy New year #OTalk



Dr Jenny Preston MBE @preston_jenny

2 days ago

Good evening and happy new year @Helen_OTUK #OTalk. Looking forward to getting back into the Tuesday evening routine.



Gilly- does- Doing @GillyGorry

2 days ago

Happy new year #otalk I'm hoping join more this year.



OTalk @OTalk_

2 days ago

@preston_jenny @Helen_OTUK Yes its been a while! #OTalk



OTalk @OTalk_

2 days ago

So we are chatting about CPD planning and our ResOTultions, this evening.... #Otalk



Tara Watts @embracingOT

2 days ago

@OTalk_ @Helen_OTUK Good morning from Australia! This is my first #OTalk.



OTalk @OTalk_

2 days ago

@embracingOT @Helen_OTUK Welcome #OTalk



OTalk @OTalk_

2 days ago

#OTalk.... sorry some lighting issues here....



Kerry Pace @DiverseLearners

2 days ago

RT @preston_jenny: Good evening and happy new year @Helen_OTUK #OTalk. Looking forward to getting back into the Tuesday evening routine. h...



Sophie is my name. @ciderwithsophie

2 days ago

Happy New year #OTalk !! <https://t.co/VZYKxpAg9w>



Dr Jenny Preston MBE @preston_jenny

2 days ago

I try to reflect on my activities on a monthly basis. I find it easier to keep track and to record a more meaningful record. That's why I like an online system as I can do it on the train, during a quiet moment or anywhere I like #OTalk

 **OTalk @OTalk_** 2 days ago
Q1 #OTalk

 **Tara Watts @embracingOT** 2 days ago
Tuning in for my first #OTalk 😊

 **Helen OTUK @Helen_OTUK** 2 days ago
@preston_jenny Excellent strategy! #OTalk

 **Sophie is my name. @ciderwithsophie** 2 days ago
Doh #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
It generally works for me #OTalk otherwise I forget some of the important learning

 **Helen OTUK @Helen_OTUK** 2 days ago
@preston_jenny Agreed, I also *try* for monthly, I also like to do a little summary IE, a list weekly to help me remember at the end of the month! #OTalk

 **Elle, OTS @elleOT2019** 2 days ago
I'm in the US. CPD is equiv to what we call CEU (continuing Ed credit). Although I'm a student, I will be checking them quarterly as I plan to apply for licensure in several states & will want to make sure that I'm meeting each states req for maintaining licensure. #OTALK

 **OTalk @OTalk_** 2 days ago
Q2. #OTalk Do you have a strategic overview of your CPD activities? <https://t.co/4Bi6HxSH7w>

 **Helen OTUK @Helen_OTUK** 2 days ago
@elleOT2019 Yes, that must make it more complicated, having different requirements! Thank goodness we only have one regulator here! #Otalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
I like to consider my CPD activities within the 5 pillars of my role and within the types of learning as defined by the HCPC to ensure a range of learning activities and learning styles #OTalk

 **Helen OTUK @Helen_OTUK** 2 days ago
@OTalk_ For my strategic overview I have a spreadsheet, so can do pretty graphs to show which areas I have covered and which I need to focus on next, or plan to focus on! #OTalk

 **Sarah Carter @ot_saz** 2 days ago
@OTalk_ I have an overview, I'm not entirely sure it's strategic! #OTalk

 **Helen OTUK @Helen_OTUK** 2 days ago
@preston_jenny Yes, variety is very important not just for HCPC, but to keep me motivated! #OTalk

 **Helen OTUK @Helen_OTUK** 2 days ago
@ot_saz @OTalk_ Do you monitor the types of CPD you have engaged in? Categorise in any way? #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Yes that is important @Helen_OTUK and also it feels less demanding as some of my most significant learning occurs during unexpected exchanges and informal situations #OTalk

Gilly- does- Doing @GillyGorry



2 days ago

@Helen_OTUK @OTalk_ I use my diary and calendar to log events, more detail added in notes or evidence. I'm s but if a hoarder and love my paper but I've been talking photos and using my Google drive to store almost everything #otalk it not very organized at the moment though.

