

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, March 16th 2021, 10:45AM – Thu, March 18th 2021, 10:45AM
(Europe/London).

See #OTalk Influencers/Analytics.

Kirstie @Kirstie_OT

8 days ago



Better early & prepared than late, right? 😊 try again tonight... and just a little reminder 8pm UK time. #OTalk

0 0 0

#OTalk @OTalk_

8 days ago



@OTTImelOut1 @ElizabethCasso1 @TherapyUos @OT_Expert Dont forget those #OTalk hashtags 😊

0 0 0

#OTalk @OTalk_

8 days ago



Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on Twitter. 8pm using the hashtag #OTalk
<https://t.co/by8z0sOg36>

0 0 0

HCOP Therapy Team @nottmhospitals @HCOPTHERAPY_NUH

8 days ago



RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...

0 0 0

Jack McKnight OT @JackMcK50281163

8 days ago



RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...

0 0 0

#OTalk @OTalk_

8 days ago



Blog for tonights #OTalk can be found below

0 0 0



@TeesUniOT @teesuniot

@teesuniot @TUOTsociety will be interesting tonight!

8 days ago



Sam Pywell @smileyfacehalo

8 days ago

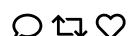
RT @OTalk_ : Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



OT_Expert ✨🌈💙 @OT_Expert

8 days ago

RT @OTalk_ : @OTTimeOut1 @ElizabethCasso1 @TherapyUos @OT_Expert Dont forget those #OTalk hashtags 😊



OfficialCAHPR @OfficialCAHPR

8 days ago

Don't miss #OTalk this evening...



Robert Workman @RobW_OT

8 days ago

#OTalk tonight focussing on the experiences of newly qualified OTs @SBUHBOT



SBUHB Occupational Therapists @SBUHBOT

8 days ago

#OTalk tonigh: Great session for newly qualified OTs & those who work with them. 🙌



Ruth Hawley @Ruth_Hawley

8 days ago

RT @OTalk_ : Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



LecturerMish ✨🇬🇧🏳️🌈🇪🇺💙 💐 She/Her @LecturerMish

8 days ago

RT @RobW_OT: #OTalk tonight focussing on the experiences of newly qualified OTs @SBUHBOT



LecturerMish ✨🇬🇧🏳️🌈🇪🇺💙 💐 She/Her @LecturerMish

8 days ago

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s j pocknell @spock069

8 days ago

RT @RobW_OT: #OTalk tonight focussing on the experiences of newly qualified OTs @SBUHBOT



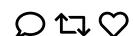
LecturerMish ✨🇬🇧🏳️🌈🇪🇺💙 💐 She/Her @LecturerMish

8 days ago

RT @SBUHBOT: #OTalk tonigh: Great session for newly qualified OTs & those who work



with them. 👉



@UCIOT @uclanot

8 days ago

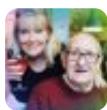
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@UCIOT @uclanot

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Emma moore @pinkfanwa

8 days ago

Any students and newly qualified OTs- tonights OTalk maybe of interest- join the discussion on twitter using the hashtag #otalk @8pm <https://t.co/ZtKx1erpnD>



Lesley Hawkins @LesleyHawkins5

8 days ago

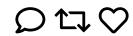
#OTalk this evening looks interesting...



Brodie Cummins @cummins_brodie

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



LecturerMish 🌟🇬🇧🇪🇺❤️🌸 She/Her @LecturerMish

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



hellomynameis Dr Hayley Bamber (pronouns her/she) @BamberHayley

8 days ago

RT @OTalk_: Blog for tonights #OTalk can be found below



Claire Lancaster @clancaster_ot

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



University of Hertfordshire Occupational Therapy @UniofHertsOT

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Hello my name is Jim @OT_Jim

8 days ago



RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Rhiannon @steedie1978

8 days ago

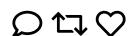
RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



CYPF Scotland specialist section @CypfS

8 days ago

For any new qualified therapists or those going to qualify @QmuOTSociety



Melissa chieza @melissa_chieza

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



OTEmmaS ❤️ @emmaspellmanOT

8 days ago

#OTalk – 16th March 2021 – OT Time Out – A Virtual Support Network for Newly Qualified

OTs – OTalk - heads up level 6 BSc and 2nd year MSc students @OTCumbria ❤️❤️

<https://t.co/ZoGWiRet5v>



Jack McKnight OT @JackMcK50281163

8 days ago

RT @emmaspellmanOT: #OTalk – 16th March 2021 – OT Time Out – A Virtual Support Network for Newly Qualified OTs – OTalk - heads up level 6 B...



Dawn Scull ❤️🕷️🇪🇺☀️🌈 (she/her) @DawnScull

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Hello my name is Deb @debbieduckie

8 days ago

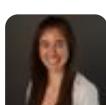
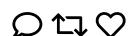
@ChelseaFriarOT



Tom Oliver @TOOT86152590

8 days ago

RT @OTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Kristina Renee Marchiori @MarchioriRenee

8 days ago

RT @emmaspellmanOT: #OTalk – 16th March 2021 – OT Time Out – A Virtual Support Network for Newly Qualified OTs – OTalk - heads up level 6 B...



Hello my name is Jim @OT_Jim

8 days ago

NQ and OTS definitely worth checking out tonight's **#OTalk** in 5 minutes



Hello my name is Deb @debbieduckie

8 days ago

Newly qualified or a student **#OccupationalTherapy** ??



#OTalk @OTalk

8 days ago

Right almost time who is here **#otalk**



Lauren Kenton @Lauren_kenton15

8 days ago

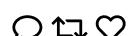
RT **@OT_Jim**: NQ and OTS definitely worth checking out tonight's **#OTalk** in 5 minutes



Ellen @OTEllenUK

8 days ago

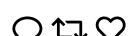
@OTalk Hello 🌻 **#OTalk**



Lauren Kenton @Lauren_kenton15

8 days ago

@OTalk **#OTalk** I'm here and present! Looking forward to tonight as I will be a new qualified soon **@OT_Jim**



deb_OT @dmay_ot

8 days ago

@GlyndwrOT anyone joining this tonight? Looks really useful for Cohorts 18 &17



Hello my name is Jim @OT_Jim

8 days ago

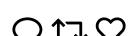
@OTalk **#OTalk** out of the starting blocks early tonight?



#OTalk @OTalk

8 days ago

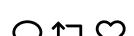
Evening all, its 8pm which means its **#OTalk** time. Its **@OT_rach** on the **@OTalk** account & tonight our topic is Taking time out - A virtual support network for newly qualified OT's with host . Give us a hello if your are joining us & what your interest is in tonights topic.



#OTalk @OTalk

8 days ago

A little bit of **#OTalk** house keeping before we kick things off. Please remember your codes of practice apply online as they do in person, be polite & respectful of others views, share if you are happy to, engage & enjoy.



#OTalk @OTalk

8 days ago



Dont forget you need to include the **#OTalk** hashtag in ALL of your tweets. This is so others can see your responses, chat with you & engage. It also ensures they show up in the post chat transcript <https://t.co/xyknnhQxYW>



Jo OT Student ❤️❤️ @Jo_StudentOT

8 days ago

@OTalk_ I am here, looking forward to this one! #OTalk



Lesley Hawkins @LesleyHawkins5

8 days ago

@OTalk_ Hello #OTalk



Tori OT @Tori_Doll

8 days ago



@OTalk_ Hi Tori here. Lurking in the capacity as a Lead #OccupationalTherapist, in anticipation of learning from others to inform the support in place for NQ staff in my service. Looking forward to hearing about your ideas, thoughts, experiences particularly during COVID19 #OTalk



Lois OT @lcOT26

8 days ago

@OTalk_ Hello! 🙋‍♀️ #otalk



SYN

name is Deb @debbieduckie

8 days ago

evening! #OTalk 😊



Susan Madigan OT @SusanMadigan3

8 days ago

RT @OTalk_ : Evening all, its 8pm which means its #OTalk time. Its @OT_rach on the @OTalk_ account & tonight our topic is Taking time out -...



Hello my name is Jim @OT_Jim

8 days ago

@OTalk_ @OT_rach #OTalk intending to lurk, but knowing me I'll end up offering an opinion or two....



