


#OTalk Transcript

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

Tue, June 1st 2021, 6:20PM – Thu, June 3rd 2021, 6:20PM


(Europe/London).

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

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- 


Sheffield OTCA [@SheffOTCA](#) 10 days ago

RT [@otwg_gcu](#): Need space to write? The occupational therapy writing group is probably for you. We are online tonight 18.00-20.00 (just b...

💬 ↻ ❤
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@UCLanOT [@uclanot](#) 10 days ago

RT [@LGBTQIAOTUK](#): 🏳️‍🌈 [@LGBTQIAOTUK](#) LAUNCH EVENT: More info and registration details to follow... [#WatchThisSpace](#) SAVE THE DATE: Monday 14th...

💬 ↻ ❤
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Ben [@BelgianBenny](#) 10 days ago

RT [@preston_jenny](#): Don't forget to join us tomorrow evening at 8.00 pm for [#OTalk](#) discussion on the very topical outcome measures and inter...

💬 ↻ ❤
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Occupational Therapy Doctoral Network (UK) [@DoctoralOTUK](#) 10 days ago

Tonights [#Otalk](#) Research at 8pm

💬 ↻ ❤
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- 

#OTalk [@OTalk_](#) 10 days ago

30 minutes until tonight's [#OTalk](#) hosted by [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) looking at outcome measures and evidence for occupational therapy interventions for long Covid. Still time to read the blog here <https://t.co/3eCDPFw35E>

💬 ↻ ❤
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Alison Cossons [@dandelionclock](#) 10 days ago

RT [@OTalk_](#): 30 minutes until tonight's [#OTalk](#) hosted by [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) looking at outcome measures and evidence for o...

💬 ↻ ❤
-



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @OTalk_: 30 minutes until tonight's #OTalk hosted by @anita_atwal @Occ4LifeLtd @emmakears looking at outcome measures and evidence for o...



#OTalk @OTalk_

10 days ago

RT @Occ4LifeLtd: #longcovid community. Come and find out more about Occupational Therapy and what we can do to help. Help us drive research...



#OTalk @OTalk_

10 days ago

This is your 10 minute warning ahead of tonight's #OTalk with @anita_atwal @Occ4LifeLtd @emmakears



#OTalk @OTalk_

10 days ago

Only 5 minutes until we start #OTalk with @anita_atwal @Occ4LifeLtd @emmakears



Dr Anita Atwal @anita_atwal

10 days ago

RT @OTalk_: This is your 10 minute warning ahead of tonight's #OTalk with @anita_atwal @Occ4LifeLtd @emmakears



Carolyn @CeeCeeOT

10 days ago

RT @OTalk_: Only 5 minutes until we start #OTalk with @anita_atwal @Occ4LifeLtd @emmakears



Dr Anita Atwal @anita_atwal

10 days ago

less than 5 minutes to go @Occ4LifeLtd @emmakears



Dr Anita Atwal @anita_atwal

10 days ago

#OTalk time to start very soon



Dr Anita Atwal @anita_atwal

10 days ago

RT @anita_atwal: #OTalk time to start very soon <https://t.co/ulJkXMRXa7>

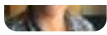


Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Good evening and welcome to this #otalk with @anita_atwal on Outcome Measures and Interventions used by Occupational Therapists to manage #LongCovid. We should have a range of people here tonight so do introduce yourself and your interest in LC @OTalk_





there. I'm having a family evening but will catch up with the chat as soon as I can.



Robert Workman [@RobW_OT](#)

10 days ago



[@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) Hi everyone. Looking forward to this discussion. Interested to learn about the different approaches being used to address needs caused by LC [#OTalk](#) <https://t.co/2e2SuF2jQm>



OT_Expert 🌟🌈💙 [@OT_Expert](#)

10 days ago

RT [@anita_atwal](#): [#OTalk](#) . Who is here?



Ed Sum Occupational Therapist 🌈❤️🇬🇧 [@musedNeuroOT](#)

10 days ago

[@anita_atwal](#) I'm dipping in and out [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

RT [@Occ4LifeLtd](#): We welcome input from people with [#longcovid](#) on [#otalk](#) tonight on what occupational therapists could do to support you



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

[#otalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@MOHOspark](#): [@OTalk_](#) [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) [@preston_jenny](#) [#OTalk](#) Hi there. I'm having a family evening but will catch up w...