Helen OTUK @Helen_OTUK



2 days ago

@preston_jenny Agreed, I often list conversations in my weekly review. Then expand / research further.... or when I have gone on an internet exploration, find all sorts of wonders #OTalk

Dr Jenny Preston MBE @preston_jenny



2 days ago

Absolutely @Helen_OTUK me too 😊 #OTalk

Sarah Carter @ot_saz



2 days ago

@Helen_OTUK @OTalk_ Hmm. Not really. Gaps in knowledge are discussed in supervision & peer supervision which steers plans for future learning & searching out appropriate opportunities. Can be very difficult to prioritise & spend time on more effective CPD when clinical workload is high. #OTalk

Lisa Johns @LisaJJohns



2 days ago

@OTalk_ #OTalk supervisions and appraisals are helpful records for CPD. In my first year qualified I was fortunate to access so much CPD I need to narrow it down now and focus on a few key areas!

Helen OTUK @Helen_OTUK



2 days ago

@ot_saz @OTalk_ I was thinking about types of activities, as the HCPC want to see an range of things, not all one type. Also stops me getting bored! #OTalk

Elle, OTS @elleOT2019



2 days ago

I will categorize mine based on broad themes: adults, peds, mental health, etc. #OTalk

Tara Watts @embracingOT



2 days ago

@OTalk_ Last year I was registered as a non-practicing OT but this year I'm happy to be registered as a practicing OT. This means I am definitely in CPD planning mode. With a new job, reviewing my overall CPD goals is a necessity and I'm also enjoying the new direction. #OTalk

OTalk @OTalk_



2 days ago

Q3 #OTalk How do you decide you have covered a topic or need to cover a topic? <https://t.co/rFoykKOUxD>

Suzanne Simpson @SimpsonResearch



2 days ago

@OTalk_ It's becoming something I've looked at in more detail over the last few years and from a different perspective. Previously I was focused on clinical skills but now I'm looking more a career development and skills to develop others #OTalk

Sarah Carter @ot_saz



2 days ago

@Helen_OTUK @OTalk_ I think luckily variety isn't too much of a problem as my role & opps are very varied. But it's interesting to actively consider how this could be further developed. #OTalk

Iris Benson MBE @irisbenson100



2 days ago

RT @OTalk_ : #OTalk in 15 mins... grab a drink, maybe a snack and settle in..... ResOTlutions! Come and join us for the first chat of 2019,...

Helen OTUK @Helen_OTUK



2 days ago

@SimpsonResearch @OTalk_ Do you use the @theRCOT career development framework? #OTalk

Sophie is my name. @ciderwithsophie



2 days ago

@SimpsonResearch @OTalk_ Same. I think supporting other's cpd is my clear focus this year #OTalk feels massive though as our team is going through a lot of communal and individual development

 **SuzyorkOT** @SuzyorkOT 2 days ago
@OTalk_ We can suggest topics, speakers and put together a timetable. This has included nurse specialists, reps, a paper on your own interest #OTalk

 **Dr Jenny Preston MBE** @preston_jenny 2 days ago
I don't know if I am that strategic!! Some of my topics are determined by my PDP and mandatory training. I tend to reflect on CPD experiences and see where they fit with my needs but you've got me thinking I might need a different approach #OTalk

 **Suzanne Simpson** @SimpsonResearch 2 days ago
@Helen_OTUK @OTalk_ @theRCOT I have looked at it and plan to book in some time to actually start using it #OTalk

 **Helen OTUK** @Helen_OTUK 2 days ago
@preston_jenny Yes, that age old question, how do you know you don't know something? #OTalk