Em ❤️ @DobboEm

8 days ago

@OTalk_ @OT_rach #OTalk lurking student here to learn



Kirstie @Kirstie_OT

8 days ago

Amazing to have our @OT_rach back behind the #OTalk wheel tonight! #OTontheGo 💚



Jo OT Student ❤️❤️ @Jo_StudentOT

8 days ago

@OTalk_ @OT_rach Interested because I will be NQ in a few months #OTalk



Melissa chieza [@melissa_chieza](#)

8 days ago

[@OTalk_](#) [@OT_rach](#) Evening all, I may pop in and out this evening. [#otalk](#)



Teresa Buchan [@teresa_buchan](#)

8 days ago

[@OTalk_](#) [@OT_rach](#) Listening in...working to support newly registered staff through RePAIR [@NHSHEE_SEast](#) [#OTalk](#)



Robert Workman [@RobW_OT](#)

8 days ago

[@OTalk_](#) [@OT_rach](#) Hi here to learn how best to support NQOTs in my service [#OTalk](#)



Hello my name is Jim [@OT_Jim](#)

8 days ago

[@Kirstie_OT](#) [@OT_rach](#) Most definitely, welcome back [#OTalk](#)



#OTalk [@OTalk_](#)

8 days ago

[@Kirstie_OT](#) [@OT_rach](#) I will sleep tonight that's for sure [#otalk](#)



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

8 days ago

Hello folks. Making a cameo today because I am free. [#otalk](#)



Ros French [@RosFrench1](#)

8 days ago

[@OTalk_](#) [@OT_rach](#) [#OTalk](#) always learning and enjoy supporting students and newly qualified staff



OT~whatsyourfocus [@farrah_money](#)

8 days ago

Hi qualify in 4 months so keen to know more [#OTalk](#)



Hello my name is Jim [@OT_Jim](#)

8 days ago

[#OTalk](#)



OT Time Out [@OTTimeOut1](#)

8 days ago

Hi all and welcome to tonight's OTalk! I am [@LauraARossiter](#), and I am hosting tonight. I am a newly qualified OT myself and I have been working with The University of Southampton to set up OT Time Out which is a virtual peer support network for newly qualified OTs (NQOT). [#OTalk](#)



Hello my name is Deb [@debbieduckie](#)

8 days ago

[@BillWongOT](#) Excellent! [#otalk](#)



Hannah Bartlette 💙 [@HannahBartOT](#)
[@OTalk](#) [@OT_rach](#) 🙌 NQ occupational therapist 6 months in! #OTalk

8 days ago



#OTalk [@OTalk](#)
[@OTTImmeOut1](#) over to you **#OTalk**

8 days ago



Joanne [@jomadav39](#)
[@OTalk](#) [@OT_rach](#) Another Jo listening in to learn how to support NQOTs **#OTalk**

8 days ago



Jo OT Student 💙 [@Jo_StudentOT](#)
RT [@OT_Jim](#): NQ and OTS definitely worth checking out tonight's **#OTalk** in 5 minutes

8 days ago



Rhiannon Ashbourne [@OT_Rhiannon](#)
[@OTalk](#) [@OT_rach](#) Interested as I qualify in a few months time **#OTalk**

8 days ago



OT Time Out [@OTTImmeOut1](#)
Thank you very much for joining! 😊 The first question for this evening is: What did it feel like when you entered practice as an OT? **#OTalk**

8 days ago



Ellen [@OTEllenUK](#)
[@OTTImmeOut1](#) Exciting but quickly became quite overwhelming! **#OTalk**

8 days ago



GillianOT [@GillianH351981](#)
[@OTalk](#) I am a little late tonight sorry. Here as a 2020 graduate currently working at inpatient rehabilitation mental health ward **#OTalk**

8 days ago



Tom Oliver [@TOOT86152590](#)
[@OTalk](#) [@OT_rach](#) Brand new NQOT - 2 months in on my first rotation 💚 **#OTalk**

8 days ago



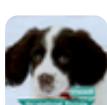
Lauren Kenton [@Lauren_kenton15](#)
[@OTTImmeOut1](#) **#OTalk** well I'm still a student but my first placement. Apprehensive as I will be making these decision on my own but excited as I could see the difference I was making to an individuals live.

8 days ago



Bill Wong, OTD, OTR/L [@BillWongOT](#)
Got a crazy morning with lots of curveballs to deal with. Glad I am awaiting my turn for golf for some mental health self care. **#otalk**

8 days ago



deb_OT [@dmay_ot](#)
Honestly? Exciting, terrifying, overwhelming, real. Very very real. **#otalk**

8 days ago



Hello my name is Jim @OT_Jim

8 days ago

@OTTTimeOut1 #OTTalk apprehensive, inquisitive, a sense of achievement, not being quite ready but up for the challenge



OT Time Out @OTTTimeOut1

8 days ago

@OTEllenUK #OTTalk



#OTalk @OTalk

8 days ago

Questions 1



Hannah Bartlette 💙 @HannahBartOT

8 days ago

@OTTTimeOut1 I was really excited and keen to get started but also apprehensive about the transition from student to NQ and what was expected of me! #OTTalk



Tom Oliver @TOOT86152590

8 days ago

@OTTTimeOut1 I was very excited to begin but very apprehensive about not having the student mask to sort of hide behind #OTTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

@OTTTimeOut1 Realizing that the training wheels were off! Nowhere proficient like that at the time! #otalk <https://t.co/ISXjqfZyt7>



Lois OT @lcOT26

8 days ago

@OTTTimeOut1 #OTTalk in all honesty it was quite daunting realising the responsibility I had regarding people's health. Probably didn't help qualifying during a pandemic either 😊. But it was also a relief knowing that I had completed my training & made it!



OT Time Out @OTTTimeOut1

8 days ago

@Lauren_kenton15 I definitely think that some of the feelings you can experience as a student on placement are similar to those when you enter practice as an NQOT. When you are nervous I think it can be a sign that you care and understand the responsibility that you now have :) #OTTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT @lcOT26: @OTTTimeOut1 #OTTalk in all honesty it was quite daunting realising the responsibility I had regarding people's health. Probably...



Jo OT Student 💙💙 @Jo_StudentOT

8 days ago

@OTTTimeOut1 Not quite there yet but if placements are anything to go by, nervous, excited, overwhelmed and hopefully proud of having qualified #OTTalk



Libby OT @libby_fincham

8 days ago

@OTalk_ @OT_rach NQOT here! In my third month of practice #OTTalk

OT Time Out @OTTimeOut1

8 days ago



@TOOT86152590 How did you feel the student mask helped? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

@OTTimeOut1 And today in my academia job- first day back on ground to proctor my exam left me like this! #otalk <https://t.co/sNvmRqNnaG>



GillianOT @GillianH351981

8 days ago

@OTTimeOut1 I didn't plan to work in a adult mental health area so it has been challenging especially due to the pandemic but in only 7 months I have learned loads. #OTalk



Liv @livpearc

8 days ago

@OTTimeOut1 Surreal! Joining on the covid temp register meant I got to get paid for where I was during my final placement so I felt super supported into the transition by a team that I already had great relationships with #OTalk



Ellen @OTEllenUK

8 days ago

@OTTimeOut1 I was very keen which may be why I ended up in a role that was not right for a NQOT - I learnt a lot, but it was not ideal. #OTalk



OT Time Out @OTTimeOut1

8 days ago

@BillWongOT A very good comparison! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT @TOOT86152590: @OTTimeOut1 I was very excited to begin but very apprehensive about not having the student mask to sort of hide behind #O...



Ros French @RosFrench1

8 days ago

@OTTimeOut1 #OTalk, really excited to be qualified and start first post then very overwhelmed that after a week in post I had my own wards and a OTA (also new in post) and felt that I still had so much to learn!



Lauren Kenton @Lauren_kenton15

8 days ago

@OTTimeOut1 #OTalk yes! I feel now I am a final year and being given more responsibility I am scared of failing. Not failing myself as much but my patient/clients in my care. I care and try not to take on other roles but I want to be able to make that difference and help everyone if I could.



CassieBlagdenOT @cassieb_OT

8 days ago

@OTalk @OT_rach Hi 🙌 I've been qualified 6months! #OTalk



Charlotte French OT @charfrenchOT

8 days ago

@OTTimeOut1 I really benefitted from participating in an OT Preceptorship when I qualified which helped the transition into a Band 5 role with my peers. I found the time of being a

NQOT an great opportunity to explore different areas of practice to find a speciality [#OTalk](#)



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT [@RosFrench1](#): [@OTTimeOut1](#) [#OTalk](#), really excited to be qualified and start first post then very overwhelmed that after a week in post I h...



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT [@OTEllenUK](#): [@OTTimeOut1](#) I was very keen which may be why I ended up in a role that was not right for a NQOT - I learnt a lot, but it was...



Lesley Hawkins @LesleyHawkins5

8 days ago

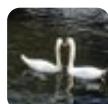
Forgot [#OTalk](#)



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT [@livpearc](#): [@OTTimeOut1](#) Surreal! Joining on the covid temp register meant I got to get paid for where I was during my final placement so...



