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#OTalk Transcript

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Tue, September 29th 2020, 8:00PM – Wed, September 30th 2020, 10:00PM
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kt b the OT @KtBergson

a month ago

Cup of to hand and ready to go [#otalk](#) [@OTalk](#) [#resilience](#) [#wellbeing](#) - for anyone who read the blog I've edited questions a touch <https://t.co/sj1YXYqkPz>



kt b the OT @KtBergson

a month ago

Welcome to tonight's [#Otalk](#) [@OTalk](#) here is the first question <https://t.co/Wc3PlqT7F4>



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

[#otalk](#) Hello folks! I find this topic very interesting in timing... since [@cotecenothe2020](#)'s theme would have been on resilience as well had the pandemic not happened!
<https://t.co/5VG50rRdOK>



kt b the OT @KtBergson

a month ago

brief reminder of how this works - make sure you add the hashtag [#otalk](#) so we can see all your responses





Carolyn OT @CeeCeeOT

a month ago

[@KtBergson](#) [@OTalk](#) [#OTalk](#) not specifically at the moment (new team), but I am very interested in learning more about such!



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

[@KtBergson](#) [@OTalk](#) not directly... given that is a nursing home setting. However, when I do CPD mentoring for others, I might use some of that approach, as I know meeting where my mentees are at is important! [#otalk](#)



Student Platform OT @SPOTEurope

a month ago

Some of us are familiar with using wellbeing / resilience techniques such as reorientation, anxiety management and coping strategies [#OTalk](#)



kt b the OT @KtBergson

a month ago

my experience is running [#resilience](#) one day workshops combining [#OT](#) & [#yoga](#) but also using some of the skills in things like [#recoverythroughactivity](#) groups [#otalk](#)



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

RT [@SPOTEurope](#): Some of us are familiar with using wellbeing / resilience techniques such as reorientation, anxiety management and coping s...



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

RT [@CeeCeeOT](#): [@KtBergson](#) [@OTalk](#) [#OTalk](#) not specifically at the moment (new team), but I am very interested in learning more about such!



Georgia Vine @GeorgiaVineOT

a month ago

[@KtBergson](#) [@OTalk](#) We do a creativity module at University! I did creative writing which was interesting [#OTalk](#)



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

[@KtBergson](#) [@OTalk](#) and my favorite occupation- golfing, is definitely a test of resilience! It is a hard game as someone with rubbish and inconsistent skill at the sport! [#otalk](#)



kt b the OT @KtBergson

a month ago

[@SPOTEurope](#) that's interesting do you mean reorientation as in refocusing when a problem arises? Or as in the trauma informed body based practices of noticing the room and details of here and now? [#otalk](#)



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

[#otalk](#)





Robert Workman @RobW_OT

a month ago

@BillWongOT @KtBergson @OTalk #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

@RobW_OT @KtBergson @OTalk actually I am doing it in form of a formal mentoring program through @OTDiversity. So, I am engaging in that as part of my CPD. #otalk



Student Platform OT @SPOTeurope

a month ago

thank you! So we use reorientation in terms of if a person that fluctuates in their mood and awareness, we use reorientation in times of heightened anxiety so where are they right now, who are they with, their name, DOB - to make them feel a bit more settled and secure #OTalk



kt b the OT @KtBergson

a month ago

@GeorgiaVineOT @OTalk aha so you think of creative occupations as a way of resilience building ? #otalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

@EllieRozan @KtBergson @OTalk For sure... and in the online environment, sometimes a simple check in by the instructor can make a world of difference. I know I try to do that every class. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

RT @SPOTeurope: thank you! So we use reorientation in terms of if a person that fluctuates in their mood and awareness, we use reorientatio...



Susan Griffiths @SusanGriffiths5

a month ago

@KtBergson @OTalk Yes, with autistic children. Often I find that teachers expect them to be able to be resilient at school without recognising they do not necessarily have the skills, or that the environment is not enabling them to learn to be resilient #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

@KtBergson @EllieRozan @OTalk and it will be interesting to study that again in adjusting to the online/hybrid learning environments. #otalk



OT Sophie @OTSophie

a month ago

@KtBergson @OTalk We've used wellbeing assessments as part of our practise but not currently as a large chunk of what we do. Interestingly we re currently looking at resilience from a "strength based approach" pov, ideas for practical things welcome #OTalk



kt b the OT @KtBergson

a month ago

@SPOTeurope thanks for sharing/elaborating. I think sometimes we assume things have to be complex but really simple techniques can be really powerful #otalk





#OTalk @OTalk

a month ago

RT @KtBergson Welcome to tonight's #OTalk @OTalk here is the first question
<https://t.co/Wc3PlqT7F4>



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

@EllieRozan @KtBergson @OTalk Not easy for a relatively new academic. But, I find being student friendly... yet being fair and making sure providing just right challenges is important!
 #otalk



Georgia Vine @GeorgiaVineOT

a month ago

@KtBergson @OTalk Hard question... I think this is useful because it's gets you to maybe find out things that was stopping recovery? #OTalk



kt b the OT @KtBergson

a month ago

@SusanGriffiths5 @OTalk indeed we'll come onto some of that wider context of resilience / environmental aspects in later questions #otalk



#OTalk @OTalk

a month ago

RT @GeorgiaVineOT: @KtBergson @OTalk Hard question... I think this is useful because it's gets you to maybe find out things that was stopp...