 **Sophie is my name.** @ciderwithsophie 2 days ago
@Helen_OTUK @OTalk_ Oooh love the thoroughness of this!!! Wish I could say I'm the same but I go more on but gap reaction/tied in with my appraisal goals #OTALK

 **Elle, OTS** @elleOT2019 2 days ago
By writing out specific objectives I liked to achieve. Then researching CPD/CEU events that would assist in meeting those objectives. #Otalk

 **Suzanne Rastrick** @SuzanneRastrick 2 days ago
@OTalk_ @Helen_OTUK Happy New Year #OTalk & good wishes to all colleagues participating in the chat. @OTalk_

 **Dr Jenny Preston MBE** @preston_jenny 2 days ago
It's a great tool @SimpsonResearch you will find it really helpful @Helen_OTUK @theRCOT @StephanieFraser #OTalk

 **Helen OTUK** @Helen_OTUK 2 days ago
@SuzanneRastrick @OTalk_ Happy new year to you too Suzanne. #OTalk

 **Suzanne Simpson** @SimpsonResearch 2 days ago
@OTalk_ I think it depends on your area of work and what your interests are, it also depends on what the service or team needs too #OTalk

 **Tara Watts** @embracingOT 2 days ago
@OTalk_ I'm in the process of working out a strategic plan so advice is welcome. At the moment, I have a notebook dedicated to just OT plans, thoughts, and blog ideas which helps. My blog will also help me keep an overview of my CPD goals and progress. #OTalk

 **Helen OTUK** @Helen_OTUK 2 days ago
@preston_jenny @SimpsonResearch @theRCOT @StephanieFraser I need to make it more part of my routine, but have made a steady start! #OTalk

 **Dr Jenny Preston MBE** @preston_jenny 2 days ago
Apologies @StephanieFraser and @SetG75 I got my Stephanie's confused #OTalk

 **Sophie is my name.** @ciderwithsophie 2 days ago
@Helen_OTUK @ot_saz @OTalk_ I'm so much more organised at documenting when doing progression. The #TRAMM log was great last year for that. Would love something more creative/visual/tactile/kinesthetic though #otalk

 **Helen OTUK** @Helen_OTUK 2 days ago
@SimpsonResearch @OTalk_ Yes, presenting and sharing to the team is a great way of demonstrating your learning!



#OTalk

**Dr Jenny Preston MBE** @preston_jenny

I agree to a point @ot_saz but clinical generates lots of amazing CPD opportunities also #OTalk.

2 days ago

**Sophie is my name.** @ciderwithsophie

@embracingOT @OTalk_ I keep meaning to get back into blogging but get stuck on confidentiality/what I'm using it for! #OTalk

2 days ago

**Helen OTUK** @Helen_OTUK

@ciderwithsophie @ot_saz @OTalk_ Have discussed this with @GillyGorry a few times over the years! #OTalk

2 days ago

**Louise** @Louisepenny87

@OTalk_ I'm in a position where a lot of what I do professionally can count as CPD - my MSc, service audit and development, training of others. So no timetabled review period but think about it ad hoc, very often #OTalk

2 days ago

**Helen OTUK** @Helen_OTUK

@ciderwithsophie @embracingOT @OTalk_ yes, blogging and recording your CPD is different needs. But all your CPD stuff should also maintain confidentiality. But agree not everything you do for CPD is blogable. #OTalk

2 days ago

**Sophie is my name.** @ciderwithsophie

@Helen_OTUK @ot_saz @OTalk_ @GillyGorry It comes back to the fact I learn better/remember/makes a greater impact when it's touchable for me! Not just written and stored on a computer #OTalk

2 days ago

**Louise** @Louisepenny87

@OTalk_ I have a mental overview, and my annual PDR process often contains the bulk of my big CPD efforts anyway #OTalk

2 days ago

**Suzanne Simpson** @SimpsonResearch

@Helen_OTUK @OTalk_ When I was working on the wards we would discuss upcoming cpd opportunities such as courses, conferences, service development opportunities. People's interests and where they were currently on rotation would need to be balanced out. We always shared anything we did #OTalk