Rachel Dadswell @DrRachOT1

8 days ago

[@OTTimeOut1](#) Apprehension and a sense of responsibility is something we hear often. Support from others in the same situation is a key feature of [@OTTimeOut1](#). [#OTalk](#)



OT Time Out @OTTimeOut1

8 days ago

[@lcOT26](#) Yes, I can imagine. Well done for completing your training and making it. Sometimes we have to remind ourselves that we are able to do the job and are well equipped with that training! [#OTalk](#)



OT~whatsyourfocus @farrah_money

8 days ago

[@OTEllenUK](#) [@OTTimeOut1](#) Interesting, do you mind if I ask was it role emerging? [#otalk](#)



Lesley Hawkins @LesleyHawkins5

8 days ago

[@libby_fincham](#) [@OTTalk_](#) [@OT_rach](#) Me too [#otalk](#)



Caitlin Sparling OT @OtCaitlin

8 days ago

[@OTTimeOut1](#) Still have a few months to go but I think I will be excited but also extremely nervous about doing the best for the people I am working with. [#OTalk](#)



Tom Oliver @TOOT86152590

8 days ago

[@OTTimeOut1](#) I think it's the transition from having the label of student and sharing a caseload to then being qualified and having to be responsible for your own caseload and making clinical decisions in the moment [#OTalk](#)

OT Time Out @OTTimeOut1

8 days ago



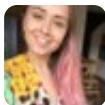
@LesleyHawkins5 I love the sense of achievement part - because it is! Celebrating joining the profession doesn't only need to happen when you finish your exams! #OTalk



Susan Griffiths @SusanGriffiths5

8 days ago

@OTTTimeOut1 Excited, apprehensive, ready but not ready, all mixed up in one big ball of emotions #OTalk



Yaz @Yazz_OT

8 days ago

@OTTTimeOut1 Very exciting but also very much like what am I actually doing! I entered during the pandemic on a busy trauma ward. I inducted in the morning by the afternoon I'd seen 3 patients! #otalk



Jo OT Student 💙💙 @Jo_StudentOT

8 days ago

@OTTTimeOut1 @Lauren_kenton15 My mum always tells me that back in the day when she was really nervous about doing a huge work presentation that her boss said that... if you are nervous it shows you care #OTalk



Joanna Dixon @JoannaD97546014

8 days ago

@OT_Jim @OTTTimeOut1 very similar to you jim, not exactly sure what I was doing but excited to get started on the new chapter #OTalk



susan bailey ❤️ OT @susanba25331762

8 days ago

RT @OTTalk_: Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



OT Time Out @OTTTimeOut1

8 days ago

@Jo_StudentOT I hope that you feel proud too! I think some of the feelings that you experience on placement definitely transfer over to being an NQOT #OTalk



Tom Oliver @TOOT86152590

8 days ago

@Lauren_kenton15 @OTTTimeOut1 I know exactly how you feel - you're not alone there! :) #OTalk



Jo_H @Jo37951171

8 days ago

@OTTTimeOut1 #otalk Not quite there yet, but definitely beginning to feel the pressure. Hoping that being on a remote role emerging placement will set me up to be able to hit the ground running and tackle any challenges head on 🤪



Olivia Pearce @OTOPearce

8 days ago

@livpearc @OTTTimeOut1 And was and still is rather tiring as you can tell from me using my personal account by accident 😊! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT @Yazz_OT: @OTTTimeOut1 Very exciting but also very much like what am I actually doing! I entered during the pandemic on a busy trauma war...

**Lois OT @lcOT26**

8 days ago

@OTTTimeOut1 #OTalk yeah definitey! I wonder as well if it depends on what your first NQ job is. If you go into a role that you're really interested in and the team are accommodating, supportive & nurturing that can really affect how you feel about entering practice.

**OT Time Out @OTTTimeOut1**

8 days ago

@BillWongOT That is definitely a relatable GIF! I hope that you had a good first day! #OTalk

**CassieBlagdenOT @cassieb_OT**

8 days ago

@OTTTimeOut1 I was so excited to be qualified but equally apprehensive at the idea of no longer being a student! It felt overwhelming a lot of the time #OTalk

**OTEmmaS💚 @emmaspellmanOT**

8 days ago

RT @OTalk_: A little bit of #OTalk house keeping before we kick things off. Please remember your codes of practice apply online as they do...

**Lauren Kenton @Lauren_kenton15**

8 days ago

@TOOT86152590 @OTTTimeOut1 #OTalk how do you address cope with not being able to do every role? (nearly a NQ)

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

8 days ago

@OTTTimeOut1 Not very good first day back- exams didn't start simultaneously (which I found out was not my fault)... and then students came to me that some questions got incorrectly marked. #otalk

**OT Time Out @OTTTimeOut1**

8 days ago

@GillianH351981 Oh really, how did it come about that you worked in that area? Well done for being resilient and learning from the experience #OTalk

**Ellen @OTEllenUK**

8 days ago

@farrah_money @OTTTimeOut1 Hello! Nope, it wasn't role emerging, but there were no other OTs in the team at the time. #OTalk

**Lauren Kenton @Lauren_kenton15**

8 days ago

@Jo37951171 @OTTTimeOut1 #OTalk you will be amazing! I have every faith in you!

**Hello my name is Jim @OT_Jim**

8 days ago

@Jo37951171 @OTTTimeOut1 My words of wisdom would be as a NQ, do not run, take a steady stroll if able, at NQ or even band 8 c, we are not the finished project. Take the time to enjoy the NQ time #OTalk

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

8 days ago

RT @OTTTimeOut1: @Jo_StudentOT I hope that you feel proud too! I think some of the feelings that you experience on placement definitely tran...

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

8 days ago

RT @Jo37951171: @OTTimeOut1 **#otalk** Not quite there yet, but definitely beginning to feel the pressure. Hoping that being on a remote role e...

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

8 days ago

RT @OTOPearce: @livpearc @OTTimeOut1 And was and still is rather tiring as you can tell from me using my personal account by accident 😱! #O...

**Lesley Hawkins @LesleyHawkins5**

8 days ago

@charfrenchOT @OTTimeOut1 I'm doing my preceptorship **#otalk**

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

8 days ago

RT @lcOT26: @OTTimeOut1 **#OTalk** yeah definitey! I wonder as well if it depends on what your first NQ job is. If you go into a role that you'...

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

8 days ago

RT @OT_Jim: @Jo37951171 @OTTimeOut1 My words of wisdom would be as a NQ, do not run, take a steady stroll if able, at NQ or even band 8 c...

**OT Time Out @OTTimeOut1**

8 days ago

Thank you for your responses to Q1! I am sorry if I haven't got to your response! I am a one person wolf pack tonight! :) Some of you have touched on some of these points already... 2) What does it feel like (or think it feels like) to enter practice during COVID-19? **#OTalk**

**Hello my name is Jim @OT_Jim**

8 days ago

@Jo37951171 @OTTimeOut1 You know I will! **#OTalk**

**#OTalk @OTalk**

8 days ago

Questions 2 **#otalk**

**Jo_H @Jo37951171**

8 days ago

@Lauren_kenton15 @OTTimeOut1 **#otalk** Thank you, lovely 😊 As will you ❤️

**GillianOT @GillianH351981**

8 days ago

@OTTimeOut1 The job I applied for was older adults mental health rotation from acute to community and learning disabilities but when I went to the interview the position changed to include adult mental health. True believer that everything happens for a reason **#OTalk**

**Tom Oliver @TOOT86152590**

8 days ago

@Lauren_kenton15 @OTTimeOut1 I think it is just about being kind to yourself. At the moment I'm in Neuro Rehab on 1st rotation and each day I'm learning something and building my confidence and professionalism **#OTalk**

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

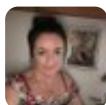
8 days ago

@OTTImeOut1 In my practice, even though I have been there for 6 years, the ever changing protocols (and then they also vary from facility to facility) is confusing. #otalk

**Chloe 🌻 @ChloeHagueOT**

8 days ago

@OTTImeOut1 I found it daunting and nerve racking, particularly as my first job was in an acute setting which I'd not done before. I found having a friendly and supportive team really helped me overcome those feelings though! #OTalk

**Heather @TweetH21**

8 days ago

@OT_Jim @OTTImeOut1 #OTalk I felt the same way at the beginning. I was really fortunate to have a supportive line manager with whom I could bounce off any ideas or concerns.

**Olivia Pearce @OTOPearce**

8 days ago

@OTTImeOut1 (1) I initially felt majorly anxious about covid, and much like my fellow healthcare students was pulled from placement late March of 2020, which I felt slight relief from as I was petrified of giving covid to both the people I was supporting and colleagues #OTalk

**Rachel @RachelOTstudent**

8 days ago

@OTTImeOut1 #OTalk

**Lois OT @lcOT26**

8 days ago

@OTTImeOut1 #OTalk I qualified last June and am already on my second job 😂 I'm in my second week of my new job and I think it has actually made things more daunting. Induction is completely different & you don't get to develop the same rapports with colleagues & service users

**OT Time Out @OTTImeOut1**

8 days ago

@GillianH351981 Wow, you sound very flexible, I love your get up and go attitude! #OTalk

**OT~whatsyourfocus @farrah_money**

8 days ago

For my most recent placement I tried to go in with an open mind. I did feel anxious but soon had my mind put at rest and went with the flow. Makes such a difference having a PE that's calm and knowledgeable I'm sure we co-regulated 😊 #otalk

**Lauren Kenton @Lauren_kenton15**

8 days ago

@TOOT86152590 @OTTImeOut1 #OTalk I think I need reminding of that time to time. I just worried to let go of my safety blanket @OT_Jim

**Janet @janetregan3**

8 days ago

@OTTImeOut1 I think those of us who are about to qualify now have the advantage (not that it always seems like one!) of having done half our course during Covid. So we are

already experienced in new ways of working which we have learnt on our placements in the past year #OTalk



Hello my name is Jim @OT_Jim

8 days ago

#OTalk so I changed roles on 17/02/20, hitting the ground running, luckily I had several years of practice under my belt. My big takeaways were how rapidly everything was changing and how we had to change with it. Adaptability was key, oh and talk to others



Tom Oliver @TOOT86152590

8 days ago

@OTTimeOut1 You're conscious about how COVID measures influence your own practice whilst as the same time being unsure about how the service operated prior to COVID #OTalk



Olivia Pearce @OTOPearce

8 days ago

@OTTimeOut1 (2) I felt like covid was a lot less daunting when I magically was able to return to my placement as a fixed term member of staff. I felt so ecstatic that I could be making a difference to the NHS when it was shared so widely the pressure it was under. #OTalk



OT Time Out @OTTimeOut1

8 days ago

@TOOT86152590 @Lauren_kenton15 I definitely think that confidence is a big thing when you are a newly qualified OT. Do you find learning something new every day exhausting? I certainly can find it tiring sometimes as much as I love it! #OTalk



Lois OT @lcOT26

8 days ago

@OTTimeOut1 #OTalk it is more nerve wracking & stressful but there's an increased sense of achievement that you are supporting people through a global pandemic & still making differences (no matter how small!)