Dr Nikki Daniels [@NikkiDanielsOT](#)

10 days ago

[@OTalk_](#) [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) [@preston_jenny](#) Hello from sunny Northern Ireland [#OTalk](#)



esthermmc [@Esthermmc](#)

10 days ago

I'll be here listening and learning (strange not to be on a webinar....) [#OTalk](#)



OT_Expert 🌟🌈💙 [@OT_Expert](#)

10 days ago

[@anita_atwal](#) I'm here, but mainly only able to retweet when I can :) and will catch up later [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

So important lived experience [#OTalk](#)



**Dr Anita Atwal** @anita_atwal

10 days ago

RT @musedNeuroOT: @anita_atwal I'm dipping in and out #OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @OT_Expert: @anita_atwal I'm here, but mainly only able to retweet when I can :) and will catch up later #OTalk

**#OTalk** @OTalk_

10 days ago

Quick reminder to everyone to please use #OTalk, it is case sensitive and doesn't work with @otalk. Just keen to make sure we capture the full discussion.

**OT_Expert** 🌟🌈💙 @OT_Expert

10 days ago

RT @Occ4LifeLtd: We welcome input from people with #longcovid on #otalk tonight on what occupational therapists could do to support you

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

10 days ago

So who joining #OTalk has #longcovid? Who is supporting people with it as a carer? Or as an OT? In a dedicated clinic or in their regular service?

**The MOHO OT** @themoho_ot

10 days ago

@OTalk_ @anita_atwal @Occ4LifeLtd @emmakears @preston_jenny Hello #OTalk from North Devon

**OT_Expert** 🌟🌈💙 @OT_Expert

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ Hi everyone. Looking forward to this discussion. Interested to learn about the different app...

👂 **Rachel** 👂 @RachelOTstudent

10 days ago

@OTalk_ @anita_atwal @Occ4LifeLtd @emmakears @preston_jenny #OTalk I'm sat in the garden listening to the birds but I'm here!

**The MOHO OT** @themoho_ot

10 days ago

RT @Occ4LifeLtd: Good evening and welcome to this #otalk with @anita_atwal on Outcome Measures and Interventions used by Occupational Thera...

**Tori OT** @Tori_Doll_

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ Hi Tori here from Secure & SPLD Services in



the North West. Interested to hear about other [#OccupationalTherapists](#) experience working through [#COVID19](#) and clinical input [#OTalk](#)



OT_Expert 🌟🌈💙 [@OT_Expert](#)
RT [@Occ4LifeLtd](#): [#otalk](#)

10 days ago



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@Occ4LifeLtd](#): So who joining [#OTalk](#) has [#longcovid](#)? Who is supporting people with it as a carer? Or as an OT? In a dedicated clinic or i...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

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#OTalk [@OTalk_](#)
[#OTalk](#)

10 days ago



OT_Expert 🌟🌈💙 [@OT_Expert](#)

10 days ago

RT [@anita_atwal](#): So important lived experience [#OTalk](#)



OT_Expert 🌟🌈💙 [@OT_Expert](#)

10 days ago

RT [@OTalk_](#): Quick reminder to everyone to please use [#OTalk](#), it is case sensitive and doesn't work with [@otalk](#). Just keen to make sure we...



💙 [@OT_Skiff](#)

10 days ago

[@OTalk_](#) [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) [@preston_jenny](#) Hello!
Looking forward to this, will try and keep up! 💚 [#OTalk](#)



OT_Expert 🌟🌈💙 [@OT_Expert](#)

10 days ago

RT [@Occ4LifeLtd](#): So who joining [#OTalk](#) has [#longcovid](#)? Who is supporting people with it as a carer? Or as an OT? In a dedicated clinic or i...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

I always forget- but great reminder [#OTalk](#)



#OTalk [@OTalk_](#)
[#OTalk](#)

10 days ago



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

I have it, and am supporting people through advocacy and in independent practice



so I have a few different hats [@anita_atwal](#) what about you? Emma can't join us tonight [#otalk](#)



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@Tori_Doll_](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) Hi Tori here from Secure & SPLD Services in the North West. Interested to hear about othe...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@OTalk_](#): [#OTalk](#) <https://t.co/MBNM2XTKFR>



#OTalk [@OTalk_](#)

10 days ago

[#OTalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

[@OT_Skiff](#) [@OTalk_](#) [@anita_atwal](#) [@emmakears](#) [@preston_jenny](#) Just do what you can [#otalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