2 days ago

**Louise** @Louisepenny87

@OTalk_ Service need, team need, individual patients need, own interests. Informal discussion with colleagues or friends in similar fields can raise areas for development #OTalk

2 days ago

**Dr Jenny Preston MBE** @preston_jenny

Some of my best case studies have come from clinical discussions with some deeper reflections, and possibly some reading to substantiate my thinking. The reflection and reading can be done at any time #OTalk

2 days ago

**OTalk** @OTalk_#OTalk Q4 What CPD activities did you completed in 2018 that you really enjoyed? – This may give others some ideas of things to do. <https://t.co/N7Ka3uhDnK>

2 days ago

**Sophie is my name.** @ciderwithsophie

@Helen_OTUK @preston_jenny Evidence based case study work has helped me/the team this week unlock our individual and team learning needs. Really insightful and productive #OTALK

2 days ago

**Sheri** @GilesSheri

RT @preston_jenny: I try to reflect on my activities on a monthly basis. I find it easier to keep track and to record a more meaningful re...

2 days ago

Helen OTUK @Helen_OTUK

2 days ago



#OTalk excellent idea!



Dr Jenny Preston MBE @preston_jenny
Excellent well done @ciderwithsophie @Helen_OTUK #OTalk

2 days ago



OTalk @OTalk_
#OTalk, another excellent idea!

2 days ago



Sophie is my name. (@ciderwithsophie)
@OTalk_ A masters module, watched a video on theatre resilience story telling, watched #carehome4fouryearolds and set up the same in our service as a result... #OTalk

2 days ago



Elle, OTS @elleOT2019
None that I can count at the moment. Still a student. Did attend my state's annual conference. #OTalk

2 days ago



Tara Watts @embracingOT
@OTalk_ I am using my PPR and meetings with my supervisor as an initial guide then I consider my personal passion topics/areas. #OTalk

2 days ago



SuzyorkOT @SuzyorkOT
@OTalk_ MND specialist nurse, depth of knowledge and experience #OTalk

2 days ago



OTalk @OTalk_
#OTalk Following up with Q5 quickly as related.... Do you have any topics that you feel you need to explore but don't have a plan on how to do so yet? <https://t.co/tF83zV0iv0>

2 days ago



Helen OTUK @Helen_OTUK
@SuzyorkOT @OTalk_ Did you get to spend time with the nurse? a team meeting? #OTalk

2 days ago



OTalk @OTalk_
#OTalk

2 days ago



Sophie is my name. (@ciderwithsophie)
@OTalk_ Yes !! Can't think of any right now tho typically 🤪 #otalk

2 days ago



OTalk @OTalk_
#OTalk

2 days ago



Dr Jenny Preston MBE @preston_jenny
For me it was participating in @theRCOT debate at the annual conference. I learnt so much preparing my argument and had great fun delivering. I also learned how to debate apparently as we won @dianecox61. This could easily be translated into a topical debate at work #OTalk

2 days ago



Suzanne Simpson @SimpsonResearch
@OTalk_ Writing for publication, talking to Salford students about research, completing online MND training, attending the MND symposium, starting an internship, continuing to develop HCA training with my psychology colleague, facilitating R&D idea sessions with SLT colleague #OTalk

2 days ago



SuzyorkOT @SuzyorkOT
@Helen_OTUK @OTalk_ Yes, could ask qs and discuss anything really. As a newbie it's great to encounter their experience, and also gives insight into OT input, others shared their practice #OTalk

2 days ago

OTalk @OTalk_

2 days ago



#OTalk

**SuzyorkOT** @SuzyorkOT

@OTalk_ That sounds really good #OTalk

2 days ago

**Helen OTUK** @Helen_OTUK

@preston_jenny @theRCOT @dianecox61 Oh yes, that would be such fun in the workplace! #OTalk