Hannah Bartlette 💙 @HannahBartOT

8 days ago

@OTTimeOut1 I work on acute medical wards and started nearing the end of the first wave, it felt difficult knowing the team were exhausted and over worked, and I was conscious of making their work harder by being the newbie! But nevertheless I was welcomed with open arms 😊💚 #OTalk



Melissa chieza @melissa_chieza

8 days ago

@OTTimeOut1 The pandemic allowed me to use new skills as an NQQT. E.g - using a whiteboard in session with client's who may be non-verbal using a Likert scale of smiley faces in assessments .#otalk



Ros French @RosFrench1

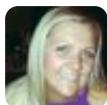
8 days ago

@OTTimeOut1 #OTalk I would imagine that it could work 2 ways - more difficult with remote working, not actually meeting team members in person unless shadowing, missing the "human" social aspect of a new job but also more opportunities, virtual networking and reflection

**Rachel Dadswell** @DrRachOT1

8 days ago

@OTTTimeOut1 I am not currently in practice, but I have huge admiration for the resilience, resourcefulness and ability of the attendees @OTTTimeout1 #OTalk just sharing anxieties and ideas is an important coping strategy..

**GillianOT** @GillianH351981

8 days ago

@OTTTimeOut1 At first I was feeling worried that my experience or first few months of practice would be limited but this has been a chance to use the adaptive and wide range of OT skills even though limited community exposure #OTalk

**Tom Oliver** @TOOT86152590

8 days ago

@Lauren_kenton15 @OTTTimeOut1 @OT_Jim Me too at times... just remember every day is a school day and you're not going to know everything; it's okay to ask if you're unsure about something :) #OTalk

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

8 days ago

RT @RosFrench1: @OTTTimeOut1 #OTalk I would imagine that it could work 2 ways - more difficult with remote working, not actually meeting tea...

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

8 days ago

RT @HannahBartOT: @OTTTimeOut1 I work on acute medical wards and started nearing the end of the first wave, it felt difficult knowing the te...

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

8 days ago

RT @lcOT26: @OTTTimeOut1 #OTalk it is more nerve wracking & stressful but there's an increased sense of achievement that you are supporting...

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

8 days ago

RT @OTOPearce: @OTTTimeOut1 (2) I felt like covid was a lot less daunting when I magically was able to return to my placement as a fixed ter...

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

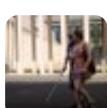
8 days ago

RT @TOOT86152590: @OTTTimeOut1 You're conscious about how COVID measures influence your own practice whilst as the same time being unsure ab...

**OT Time Out** @OTTTimeOut1

8 days ago

@RachelOTstudent I did my final placement during the start of COVID too and it certainly felt like a baptism of fire sometimes. Well done for getting through it! What have you found most scary? #OTalk

**Olivia Pearce** @OTOPearce

8 days ago

@OTTTimeOut1 (3) I felt for a long time that I was just riding the waves as they came, but now I've been having preceptorship sessions monthly (since November) I feel like I'm not just bobbing along but.. #OTalk

Chloe 🌻 @ChloeHagueOT

8 days ago

@OTTTimeOut1 Challenging - not only having to get used to being a NQ OT but then



additional policies/procedures/ changes to practice on top of that to deal with! Although while it's challenging, it has definitely made me more resilient in practice 😊 #OTalk



Lesley Hawkins @LesleyHawkins5

8 days ago

@OTTImeOut1 Busy. Evacuated from our office. Learning curve. I had a +ve COVID test 48h before I was due to start my job, and when I actually started, the first COVID cases appeared on the ward (it wasn't me, they'd had their tests before I arrived!) #otalk



Janet @janetregan3

8 days ago

@OTTalk_ @OT_rach I qualify in a few months - joining in between kids' bedtime and dissertation writing! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

@TOOT86152590 @OTTImeOut1 And then it is hard to be client centered sometimes with the protocols. If patients want to be seen in the morning but are in COVID units at the nursing homes, they will have no choice but to be bumped later in the day. #otalk



Teresa Buchan @teresa_buchan

8 days ago

@OTOPearce @OTTImeOut1 How did the paid placement have a positive impact on your transition into your NQ role? #OTalk



OT Time Out @OTTImeOut1

8 days ago

@ChloeHagueOT I am glad that you had a good team to support you, that is great to hear. I think the importance of our colleagues cannot be underestimated, particularly if things are stressful #OTalk



Olivia Pearce @OTOPearce

8 days ago

@OTTImeOut1 (4) instead helping the people I work with to surf the waves with me and still find meaning in every day and really use occupation to fulfil people's lives. So now I feel so excited for community services to open up to support them even more #OTalk



Lauren Kenton @Lauren_kenton15

8 days ago

@TOOT86152590 @OTTImeOut1 @OT_Jim #OTalk Thank you! I'm worried I may ask to many questions and annoy people...



OT Time Out @OTTImeOut1

8 days ago

@TweetH21 @OT_Jim That's great that you had that. What about your line manager made them feel you could go to them so easily? #OTalk



Lois OT @lcOT26

8 days ago

@OTTImeOut1 #OTalk even though it has been scary, it's shown me how I have adapted my practice to fit in with guidelines & has increased my flexibility

#OTalk @OTalk

8 days ago

Time flies....We're half way through tonight's official #OTalk hour already, thank you



everyone for all your tweets & sharing so far. <https://t.co/2UQKMLvvTR>

Tom Oliver @TOOT86152590

8 days ago



@BillWongOT @OTTimeOut1 I also think that having to wear full PPE can be somewhat challenging to developing a therapeutic rapport at times when the patient cannot see your face #OTalk

OT Time Out @OTTimeOut1

8 days ago



@OTOPearce I can imagine that you did. How did you feel when you were pulled from placement? How did you adjust to your fears of COVID when you were practicing? #OTalk

OT Time Out @OTTimeOut1

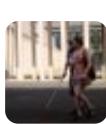
8 days ago



@OtCaitlin How did you find your virtual placement? Am very glad to hear that you had a supportive team #OTalk

Olivia Pearce @OTOPearce

8 days ago



@teresa_buchan @OTTimeOut1 I think the transition was brilliantly facilitated by already having prior knowledge of the service from placement, and as a 3rd year already having that freedom to do independent work whilst still being really supported. It meant my colleagues already had.. #OTalk

Brodie OT ❤️ @BrodieHolmes

8 days ago



@OTalk_ @OT_rach 🙌 #OTalk newly qualified OT and 5 months into practice!

Olivia Pearce @OTOPearce

8 days ago



@teresa_buchan @OTTimeOut1 That relationship where it felt comfortable to critique and offer suggestions and improvements and I was always ready to listen! #OTalk

Tom Oliver @TOOT86152590

8 days ago



@Lauren_kenton15 @OTTimeOut1 @OT_Jim yep me too! always better to speak up and ask than to stay in the dark - regular supervision is always a good platform to ask questions #OTalk

Bill Wong, OTD, OTR/L @BillWongOT

8 days ago



@TOOT86152590 @OTTimeOut1 And then also ethics. What if rehab office is in non COVID zone, but then what if you are in COVID zone for at least part of your schedule for the day? #otalk

Heather @TweetH21

8 days ago



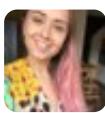
@OTTimeOut1 @OT_Jim #OTalk She was friendly and approachable with a really positive attitude & lots of energy. Right away, she put me at ease, was always available to answer my questions and I found her a great role model.

Bill Wong, OTD, OTR/L @BillWongOT

8 days ago



@TOOT86152590 **@OTTimeOut1** And then if you have to wear PPE in 40+ celsius degree weather and the indoor circulation is poor. 😱 **#otalk**



Yaz **@Yazz_OT** 8 days ago
@OTTimeOut1 Different. Challenging. Confusing. I don't know my job without without a face mask. I don't know what it's like to work any other way. But I feel close to my team, I don't think I'd have felt that so intensely without the pandemic **#otalk**



Susan Griffiths **@SusanGriffiths5** 8 days ago
@OTTimeOut1 It was scary, daunting, stressful, overwhelming with all the constant changes, isolating, but also comforting and rewarding being in a team where we are all in it together, being supportive of each other, etc. It was much harder for the OTs that had to work from home **#OTalk**



OT Time Out **@OTTimeOut1** 8 days ago
@janetregan3 I think that is an excellent point Janet! Virtual meetings/ appointments, changing services, communicating with masks, rigorous hygiene procedures etc. are all things that take time to get used to and I guess if you experience that on placement, you can apply it at work! **#OTalk**



Bill Wong, OTD, OTR/L **@BillWongOT** 8 days ago
RT **@Yazz_OT**: **@OTTimeOut1** Different. Challenging. Confusing. I don't know my job without without a face mask. I don't know what it's like to...



