



#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, December 1st 2020, 7:40PM – Wed, December 2nd 2020, 2:40PM
(Europe/London).

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Jonathan Singer [@socworkpodcast](#)

a month ago



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[@armandalegshow](#) [@_allisulli](#) #otalk



Sarah Vaughan [@saravaug2](#)

a month ago

Opps #OTalk



Tori OT [@Tori_Doll](#)

a month ago

[@Jeni_woods_OT](#) 1) Time management, impact on occ balance, forfeiting annual leave to complete academic work load, financial implications if self funding, balancing employment work load with academic work load & other roles/responsibilities. #OTalk



SYMPFLUR



James Lampert @uk_james

a month ago

@Tori_Doll @Jeni_woods_OT Twitter is awesome for connections and then connections of connections that bleed into real world conversations and happenings. I had a meet up today that blew my mind about realms of possibility. And now I want it to be a lead into a research project #otalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

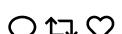
For A5, I find talking it out with my potential partners (in person or now via video conferencing programs) is very helpful. Being on the same page quickly saves a lot of time down the road. #otalk



Prof Diane Cox @dianecox61

a month ago

RT @uk_james: @Tori_Doll_ @Jeni_woods_OT Twitter is awesome for connections and then connections of connections that bleed into real world...



Jen scott @Jen0Scott

a month ago

@SLawsonOT @preston_jenny. @Jeni_woods_OT It feels useful to link in with other research OTs early on on the research pathway I feel though. Nice to have some support from within the profession even if you are not working with them directly as a part of your research interest. #OTalk



Kaley Tong @kaleytong_OT

a month ago

@Jeni_woods_OT My MSc dissertation will be a systematic review on OT interventions in managing chronic and mental health conditions in primary care! Which is one of the RCOT research priorities. But I'm also really interested in acquired brain injuries 😊 #OTalk



Jeni Woods @Jeni_woods_OT

a month ago

@preston_jenny I completely agree. My MSc was hard work but I have grown immensely & it opened up more opportunities along the way #OTalk



#OTalk @OTalk

a month ago

A comprehensive list of challenges #Otalk



Hello my name is Jim @OT_Jim

a month ago

@Jeni_woods_OT <-Dyslexic OT so the 7P's are essential, plan plan and plan again, set SMARTER goals for yourself, I treat myself and my education like it is a client intervention, so structure is a must. #OTalk #OTyourself



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

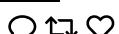
And since I am doing autism research, my lived experiences at times bring a unique dimension because the team doesn't have to look far to find out how relevant the direction of the research can be in relation to the target populations. #otalk



**Jo Collier** @MassDecoration

a month ago

@kaleytong_ OT @Jeni_woods_ OT What aspect of brain injury are you interested in? #otalk

**Dr Anita Atwal** @anita_atwal

a month ago

Think it's really important that you are comfortable with supervisors and they have right skills to supervise you. Most PhDs fail often to this process breaking down #otalk

**Tori OT** @Tori_Doll

a month ago

@Jeni_woods_ OT 2) Advancing knowledge & understanding, advanced research/clinical skills, developing strategies to maintain occ balance, opportunity to contribute original knowledge, opportunity to develop profession, acquisition of qualification! Positives outweigh negatives immensely! #OTalk

**Jeni Woods** @Jeni_woods_OT

a month ago

@MassDecoration @kaleytong_ OT Hi @MassDecoration 😊 #OTalk

**Harriet** @Harriet1806

a month ago

@Jeni_woods_ OT As a year 1 student at UEA I would say a challenge is time management for me at the moment trying to balance understand OT and having a personal life too #OTalk

**Jeni Woods** @Jeni_woods_OT

a month ago

@Tori_Doll That is good to know that the positives outweigh the challenges #OTalk

**Hello my name is Jim** @OT_Jim

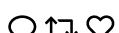
a month ago

RT @Tori_Doll : @Jeni_woods_ OT 2) Advancing knowledge & understanding, advanced research/clinical skills, developing strategies to maintain...

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

a month ago

Of course, I also got to be careful about overusing my personal perspectives with any autism research I am involved in. #otalk

**Jo Collier** @MassDecoration

a month ago

@OT_Jim @Jeni_woods_ OT Seems so obvious but I have never considered setting myself some SMART goals #otalk

**Jeni Woods** @Jeni_woods_OT

a month ago

@MassDecoration @OT_Jim Me neither! #OTalk

**#OTalk** @OTalk

a month ago

And nicely balanced with the positives! Thank you @Tori_Doll_ #otalk





Kaley Tong @kaleytong_OT

a month ago

@MassDecorations @Jeni_woods_OT Using Robotics & Virtual Reality for acquired brain injury rehab! I did my BSc dissertation on the user experiences of therapists and patients using robotics for their ABI rehab 😊 #OTalk