2 days ago

**Louise** @Louisepenny87

@OTalk_ Continuing with my MSc and attending a conference ran by the department I work in. Big ideas for increasing AHP involvement in the conference next year #OTalk

2 days ago

**Vicki** @vicki_OT2018

@OTalk_ Late to the fold #OTalk but I completed couple of online courses around mental health, autism and adhd. Really interesting and got me thinking about my future career after qualifying

2 days ago

**Suzanne Rastrick** @SuzanneRastrick

@OTalk_ Writing a reflective log after chairing an international conference #OTalk

2 days ago

**Louise** @Louisepenny87

@OTalk_ Taking a student is always great CPD #OTalk

2 days ago

**OTalk** @OTalk_

#OTalk

2 days ago

**Dr Jenny Preston MBE** @preston_jenny

I've found it gets easier and quicker the more I do it. I also discovered it is about giving this equal priority as without evidence of ongoing development we are not fit to practice!!! #OTalk

2 days ago

**Suzanne Simpson** @SimpsonResearch

@OTalk_ Forgot @NW_RCOT Shout about Practice event that was definitely highlight!! #OTalk

2 days ago

**Helen OTUK** @Helen_OTUK

@SimpsonResearch @OTalk_ @NW_RCOT of course it was! ha ha ha #OTalk

2 days ago

**Louise** @Louisepenny87

@elleOT2019 Training to be an OT could be seen as the greatest CPD of all... #OTalk

2 days ago

**Dr Jenny Preston MBE** @preston_jenny

Wouldn't it just @Helen_OTUK 😂😂 #OTalk

2 days ago

**Lelanie** @LelanieBrewer

I'm not chairing but very excited about presenting & attending #AOTA19 & writing it up #OTalk

2 days ago

**Dr Stephanie Tempest** @SetG75

@SimpsonResearch @Helen_OTUK @OTalk_ @theRCOT Really pleased to hear this 😊. Early evaluation of #RCOTCareerFramework shows it helps people to identify broader #CPD needs across practice, leadership, research and teaching / learning skills. Would be interested to hear how you find it 👍 #OTalk

2 days ago

**Elle, OTS** @elleOT2019

My interest in infant- and maternal mental health has grown over the course of OT student journey. Luckily, I've found great mentors who are guiding me through the learning process. #OTalk

2 days ago

Suzanne Simpson @SimpsonResearch

2 days ago



@Helen_OTUK @OTalk_ @NW_RCOT It was great, fab talks and the audience feedback was really supportive. Plus some people motivated me to submit an abstract to conference 😊 #OTalk



Louise @Louisepenny87
@preston_jenny @ot_saz Completely agree Jenny, even just day to day clinical practice can lead to so much good CPD - reflecting on an MDT, learning something new about a patient you are seeing, teaching other colleagues #OTalk



Lelanie @LelanieBrewer
#Countmein2018 @OTatBrunel was brilliant and one of my 2018 CPD highlights. I love #phd meetings at my uni @UniofNewcastle too. #OTalk



OTalk @OTalk_
Wowzer only 5 mins left of the first #OTalk of 2019... So has this evening chat highlighted some ResOTlutions? What are your take away thoughts?



Suzanne Rastrick @SuzanneRastrick
@LelanieBrewer Brilliant! Enjoy that on all levels... My CPD for 2019 includes the opening plenary @theRCOT conference! #OTalk



Helen OTUK @Helen_OTUK
@SuzanneRastrick @LelanieBrewer @theRCOT Looking forward to it.... #OTalk #RCOT2019



Louise @Louisepenny87
@OTalk_ Oh, I also was on the panel for a Schwartz Round (may have been the tail end of 2017??!) - amazing (but emotionally challenging) experience! #OTalk



Suzanne Simpson @SimpsonResearch
@SetG75 @Helen_OTUK @OTalk_ @theRCOT I will let you know! LTC OTs are planning to discuss it further during one of our professional meetings too 👍 #OTalk



Suzanne Simpson @SimpsonResearch
RT @SetG75: @SimpsonResearch @Helen_OTUK @OTalk_ @theRCOT Really pleased to hear this 😊. Early evaluation of #RCOTCareerFramework shows it...