Bill Wong, OTD, OTR/L **@BillWongOT** 8 days ago
RT **@TOOT86152590**: **@Lauren_kenton15** **@OTTimeOut1** **@OT_Jim** yep me too! always better to speak up and ask than to stay in the dark - regular sup...



Hello my name is Jim **@OT_Jim** 8 days ago
@TOOT86152590 **@BillWongOT** **@OTTimeOut1** I've taken to dropping my mask if the communication is heavily impacted, keeping a face shield in place and staying 2 metres + way. I have a very limited window to build a therapeutic relationship so sometimes the risks are justified etc **#OTalk**



Olivia Pearce **@OTOPearce** 8 days ago
@OTTimeOut1 Very overwhelming honestly! I get panic attacks and had the worst one in years on the day where it all kind of became real. I adjusted by OTing myself; establishing a routine, making sure I engaged in restorative occupations, lots of CBT strategies **#OTalk**



Melissa chieza **@melissa_chieza** 8 days ago
RT **@janetregan3**: **@OTTimeOut1** I think those of us who are about to qualify now have the advantage (not that it always seems like one!) of ha...



Tom Oliver **@TOOT86152590** 8 days ago
@BillWongOT **@OTTimeOut1** Delivering physical interventions is so challenging when you have PPE sweats and your goggles are steaming up! **#OTalk**

 **Lesley Hawkins** [@LesleyHawkins5](#)

8 days ago

@BillWongOT [@TOOT86152590](#) [@OTTimeOut1](#) We were the other way round. Therapy office in COVID zone, and not working with COVID patients. We were evacuated from the office. [#otalk](#)

 **Caitlin Sparling OT** [@OtCaitlin](#)

8 days ago

[@OTTimeOut1](#) I really enjoyed it. It was project based so I had a lot of freedom to set up resources and co-facilitate new groups. I felt that I gained different skills from a face to face placement but that they are equally as valid [#OTalk](#)

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

8 days ago

[@TOOT86152590](#) [@OTTimeOut1](#) And it doesn't help that if you are prone to sweat easily! [#otalk](#)

 **Cassie Blagden OT** [@cassieb_OT](#)

8 days ago

[@OTTimeOut1](#) It definitely was a mixture of emotions. I felt scared, but was also proud and eager to get out there to help. I wanted to be able to do more, but the ever changing situation made it difficult at times and I didn't want to be a burden due to my inexperience. [#OTalk](#)

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

8 days ago

RT [@LesleyHawkins5](#): [@BillWongOT](#) [@TOOT86152590](#) [@OTTimeOut1](#) We were the other way round. Therapy office in COVID zone, and not working with C...

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

8 days ago

RT [@cassieb_OT](#): [@OTTimeOut1](#) It definitely was a mixture of emotions. I felt scared, but was also proud and eager to get out there to help....

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

8 days ago

RT [@OTOPearce](#): [@OTTimeOut1](#) Very overwhelming honestly! I get panic attacks and had the worst one in years on the day where it all kind of b...

 **Hello my name is Jim** [@OT_Jim](#)

8 days ago

[#OTalk](#)

 **Tori OT** [@Tori_Doll](#)

8 days ago

[@janetregan3](#) [@OTTimeOut1](#) Do you feel that this has made you re-adjust your expectations as a NQ? In terms of what to expect and what is expected of you? [#OTalk](#)

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

8 days ago

RT [@SusanGriffiths5](#): [@OTTimeOut1](#) It was scary, daunting, stressful, overwhelming with all the constant changes, isolating, but also comfort...

 **Melissa chieza** [@melissa_chieza](#)

8 days ago

[@OtCaitlin](#) [@OTTimeOut1](#) Educating people on different ways of communication on a



virtual platform. They can use the chatbox to build on confidence when in group settings. [#otalk](#)



Tom Oliver [@TOOT86152590](#)

8 days ago

[@OTTimeOut1](#) I think this is a brilliant idea - only just heard of it ahead of today's [#OTalk](#) ! I'm not sure what I'd want from it other than more details :)



OT Time Out [@OTTimeOut1](#)

8 days ago

[@cassieb_OT](#) Wow [@cassieb_OT](#) some of these feelings are incredibly moving to read about... the wanting to do more but not feel a burden! Do you feel that the colleagues that you worked with help you manage those emotions and feel reassured? [#OTalk](#)



Hassan Ali [@hassanali_OT](#)

8 days ago

[@OTTimeOut1](#) difficult to say the least 😊 but such a rewarding time to help out our NHS family! deffo one for the history books 🙌 [#OTalk](#)



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

8 days ago

RT [@melissa_chieza](#): [@OtCaitlin](#) [@OTTimeOut1](#) Educating people on different ways of communication on a virtual platform. They can use the chat...



Hello my name is Jim [@OT_Jim](#)

8 days ago

[@Tori_Doll_](#) [@janetregan3](#) [@OTTimeOut1](#) Great question [@Tori_Doll_](#) [#OTalk](#)



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

8 days ago

[@melissa_chieza](#) [@OtCaitlin](#) [@OTTimeOut1](#) In telehealth, that is possible. But if it is face to face, this is hard. [#otalk](#)



OT Time Out [@OTTimeOut1](#)

8 days ago

[@TOOT86152590](#) A little plug here ;) go to <https://t.co/a6NkByJgWA>! [#OTalk](#)



OT~whatsyourfocus [@farrah_money](#)

8 days ago

I feel it would be helpful to have a set day/time to all meet and discuss our experiences together, a kind of drop in session. Maybe they could be grouped into clinical areas/ areas of interests? [#otalk](#)



OT Time Out [@OTTimeOut1](#)

8 days ago

[#OTalk](#)



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

8 days ago

And in terms of academia, it is hard to only see your students face to face 2 or 3 times and then you move on to another group before graduation. [#OTalk](#)



Joanna Dixon @JoannaD97546014

8 days ago

@OTTTimeOut1 i have enjoyed the sessions I have attended through zoom, meeting others in different roles has helped me to work through issues and I think helped them too! #OTalk



Jo Redfern @JoanneRedfern6

8 days ago

RT @OTalk_ : Tonights chat may be of interest to students and new grads as well as OTs supporting them in practice. Join the discussion on...



Lauren Kenton @Lauren_kenton15

8 days ago

RT @OTTTimeOut1: @TOOT86152590 A little plug here ;) go to <https://t.co/a6NkByJgWA!> #OTalk



UoS Occupational Therapy @TherapyUos

8 days ago

@TherapyUos @HSciences @UniSotonAlumni @ElizabethCasso1 you are doing a fantastic job Laura at hosting #OTalk @OTTTimeOut1



Lois OT @lcOT26

8 days ago

@OTTTimeOut1 #OTalk this is first time I've participated in OTalk and it's such a good topic. What i have found a bit difficult is trying to find some good courses/webinars that could develop my knowledge & skills. If someone found a useful webinar, then it could be shared amongst group?



Lesley Hawkins @LesleyHawkins5

8 days ago

@OTTTimeOut1 Knowing you're not the only #nqot #otalk



Hello my name is Jim @OT_Jim

8 days ago

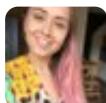
@OTTTimeOut1 A non-judgmental environment that is safe to discuss clinical contact/experiences, if that is taboo the support will miss the mark massively #OTalk



Ros French @RosFrench1

8 days ago

@OTTTimeOut1 #OTalk, facilitated discussion opportunities to share experiences in a safe space, reflection, CPD and development opportunities. What to look for in a post and questions for interviews. Trying to think about all the things I wished I had access to years ago when I qualified!



Yaz @Yazz_OT

8 days ago

@OTTTimeOut1 A platform to be able to really express how we feel and a sense of community spirit and support from others both long standing OTs and NQ. #otalk



OT Time Out @OTTTimeOut1

8 days ago

@chloe_thursby Definitely, do you have specific things that you would like tips about in mind? #OTalk



#OTalk @OTalk_

8 days ago

Questions 3 #OTalk

**Olivia Pearce** [@OTOPearce](#)

8 days ago

[@OTTImeOut1](#) I think openness and reflective practice would be really important #otalk

**Caitlin Sparling OT** [@OtCaitlin](#)

8 days ago

[@melissa_chieza](#) [@OTTImeOut1](#) Completely agree although I wonder if some groups will continue to be facilitated this way after the pandemic? It worked really well for fatigue management as it cut out the issue of travelling to the group #OTalk

**Janet** [@janetregan3](#)

8 days ago

[@Tori_Doll](#) [@OTTImeOut1](#) Interesting question, and hard to answer I think because I don't know what it would have been like to qualify in non-pandemic times! I certainly think it has boosted my resilience, adaptability and confidence. Not sure about expectations - will mull it over! #OTalk

**Margaret Spencer MA** [@margaretOT360](#)

8 days ago

RT [@OTOPearce](#): [@OTTImeOut1](#) I think openness and reflective practice would be really important #otalk

**Margaret Spencer MA** [@margaretOT360](#)

8 days ago

RT [@OtCaitlin](#): [@melissa_chieza](#) [@OTTImeOut1](#) Completely agree although I wonder if some groups will continue to be facilitated this way after...

**Lauren Kenton** [@Lauren_kenton15](#)

8 days ago

RT [@Yazz_OT](#): [@OTTImeOut1](#) A platform to be able to really express how we feel and a sense of community spirit and support from others both I...