#OTalk @OTalk

a month ago

RT @BillWongOT: @EllieRozan @KtBergson @OTalk Not easy for a relatively new academic. But, I find being student friendly... yet being fair...



#OTalk @OTalk

a month ago

RT @OTSophie: @KtBergson @OTalk We've used wellbeing assessments as part of our practise but not currently as a large chunk of what we do....



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

@SusanGriffiths5 @KtBergson @OTalk here is the interesting part... when I play golf, I know it is a sport where I got to be resilient even though I don't have the skills to be consistently good at it! #otalk



Rachel @Rachel_SOT

a month ago

@KtBergson @OTalk A student so not in practice but it is currently massive within our Uni community #OTalk



#OTalk @OTalk

a month ago

@SPOTEurope It's becoming more apparent in my role that this is needed. #otalk





Bill Wong, OTD, OTR/L [@BillWongOT](#)

a month ago

[@KtBergson](#) [@OTalk](#) and being a new academic is a challenge, especially as a part time faculty. You may not really meet your students face to face ever... until they are out in the field. [#otalk](#)

💬 ↺ ❤️



Student Platform OT [@SPOTeurope](#)

a month ago

Yes, totally - you could not of said it better!! [#OTalk](#)

💬 ↺ ❤️



kt b the OT [@KtBergson](#)

a month ago

So onto Q2 already a few mentions of this [#otalk](#) <https://t.co/H5FJYmlqdZ>

💬 ↺ ❤️



Bill Wong, OTD, OTR/L [@BillWongOT](#)

a month ago

RT [@Rachel_SOT](#): [@KtBergson](#) [@OTalk](#) A student so not in practice but it is currently massive within our Uni community [#OTalk](#)

💬 ↺ ❤️



Tori OT [@Tori_Doll](#)

a month ago

[@KtBergson](#) [@OTalk](#) Yes - I work within High Secure MH services. Most interventions link to building resilience in some way & are underpinned by trauma informed practices. This is for both patients & staff. [#OTalk](#)

💬 ↺ ❤️

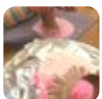


OT Sophie [@OTSophie](#)

a month ago

[@SusanGriffiths5](#) [@KtBergson](#) [@OTalk](#) This is really interesting coz I think this applies to wide student population also and school environment not helping with resilience...[#OTalk](#)

💬 ↺ ❤️



Sam Pywell [@smileyfacehalo](#)

a month ago

RT [@Ret_AHPs](#): [#OTalk](#) hosts welcome

💬 ↺ ❤️



OT Sophie [@OTSophie](#)

a month ago

[@KtBergson](#) One which is hard but important is teaching the separation of personal and professional. Especially for newly qualified or vulnerable staff. [#OTalk](#)

💬 ↺ ❤️



Bill Wong, OTD, OTR/L [@BillWongOT](#)

a month ago

[@KtBergson](#) I sort of answered that in the previous question. When I do CPD mentoring, I would spend about 10-15 minutes (out of 60-75 minutes) for my mentee and I to catch up with each other. [#otalk](#)

💬 ↺ ❤️



Georgia Vine [@GeorgiaVineOT](#)

a month ago

[@BillWongOT](#) [@KtBergson](#) [@OTalk](#) I get you when I've had a bad day CP wise writing a blog really helps me unwind! [#OTalk](#)

💬 ↺ ❤️



#OTalk @OTalk

a month ago

[@KtBergson](#) Who do you get your resources to plan and run these groups? [#otalk](#)

**Bill Wong, OTD, OTR/L** [@BillWongOT](#)

a month ago

RT [@OTSophie](#): [@KtBergson](#) One which is hard but important is teaching the separation of personal and professional. Especially for newly qual...

**Caoimhe** [@balunindigo](#)

a month ago

[@KtBergson](#) I very often teach clients basic mindfulness in intervention as Ive found it very effectively in supporting occupational engagement. [#OTalk](#)

**kt b the OT** [@KtBergson](#)

a month ago

[@OTSophie](#) [@SusanGriffiths5](#) [@OTalk](#) i was reminded of this recently as the great sir ken robinson died who really talked clearly about the environmental impacts and demands in schools as well as creativity [#otalk](#)

**Pa Ti** [@P_a_t_i](#)

a month ago

[@KtBergson](#) [@SPOTEurope](#) [#OTalk](#) [@KtBergson](#) True. Perhaps relating to one another and with patients holistically, provides a fuller sense of empowering others, hence promoting resilience?

#OTalk [@OTalk](#)

a month ago

RT [@Tori_Doll](#): [@KtBergson](#) [@OTalk](#) Yes - I work within High Secure MH services. Most interventions link to building resilience in some way...



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