Jeni Woods @Jeni_woods_OT

a month ago

Q4 What activities helped strengthen your CV as an early researcher #OTalk



Jen scott @Jen0Scott

a month ago

@Tori_Doll @Jeni_woods_OT Sounds exhausting! 😂 #OTalk



Student Platform OT @SPOTeurope

a month ago

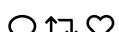
What a motivational sharing. Nothing is easy, but at the end, most of the time, the rewards overcome all challenges. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

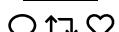
In terms of A6, I actually think it is a good idea to get the info BEFORE day 1 you step into your OT school journey. That's when you have a clear mind rather than a bogged down mind from school work during the OT school experience. #otalk



Jo Collier @MassDecoration

a month ago

@Jeni_woods_OT @kaleytong_OT Hi, been lurking as I'm still recovering from my Msc!! #otalk



#OTalk @OTalk

a month ago

Q.4 Interested to hear your thoughts on how you strengthened your CV, maybe for a funding application? #Otalk



Dr Jenny Preston MBE @preston_jenny

a month ago

@SPOTeurope And besides we all enjoy a wee challenge along the way, helps make us feel that we deserve the success more #OTalk



Hello my name is Jim @OT_Jim

a month ago

@Jeni_woods_OT Hosting an #OTalk presenting at CPD events locally, building to national or specialist events. Guest speaking at universities about your work/research #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago

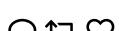
Also, networking is pretty important. It always helps to learn from people who already experienced the journey before. #otalk



Jeni Woods @Jeni_woods_OT

a month ago

@OT_Jim Have you published any work? #OTalk





Sophie Selby OT student @SophieESelby1

giving rewards for pursuing a research career in OT x

a month ago



Jo Collier @MassDecoration

a month ago

@kaleytong_OT @Jeni_woods_OT Wow, that sounds really fascinating and would love to hear more about this at some point #otalk



#Hellomynameis Sarah. 🚗 💙 🏳️🌈 😊 @SLawsonOT

a month ago



@Jeni_woods_OT Good question. Establish a profile, use Twitter, linkedin, Researchgate etc & in the words of @dianecox61 publish publish publish. Not just in journals, also OTNews, Specialist Section newsletters, employers intranet, blogs, anywhere your research has relevance etc #otalk



Student Platform OT @SPOTeurope

a month ago



@Tori_Doll_ @Jeni_woods_OT Sounds really difficult to manage everything, but I think once we do it, the rewards make it all up. #OTalk



Hello my name is Jim @OT_Jim

a month ago



@Jeni_woods_OT @MassDecoration SMART or GAS goals are huge for me, breaking down that unmanageable target of an assignment or project. I'd be lost or more to the point I was lost until I learnt about them. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

a month ago



Also, be fluid about your goals. Sometimes better opportunities can come up. Sometimes things don't go according to your plan. #otalk



Dr Jenny Preston MBE @preston_jenny

a month ago



@Jeni_woods_OT Think also about your clinical skills that are transferable: report writing, communication skills, organisation skills, time management. Just shared this list last week with my nephew who has been offered a PhD. Says he never thought of including these skills #OTalk



James Lampert @uk_james

a month ago



@OT_Jim @Jeni_woods_OT I'd agree. It's been a while since I hosted an #otalk but only a couple of weeks since last guest speaking as part of OT uni module. Writing for publications good too. Forces you to research and make sure you're evidence based in what you share (unless it's an opinion piece)



James Lampert @uk_james

a month ago



RT @Jeni_woods_OT: Q4 What activities helped strengthen your CV as an early researcher #OTalk



Student Platform OT @SPOTeurope
 a month ago



 Jeni Woods @Jeni_woods_OT a month ago

Q5. What did you find helpful when preparing a research proposal? #OTalk



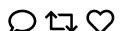
 Sam Pywell @smileyfacehalo a month ago

Apologies ... Super late tonight #otalk hello everyone !! <https://t.co/ZQF2fn4XCE>



 Dr Sarah Mercer @pd2ot a month ago

@anita_atwal Yes! My supervisors were amazing. I briefly had an OT supervisor (who was fab), but she left and I had solely nurses. Their skills were spot on. And it made me 'better' at the occupational science side of things, as I had to fully justify the approach/theory used #OTalk



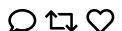
 Jo Collier @MassDecoration a month ago

@OT_Jim @Jeni_woods_OT We have just started to use GAS goals at work - I'm a reluctant convert! #otalk



 James Lampert @uk_james a month ago

@MassDecoration @kaleytong_OT @Jeni_woods_OT I was going to say the same. Your VR research sounds like the good basis of another #otalk sometime.



 #OTalk @OTalk a month ago

We are zooming through the 60 minutes tonight. Here's question 5 #OTalk



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