1. What existing Occupational Therapy Interventions are being adapted for use with the [#LongCovid](#) population and is there any agreement on what actual OT intervention looks like? [@anita_atwal](#) [@OTalk_](#) [#otalk](#)



Susan Griffiths [@SusanGriffiths5](#)

10 days ago

[@OTalk_](#) [@anita_atwal](#) [@Occ4LifeLtd](#) [@emmakears](#) [@preston_jenny](#) 🙋 I am here but will be lurking 👁️ [#OTalk](#)



KarenPhysioCoUk [@karenphysiocouk](#)

10 days ago

RT [@Occ4LifeLtd](#): We welcome input from people with [#longcovid](#) on [#otalk](#) tonight on what occupational therapists could do to support you



#OTalk [@OTalk_](#)

10 days ago

[#OTalk](#)



Tori OT [@Tori_Doll_](#)

10 days ago

[@Occ4LifeLtd](#) Here in the capacity as an [#OccupationalTherapist](#) working in secure mental health services with patients who were diagnosed with [#COVID19](#) & subsequently required additional clinical input from [#AHPs](#) to return to baseline levels of functioning [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

I am from an OT research hat whilst Emma was from clinical practice. So a great team [#OTalk](#) . Also wearing [@BAMEOTUK](#) hat. But will come to this later



#OTalk [@OTalk_](#)

10 days ago

Now for our first question of the evening [#OTalk](#)

**Dr Anita Atwal** @anita_atwal

10 days ago

Love a lurker



#OTalk @OTalk_

10 days ago

#OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @anita_atwal: I am from an OT research hat whilst Emma was from clinical practice. So a great team #OTalk . Also wearing @BAMEOTUK hat. B...

**Ed Sum Occupational Therapist** 🌈❤️🇬🇧 @musedNeuroOT

10 days ago

@Occ4LifeLtd I wanted to support the #longCOVID clinic but I did not have capacity in my job role so had to withdraw my offer #OTalk

**OT_Skiff** ❤️ @OT_Skiff

10 days ago

@Occ4LifeLtd I am an OT living with Long Covid, trying to advocate and learn as I go #OTalk



#OTalk @OTalk_

10 days ago

@Occ4LifeLtd is on the naughty step #OTalk no alternatives please 🙄

**OT_Skiff** ❤️ @OT_Skiff

10 days ago

RT @Occ4LifeLtd: We welcome input from people with #longcovid on #otalk tonight on what occupational therapists could do to support you

**Dr Anita Atwal** @anita_atwal

10 days ago

This question came about after realising OTs we're doing lots of different things but wilting towards same aim #ottalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

Love that we have some mental health focus too and will be great to hear about challenges/benefits of dealing with a condition with very physical elements alongside mental health. #longcovid #otalk



#OTalk @OTalk_

10 days ago

And @anita_atwal is joining @Occ4LifeLtd on the naughty step #OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

is this an issue ? Should practice be manualised/#OTalk

Tori OT @Tori_Doll_

10 days ago



@Occ4LifeLtd @anita_atwal @OTalk_ The **@theRCOT** Recovering from **#COVID19** : Post viral-fatigue and conserving energy documents were particularly helpful. In my service we adapted these so they were more appropriate for our service user population. These were used to reinforce the **#OccupationalTherapy** input **#OTalk**



OT_Expert ✨🌈💙 **@OT_Expert**

10 days ago

RT **@Occ4LifeLtd**: I have it, and am supporting people through advocacy and in independent practice so I have a few different hats **@anita_atw...**



OT_Expert ✨🌈💙 **@OT_Expert**

10 days ago

RT **@Occ4LifeLtd**: 1. What existing Occupational Therapy Interventions are being adapted for use with the **#LongCovid** population and is there...



Dr Anita Atwal @anita_atwal

10 days ago

please not again **#ottalk**



#OTalk @OTalk_

10 days ago

RT **@Tori_Doll_ @Occ4LifeLtd @anita_atwal @OTalk_** The **@theRCOT** Recovering from **#COVID19** : Post viral-fatigue and conserving energy document...