**Lois OT** [@lcOT26](#)

8 days ago

[@OTTImeOut1](#) #OTalk i think also some honest & raw feelings and thoughts of being NQ so that people don't feel isolated that they are the only ones finding things difficult or not enjoying it.

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

8 days ago

RT [@lcOT26](#): [@OTTImeOut1](#) #OTalk this is first time I've participated in OTalk and it's such a good topic. What i have found a bit difficult...

**GillianOT** [@GillianH351981](#)

8 days ago

[@OTTImeOut1](#) It would just be good for therapist to therapist chat, advice, sharing of ideas and maybe the odd focussed subject to discuss for continued peer learning. #OTalk

**Margaret Spencer MA** [@margaretOT360](#)

8 days ago

RT [@lcOT26](#): [@OTTImeOut1](#) #OTalk i think also some honest & raw feelings and thoughts of being NQ so that people don't feel isolated that the...

Margaret Spencer MA [@margaretOT360](#)

8 days ago

RT [@GillianH351981](#): [@OTTImeOut1](#) It would just be good for therapist to therapist chat,



advice, sharing of ideas and maybe the odd focussed...



deb_OT @dmay_ot

#otalk sorry. Still forgetting!

8 days ago



Tom Oliver @TOOT86152590

@OTTimeOut1 I'd quite like directions/suggestions for CPD actually. Haven't a clue where to start and feel pressured to be doing something already for it despite only being qualified since Jan 😬 #OTalk

8 days ago



Rachel @RachelOTstudent

@OTTimeOut1 Being in a totally different environment from anywhere I've worked previously was the scary bit - acute mental health in older adults. Covid obviously had a massive impact on how the ward operates day to day, has been an incredible experience. #OTalk

8 days ago



OT Time Out @OTTimeOut1

@Yazz_OT I love the want for community spirit. It is interesting that you would like long-standing OTs to attend as currently it is only for NQOTs albeit with a member of OT teaching staff facilitating who would have longer-term experience. This is noted! #OTalk

8 days ago



Yaz @Yazz_OT

@OTTimeOut1 An opportunity to share knowledge and a chance to share and provide learning. So many NQ are in amazingly wonderful areas I'll never experience as they just aren't on my path. I'd love to know about them to add to my tool kit to support patients with a range of goals #otalk

8 days ago



Bill Wong, OTD, OTR/L @BillWongOT

RT @Yazz_OT: @OTTimeOut1 An opportunity to share knowledge and a chance to share and provide learning. So many NQ are in amazingly wonderfu...

8 days ago



Lois OT @lcOT26

@OTTimeOut1 #OTalk also potentially more frequent communication and having a 'buddy' in the support group

8 days ago



Susan Griffiths @SusanGriffiths5

@OTTimeOut1 A safe space where NWT can talk openly about their challenges, to ask questions that they don't feel comfortable asking their supervisor or colleagues (because they don't know them well enough as they are all working remotely). #OTalk

8 days ago



Olivia Pearce @OTOPearce

@lcOT26 @OTTimeOut1 Future learn is a great and free website to complement your trust training! #OTalk

8 days ago

**Cassie Blagden OT @cassieb_OT**

8 days ago

@OTTTimeOut1 Yes absolutely! I feel so lucky to have such supportive and caring colleagues 😊 Also, being a part of a preceptorship programme has been really useful. It allowed time for group reflection with other NQ AHPs in my trust! It let me know I wasn't alone in how I was feeling #OTalk

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

8 days ago

@OTTTimeOut1 If I were still one, I would say some organized virtual meet up's. #otalk

**OT Time Out @OTTTimeOut1**

8 days ago

@RosFrench1 These are great ones Ros and very relevant to our NQOTs, especially the discussion of development opportunities/ CPD, which is sometimes not mentioned. Maybe this is something we could encourage people to discuss if they felt that they needed it! #OTalk

**Hello my name is Jim @OT_Jim**

8 days ago

@OTTTimeOut1 @Yazz_OT Definitely would be keen to help out on this. Having a range of newer and senior practitioners would really deepen the support, in a similar manner to how the #OTalk are enriched by the diversity of cognition we all bring

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

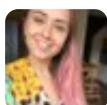
8 days ago

RT @OTOPearce: @lcOT26 @OTTTimeOut1 Future learn is a great and free website to complement your trust training! #OTalk

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

8 days ago

RT @SusanGriffiths5: @OTTTimeOut1 A safe space where NWT can talk openly about their challenges, to ask questions that they don't feel comfo...

**Yaz @Yazz_OT**

8 days ago

@OTTTimeOut1 Its so important to have that and share that community spirit when joining a profession I think, it's impactful. It's interesting how many long standing OTs are attending tonight too I've noticed #otalk

**Caitlin Sparling OT @OtCaitlin**

8 days ago

@OTTTimeOut1 A safe space to share experiences without judgement. It would also be useful for some more experienced practitioners to join and share how they coped and learned to thrive when they first started #OTalk

**Susan Griffiths @SusanGriffiths5**

8 days ago

@OTTTimeOut1 Tips on how to do assessments, interventions, etc. Virtually. I had quite a few NQTs contact me via Twitter asking me how they can adapt an assessment or intervention so they can do it virtually #OTalk

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

8 days ago

RT @OtCaitlin: @OTTTimeOut1 A safe space to share experiences without judgement. It would also be useful for some more experienced practitio...

OT Time Out @OTTimeOut1

8 days ago



@GillianH351981 Really interesting that you mention focused subjects! Makes me wonder whether we could host subject specific discussions as one offs! Thank you for the idea :-)
#OTalk

HCOP Therapy Team @nottmhospitals @HCOPTHERAPY_NUH

8 days ago



So pleased and proud to see some of our #OccupationalTherapists exploring using Twitter for #CPD and #networking by participating in tonight's @OTalk! #CPD doesn't have to be a formal training course. We are always learning and there is so much out there! #OTalk

OT Time Out @OTTimeOut1

8 days ago



@melissa_chieza @theRCOT Thank you for this suggestion. Maybe this is something that we could initiate the conversation about! #OTalk

Melissa chieza @melissa_chieza

8 days ago



@ChelseaFriarOT @SOPHYOT @Occ4LifeLtd There is an electronic copy too. #otalk

Bill Wong, OTD, OTR/L @BillWongOT

8 days ago



RT @HCOPTHERAPY_NUH: So pleased and proud to see some of our #OccupationalTherapists exploring using Twitter for #CPD and #networking by pa...

#OTalk @OTalk

8 days ago



10 minutes left of tonights #OTalk with @OTTimeOut1. Do we have any final thoughts or takeaway messages? <https://t.co/xlmsatNUUP>

OT Time Out @OTTimeOut1

8 days ago



@chloe_thursby Chloe I really love your emphasis on things to help people manage case loads, difficult situations etc. This suggestion really highlighting that the meetings can not only be about sharing difficulties but finding solutions to them! #OTalk



Margaret Spencer MA @margaretOT360

8 days ago

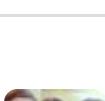
RT @OTTimeOut1: @chloe_thursby Chloe I really love your emphasis on things to help people manage case loads, difficult situations etc. This...



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

RT @OTTimeOut1: @chloe_thursby Chloe I really love your emphasis on things to help people manage case loads, difficult situations etc. This...



Hannah Bartlette 💙 @HannahBartOT

8 days ago

@OTTimeOut1 I was wanting to set up a band 5 group supervision within my team but think it would be too difficult with caseload demands. So a virtual group which we could access sounds great, somewhere you can ask open questions about practice, share CPD, etc!
#OTalk

Bill Wong, OTD, OTR/L @BillWongOT

8 days ago



@OTalk_ @OTTimeOut1 It is never too early to build a support network for your CPD. **#otalk**



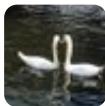
Olivia Pearce @OTOPearce 8 days ago

@Yazz_OT @OTTimeOut1 This is such a brilliant point, as so many services have their own little brilliant tweaks on every day problem solving (like notes templates) that having a space to share the little and big stuff would be great! **#OTalk**



OT Time Out @OTTimeOut1 8 days ago

It pains me to have to say that this is time for the last question! The time is flying by! Your Tweets are fabulous, so many great ideas and suggestions, thank you so much! Final one now: What can workplaces do to support newly qualified OTs? **#OTalk**



Rachel Dadswell @DrRachOT1 8 days ago

RT **@SusanGriffiths5: @OTTimeOut1** Tips on how to do assessments, interventions, etc. Virtually. I had quite a few NQTs contact me via Twitte...