Louise @Louisepenny87
@OTalk_ As a team we are standardising our cognitive assessment procedure and ensuring we have available the most appropriate assessments for all of our patients. Will be good personal CPD #OTalk



OTalk @OTalk_
#OTalk 15th January 2019 – Applying your learning in Practice <https://t.co/j3Uqv7Vxjc>



Dr Stephanie Tempest @SetG75
@SimpsonResearch @Helen_OTUK @OTalk_ @theRCOT We've put loads of resources on @theRCOT website to help use #RCOTCareerFramework in practice too so please take a look 👏 ✅ #OTalk



Sophie is my name. @ciderwithsophie
@OTalk_ This should be the first topic every new year !! #OTALK



Helen OTUK @Helen_OTUK
@ciderwithsophie @OTalk_ It is.... #OTalk



Dr Jenny Preston MBE @preston_jenny
Thanks for a great start to the year @Helen_OTUK #OTalk definitely some food for thought and my resolution is to work even harder on my monthly reviews and updates. I might also steal your spreadsheet idea 😊

 **Lelanie @LelanieBrewer** 2 days ago
@SuzanneRastrick @theRCOT Thank you very much! I'm sure your plenary will be brilliant! #OTalk

 **Louise @Louisepenny87** 2 days ago
@OTalk_ Take away thoughts - I do a heck of a lot of CPD but I am truely terrible at documenting and recording this (other than within my PDR). If I was audited by HCPC my sanity would be in tatters. I have a resOTlution right there #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
RT @OTalk_: #OTalk 15th January 2019 – Applying your learning in Practice <https://t.co/j3Uqv7Vxjc>

 **Suzanne Simpson @SimpsonResearch** 2 days ago
@OTalk_ It's reminded me that I really should plan in sometime to start working through the OT career framework. I've also been meaning to start a journal 📝 to document my journey in my new role which is very unique, so I'm going to start that too #OTalk #NewYearResolutions2019

 **Suzanne Simpson @SimpsonResearch** 2 days ago
RT @SetG75: @SimpsonResearch @Helen_OTUK @OTalk_ @theRCOT We've put loads of resources on @theRCOT website to help use #RCOTCareerFramework...

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
I've been there with the HCPC audit, hence the reason for regularity and strategy 😊😊 #OTalk

 **Helen OTUK @Helen_OTUK** 2 days ago
@preston_jenny I love a graph! Gives me a clear visual representation of what I have done and what I need to look at! #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Yeah me too, I used the graphs in my HCPC submission @Helen_OTUK #OTalk

 **OTalk @OTalk_** 2 days ago
Well we are officially overtime! Thanks for a great first chat of 2019! Keep your ResOTlutions coming.... Its not just for new year! #OTalk

 **Louise @Louisepenny87** 2 days ago
@preston_jenny @theRCOT @dianecox61 Oh, I'm going to suggest a debate for one of our inservice slots - such a good idea! #OTalk

 **Helen OTUK @Helen_OTUK** 2 days ago
@preston_jenny to be precise, more bar charts or pie charts! oh pie.... off for a snack. Chat soon, keep up the good work! #OTalk

 **Louise @Louisepenny87** 2 days ago
@preston_jenny Everyone with experience has such good advice! #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Brilliant @Louisepenny87 it truly is a great way to toss around different perspectives. Usually there is no right or wrong answer but it doesn't half make you think, and it is a safe way to challenge. Good luck and keep us posted @Helen_OTUK #OTalk

 **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Thanks @Helen_OTUK you too 👍 #OTalk

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