Teresa Buchan @teresa_buchan 8 days ago

@OTTimeOut1 Is there something about having local networks alongside national? Geography plays a part sometimes in someone's socialisation into a profession. **#OTalk**



Melissa chieza @melissa_chieza 8 days ago

@OTTimeOut1 @theRCOT I remember one workshop was around documentation for newly qualified OT. I wrote a bit about it in an assignment. **#otalk**



Margaret Spencer MA @margaretOT360 8 days ago

Listen, support, give time, have patience. **@#OTalk**



Hello my name is Jim @OT_Jim 8 days ago

@OTalk_ @OTTimeOut1 Formal or informal, our networks of peers are what keep us strong and safe in practice. Even before the pandemic I was using my networks to support my practice. COVID has just highlighted how important this is now **#OTalk**



Ellen @OTEllenUK 8 days ago

@OTTimeOut1 I think a thorough induction, an experienced clinical mentor and a safe space for supervision would have helped me... **#OTalk**



Bill Wong, OTD, OTR/L @BillWongOT 8 days ago

@OTalk_ @OTTimeOut1 Yup- it will be Saturday. There is only one me. 😂 **#otalk**



#OTalk @OTalk_ 8 days ago

Question 4 **#OTalk**

Rachael @LeylandRachael 8 days ago



RT @OTTImeOut1: @TOOT86152590 A little plug here ;) go to <https://t.co/a6NkByJgWA!> #OTalk



OT~whatsyourfocus @farrah_money 8 days ago
Q4 Shadowing opportunities prior to starting (where possible) to allow for a sense of how the team works and to get to know people a little without the pressure #OTalk



OT Time Out @OTTImeOut1 8 days ago
@teresa_buchan Oh this is a great suggestion and I agree with you. This is a national network but the scope for local ones could be explored if the membership/ infrastructure allowed! #OTalk



Janet @janetregan3 8 days ago
@OTalk_ @OTTImeOut1 I feel like even participating in this #OTalk tonight, with other nearly-NQOTs and NQOTs (and very experienced OTs) has been a supportive experience. Would love to have a similar network to link-up with post qualification #OTalk



Lois OT @lcOT26 8 days ago
@OTTImeOut1 #OTalk I did the Preceptorship programme which was useful to meet other NQ professionals & go through my band 5 competencies. However, my team weren't really aware of this. If there are preceptorship programmes, it would be beneficial if senior colleagues had a workshop etc



Hello my name is Jim @OT_Jim 8 days ago
@OTalk_ @OTTImeOut1 #OTalk my biggest concern is for those in training now, who because of the bubbles, do not have the large network a cohort will develop over the duration of the course. @OTstudent_Megan and I had long discussions about this



Caitlin Sparling OT @OtCaitlin 8 days ago
@OTTImeOut1 I think having a team that work collaboratively and ask each other's advice about situations can really help. If I was working in that type of environment I would feel really comfortable asking if I was unsure about anything #OTalk



Margaret Spencer MA @margaretOT360 8 days ago
RT @janetregan3: @OTalk_ @OTTImeOut1 I feel like even participating in this #OTalk tonight, with other nearly-NQOTs and NQOTs (and very exp...)



Ros French @RosFrench1 8 days ago
@OTTImeOut1 #OTalk newly qualified support groups - OT and interdisciplinary, mentorship, preceptorship, reflection and supervision for personal and professional development



OT Time Out @OTTImeOut1 8 days ago
@margaretOT360 Very true. Time feels very limited right now as many services are so stretched but, given that they are stressed and the reasons behind that only really increase the need for time, despite it being so finite! #OTalk

Olivia Pearce @OTOPearce

8 days ago



@OTTImeOut1 I think a proper OT graded approach to the transition. I've found as OTs we are so wonderful at helping others but we're not always that kind to ourselves, I think regular supervision and protected space for reflection would really help in championing what we do #OTalk

Yaz @Yazz_OT

8 days ago



@OTTImeOut1 Keep talking. Keep checking in. Keep reflecting with us. I'd love to be in a NQ group but in my workplace I'm the only NQ in a team of established, specialist practitioners. Giving NQs opportunities to seek out other NQ OTs and set up groups would really be beneficial #otalk

Susan Griffiths @SusanGriffiths5

8 days ago



@OTTImeOut1 If working remotely then workplaces need to focus on how they can develop that sense of belonging to a team by doing virtual team night outs, etc. and make a concentrated effort to make any new member feel welcomed and supported #OTalk



Hannah Bartlette 💙 @HannahBartOT

8 days ago

@OTTImeOut1 I think if more workplaces knew about resources like @OTTImeOut1 and @1otYear then they could signpost and encourage others to get involved! #OTalk



Teresa Buchan @teresa_buchan

8 days ago

@OTTImeOut1 Being open and honest about expectations, clear guidance, signposting for resources and networks #OTalk



Lois OT @lcOT26

8 days ago

@OTTImeOut1 #OTalk I had a supervision every fortnight which was helpful 😊 I think also just acknowledging how big the transition from student to NQ is & adapting induction/learning to fit the learning styles of the NQ therapist



Margaret Spencer MA @margaretOT360

8 days ago

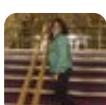
RT @OTTImeOut1: @margaretOT360 Very true. Time feels very limited right now as many services are so stretched but, given that they are stre...



OT Time Out @OTTImeOut1

8 days ago

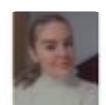
@OTEllenUK These are great ideas. I wonder if there is a way you could feed that back to your place of work #OTalk



Melissa chieza @melissa_chieza

8 days ago

RT @OTOPearce: @OTTImeOut1 I think a proper OT graded approach to the transition. I've found as OTs we are so wonderful at helping others b...



Megan Mc @OTstudent_Megan

8 days ago

@OT_Jim @OTalk_ @OTTImeOut1 Yes it can be extremely difficult to try and connect to others due to only being able to see a small group of students in my cohort #OTalk



Margaret Spencer MA @margaretOT360

8 days ago

RT @OTOPearce: @OTTimeOut1 I think a proper OT graded approach to the transition. I've found as OTs we are so wonderful at helping others b...



Tom Oliver @TOOT86152590

8 days ago

@OTTimeOut1 we have monthly Band 5 MSTEams meetings for inservice training; new starter check ins with our CSU managers; weekly supervision - would really be into having an intervention pack for intro into clinical area #OTalk



Margaret Spencer MA @margaretOT360

8 days ago

RT @Yazz_OT: @OTTimeOut1 Keep talking. Keep checking in. Keep reflecting with us. I'd love to be in a NQ group but in my workplace I'm the...



Bill Wong, OTD, OTR/L @BillWongOT

8 days ago

@OTalk_ @OTTimeOut1 It's an American only credential. 😂 #otalk



OT Time Out @OTTimeOut1

8 days ago

@janetregan3 @OTalk_ I am glad that you have found this useful Janet, please feel check us out! <https://t.co/a6NkByJgWA> :) #OTalk



Margaret Spencer MA @margaretOT360

8 days ago

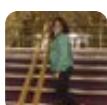
I think fortnightly supervision really helps initially #OTalk



Margaret Spencer MA @margaretOT360

8 days ago

RT @IcOT26: @OTTimeOut1 #OTalk I had a supervision every fortnight which was helpful 😊 I think also just acknowledging how big the transiti...



Melissa chieza @melissa_chieza

8 days ago

RT @margaretOT360: I think fortnightly supervision really helps initially #OTalk



#OTalk @OTalk_

8 days ago

Thank you so much for joining us for our #OTalk. @OTTimeOut1 we have had such a great evening! <https://t.co/SHJOCPMt7L>



GillianOT @GillianH351981

8 days ago

@OTTimeOut1 Provide a good amount of time for admin related learning as well as practical all areas work differently when writing notes, reports and the assessments that they use so having time to really explore these and shadow others would be very beneficial. #OTalk



OT Time Out @OTTimeOut1

8 days ago

@OtCaitlin Having a team to bounce ideas off of is so important, knowing that they will help you learn and encourage you when in doubt to ask! A great one! #OTalk

**#OTalk @OTalk**

8 days ago

And that's our **#OTalk** hour up. Please join me to give a huge thank you to **@OTTimeOut1** for being tonight's host. And thank you everyone for all your participation. Please do keep chatting as we won't grab the transcript for a few days

**#OTalk @OTalk**

8 days ago

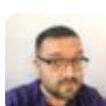
#OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU

<https://t.co/UK3xQG21AG>

**Tori OT @Tori_Doll**

8 days ago

@OTTimeOut1 We have a band 5 support scheme facilitated & developed by the fabulous **@SaraBy55** & **@Lucysmoores**. We are just about to review the AHP Preceptorship Programme, which will include the impact of **#Covid_19**. Interested to hear from other services to build on this **#OTalk @juseatonOT**

**Hello my name is Jim @OT_Jim**

8 days ago

@OTalk_ @OTTimeOut1 another excellent **#OTalk**

**OT Time Out @OTTimeOut1**

8 days ago

@Yazz_OT I love this checking in! As much as learning is important it is also about checking to make sure that you are okay too! This is brilliant - thank you! **#OTalk**

**deb_OT @dmay_ot**

8 days ago

@OTEllenUK @OTTimeOut1 Totally agree with this. These are critical for putting down strong roots and giving nqots the opportunity to flourish. **#otalk**

**OT~whatsyourfocus @farrah_money**

8 days ago

Great talk this evening **#OTalk**

**#OTalk @OTalk**

8 days ago

This is **@OT_rach** signing off, waiting for meds then hopes good night sleep before physio tomorrow **#OTalk**

**Tori OT @Tori_Doll**

8 days ago

@OTalk_ @OTTimeOut1 This gif is the cherry on the cake - great **#OTalk**. Thank you for facilitating

**GillianOT @GillianH351981**

8 days ago

@OTalk_ @OTTimeOut1 Thank you this was a great **#OTalk**

**Lauren @Lauren_OT**

8 days ago

Looking forward to this one! Doing some support nurse shifts over the last few months has really opened my eyes and sparked an interest in OT in Critical Care!

**Tom Oliver** @TOOT86152590

8 days ago

RT @OTalk_ : #OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>

**Helen** @HelenArnfieldOT

8 days ago

@SusanGriffiths5 @OTTimeOut1 This is a great idea for all new staff when working remotely! #OTalk

**Olivia Pearce** @OTOPearce

8 days ago

@OTalk_ @OTTimeOut1 Will definitely stop procrastinating joining an @OTTimeOut1 zoom call! On my to do list for tomorrow 😎 #OTalk

**Hello my name is Jim** @OT_Jim

8 days ago

#OTalk might be worth a listen

**Lois OT** @lcOT26

8 days ago

@OTalk_ @OTTimeOut1 It's been brilliant - thank you for organising 😊 #OTalk

OT Time Out @OTTimeOut1

8 days ago



I cannot believe the hour is up! It has been a pleasure to read your Tweets, they have been so open and honest. You have definitely given us a lot to think about for @OTTimeOut1 going forward. Go to <https://t.co/a6NkByJgWA> to sign up, we would love to have you, thank you! #OTalk

**Robert Workman** @RobW_OT

8 days ago

This is definitely one for you @eleri_darcy

**Em 💙** @DobboEm

8 days ago

@OT_Jim @OTalk_ @OTTimeOut1 @OTstudent_Megan Totally. Have met a few of the students in my course face to face for 15 hours in first two terms! #OTalk

**OT Time Out** @OTTimeOut1

8 days ago

Again I am super sorry if I didn't get to your Tweets. I will read and reply to every post though even if it was not in the hour! The suggestions that I did read were awesome, I am going to get fear of missing out (FOMO) if I didn't tackle them all ;) thank you so much! #OTalk

**Carla Freitas** @carlaf_to

8 days ago

RT @OTalk_ : #OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>

OT Time Out @OTTimeOut1

8 days ago



And well done for being a newly qualified OT or a student on placement or an OT that once was a newly qualified OT but is now a supportive colleague/ manager to newly qualified OTs. You are all absolutely brilliant! Thank you @OTalk for letting us host #OTalk



HCOP Therapy Team @nottmhospitals @HCOPTHERAPY_NUH

8 days ago

RT @HCOPTHERAPY_NUH: So pleased and proud to see some of our #OccupationalTherapists exploring using Twitter for #CPD and #networking by pa...



Hello my name is Jim @OT_Jim

8 days ago

@dmay_ot @DobboEm @OTalk_ @OTTimeOut1 @OTstudent_Megan Thinking about it, I still haven't met all my band 7's yet.... #OTalk



Sally Drake @SallyDrakeAHP

8 days ago

@OTSophieG (@laura_knott2 - can you get show to SG?)



#hellomynameisRebecca @RebeccaCus

8 days ago

@OTTimeOut1 #OTalk I have struggled to know what the service normally looks like. Also working in an office away from the team meant it took longer to pick up the tips and tricks of the trade. That and I had to step up my skincare routine #maskne 😊



#hellomynameisRebecca @RebeccaCus

8 days ago

@OTTimeOut1 #OTalk I absolutely loved it! More occupational balance, less feeling as though I'm constantly being observed, more independence!



Tina Yarnton 🌈 (she/her) @tina_yarnton

8 days ago

RT @OTalk_ : #OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>



#hellomynameisRebecca @RebeccaCus

8 days ago

@OTTimeOut1 Reflective practice and a space to offload about the stressors brought on by Covid. Also a place to share what has and hasn't worked in terms of service provision during lockdown! #OTalk



Dr Becca Khanna @rebecca_khanna

8 days ago

RT @Yazz_OT: @OTTimeOut1 Keep talking. Keep checking in. Keep reflecting with us. I'd love to be in a NQ group but in my workplace I'm the...



T Fiddes @TFiddes1

8 days ago

A date for the diary @NNUH_OT



Sam Pywell @smileyfacehalo

8 days ago

RT @OTalk_ : #OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>

Claudia Salmon ❤️ @yumteayum

8 days ago



Ooh looking forward to this one.

#hellomynameisRebecca [@RebeccaCus](#)

8 days ago



[@OTTimeOut1](#) I think it's really difficult when everyone is feeling overwhelmed, burnt out, and busy. Definitely helps to have a good explanation of what the service offers and some education on how to provide this. Even a simple list of interventions/assessments helps!
[#OTalk](#)



Barnsley Hospital AHPs [@AbpsBarnsley](#)

8 days ago

RT [@OTalk_](#) : [#OTalk](#) 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>



CamiP [@CamiP_physio](#)
[@ASPH_OT](#) [@ASPHphysio](#)

8 days ago



Kristina Renee Marchiori [@MarchioriRenee](#)

8 days ago

RT [@OTOPearce](#): [@OTTimeOut1](#) I think a proper OT graded approach to the transition. I've found as OTs we are so wonderful at helping others b...



Emma Laird [@EmmaLairdOT](#)

8 days ago

Sounds really interesting



Lauren [@Lauren_OT](#)

8 days ago

RT [@HCOPERTHERAPY_NUH](#): So pleased and proud to see some of our [#OccupationalTherapists](#) exploring using Twitter for [#CPD](#) and [#networking](#) by pa...



Jo OT Student [@Jo_StudentOT](#)

8 days ago

[@OTalk_](#) [@OTTimeOut1](#) Thank you [#OTalk](#)



Emma Horseman [@Emmahorseman_ot](#)

8 days ago

This looks interesting CPD session..



Sandy Whiting [@sandyJCE](#)

8 days ago

RT [@OTalk_](#) : [#OTalk](#) 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>



Rosie Tudor [@TudorRosa](#)

8 days ago

[@OTalk_](#) : [#OTalk](#) 23rd March 2021 – The Role of Occupational Therapy in ICU
<https://t.co/UK3xQG21AG>

Jo OT Student [@Jo_StudentOT](#)

8 days ago



@OTalk What a brilliant topic, especially after the last 12 months! #OTalk



Lesley Hawkins @LesleyHawkins5

7 days ago

#3positives * More learning opportunities * #otalk this evening - an opportunity to make me think * >12,000 #steps, including 1 mile (I know it's not far) #running #fitbit



you're on mute Leo @LeonoraOT

7 days ago

RT @OTTimeOut1: It pains me to have to say that this is time for the last question! The time is flying by! Your Tweets are fabulous, so man...



yahyatuts @yahyapatel

7 days ago

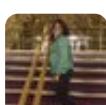
RT @LesleyHawkins5: #3positives * More learning opportunities * #otalk this evening - an opportunity to make me think * >12,000 #steps, in...



Xoliswa Occupational Therapist @XNgulube

7 days ago

RT @OTTimeOut1: And well done for being a newly qualified OT or a student on placement or an OT that once was a newly qualified OT but is n...



Melissa chieza @melissa_chieza

7 days ago

@OtCaitlin @OTTimeOut1 Showing people how to mute and unmute themselves in the meeting. This will give people more confidence in virtual platforms. #otalk



SaraBethByrne @SaraBy55

7 days ago

It's an absolute pleasure to invest in the future of our profession. Brings me great satisfaction and Lucy is a fabulous co-facilitator. @Lucysmoores



Rose Wilkinson @rosewilkOT

7 days ago

@OTTimeOut1 Excited & overwhelmed at times! Glad for support and supervisions



Rose Wilkinson @rosewilkOT

7 days ago

@OTTimeOut1 A virtual platform would be really interesting! Time constraints & caseloads can mean time during the day is limited so tapping in to something virtual could provide a source of much needed support #OTalk



Rose Wilkinson @rosewilkOT

7 days ago

@OTTimeOut1 I found regular supervision, both formal & informal helpful. Alongside competencies to keep my focus on track really helpful during my first rotation. Having a friendly team willing to answer any question was a bonus too! #OTalk



Cordy Gaubert ❤️ @CordyGaubert

7 days ago

@OtsRole

**Brookes OT Society @BrookesOTSoc**

7 days ago

Great #OTalk last night discussing experiences of newly qualified occupational therapists! Check out the tweets if you missed it last night 😊 @OBU_OT

**Tanjila Khan @TanjilaKhan12**

7 days ago

RT @pinkfanwa: Any students and newly qualified OTs- tonight's OTalk maybe of interest- join the discussion on twitter using the hashtag #o...

**Kirstie @Kirstie_OT**

7 days ago

RT @HCOPTHERAPY_NUH: So pleased and proud to see some of our #OccupationalTherapists exploring using Twitter for #CPD and #networking by pa...

**SBUHB Occupational Therapists @SBUHBOT**

7 days ago

RT @OTalk_: #OTalk 23rd March 2021 – The Role of Occupational Therapy in ICU <https://t.co/UK3xQG21AG>

**Julia B the OT @JuliaBrim1**

7 days ago

Will definitely be joining in to this! Crit care represent! ❤️ #ot #icu #therapies

**SBUHB Occupational Therapists @SBUHBOT**

7 days ago

Sesiwn #OTalk wych i ThGau newydd a unrhywun sy'n gweithio gyda nhw. 🙌

**#OTalk @OTalk**

6 days ago

@helenturner_76 Hi Helen, all our chats are on Tuesdays at 8pm uk time. #Otalk

Showing 1 to 378 of 378 entries

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