Kirsty Stanley Occupation4Life 💙 **@Occ4LifeLtd**

10 days ago

That's a shame Ed. You would have been an asset I'm sure. I wonder how many people are supporting alongside their usual role vs those seconded to focus on **#longgcovid** full time. **#otalk**



Kirsty Stanley Occupation4Life 💙 **@Occ4LifeLtd**

10 days ago

RT **@OT_Skiff: @Occ4LifeLtd** I am an OT living with Long Covid, trying to advocate and learn as I go **#OTalk**



Robert Workman @RobW_OT

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk existing MDT pulmonary rehab services being adapted for those who exhibit respiratory issues with LC



Susan Griffiths @SusanGriffiths5

10 days ago

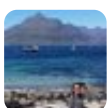
@Occ4LifeLtd I am here as an OT and want to be prepared in case I have any patients that comes through my door with long COVID **#OTalk**



#OTalk @OTalk_

10 days ago

#OTalk good job I'm following behind here to retweet 😂



Wendy Foo @wendy_foo_

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #otalk <https://t.co/7axEDgyQ1f>



Dr Nikki Daniels @NikkiDanielsOT

10 days ago

@Occ4LifeLtd I work in a community rehab team and we have been receiving



referrals for those discharged from hospital post Covid who continue to require physio and occupational therapy....in the absence of specialist or alternative covid specific services [#otalk](#)



👤 **Rachel** 👤 [@RachelOTstudent](#)

10 days ago

[@Occ4LifeLtd](#) [#OTalk](#) student here but have long covid, 15 months into it but getting stronger each day 💪



Dr Anita Atwal [@anita_atwal](#)

10 days ago

Is it working? [#ottalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

Adapted these how? Format? Delivery? [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

It's [#OTalk](#) not [@OTalk](#) common error



#OTalk [@OTalk_](#)

10 days ago

[#OTalk](#)



THECOPM [@TheCOPM](#)

10 days ago

RT [@Occ4LifeLtd](#): We welcome input from people with [#longcovid](#) on [#otalk](#) tonight on what occupational therapists could do to support you



OT_Skiff 💙 [@OT_Skiff](#)

10 days ago

[@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) I'm very interested in the replies to this. I have not had any OT input as part of Long Covid but I have been using pacing/energy conservation techniques and probably some cognitive rehab strategies too [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

[#OTalk](#)



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@Tori_Doll_](#): [@Occ4LifeLtd](#) Here in the capacity as an [#OccupationalTherapist](#) working in secure mental health services with patients who w...



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

Interesting and how much of that focuses on exercise, what other aspects? Is there a difference in hospitalised and non hospitalised Long Covid? [#OTalk](#)



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@anita_atwal](#): I am from an OT research hat whilst Emma was from clinical



practice. So a great team [#OTalk](#) . Also wearing [@BAMEOTUK](#) hat. B...



Ed Sum Occupational Therapist 🌈❤️🇬🇧 [@musedNeuroOT](#)

10 days ago

[@RobW_OT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) There is talk of our CFS/ME service supporting LongCOVID clinics [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

[#OTalk](#)- welcome



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@OTalk_](#): Now for our first question of the evening [#OTalk](#)



Tori OT [@Tori_Doll_](#)

10 days ago

[@Occ4LifeLtd](#) Combination of format and delivery - we used easy read symbols with the help of [#SaLT](#) and discussed the content with patients so that the strategies were applied to their routines. [#OTalk](#)



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@musedNeuroOT](#): [@Occ4LifeLtd](#) I wanted to support the [#longCOVID](#) clinic but I did not have capacity in my job role so had to withdraw my o...



OT_Expert ✨🌈💙 [@OT_Expert](#)

10 days ago

RT [@OT_Skiff](#): [@Occ4LifeLtd](#) I am an OT living with Long Covid, trying to advocate and learn as I go [#OTalk](#)



OT_Skiff 💙 [@OT_Skiff](#)

10 days ago

RT [@Occ4LifeLtd](#): [#longcovid](#) community. Come and find out more about Occupational Therapy and what we can do to help. Help us drive research...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

are you adapting interventions to achieve this?[#OTalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

Yes. I am using my prior experience of supporting people with Multiple Sclerosis and also learning from the ME/CFS community in how to manage fatigue or as [@chronicinclude](#) terms it energy limiting chronic illness [#otalk](#)



#OTalk [@OTalk_](#)

10 days ago

[#OTalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

RT [@musedNeuroOT](#): [@RobW_OT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) There is talk of our CFS/ME service supporting LongCOVID clinics [#OTalk](#)

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

Access to timely input has definitely been a challenge for people. How do OTs manage risk when people they see haven't had full medical investigation yet? #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @Tori_Doll: @Occ4LifeLtd Combination of format and delivery - we used easy read symbols with the help of #SaLT and discussed the conten...

**Laura Ingham** ❤️ @lauraingham1

10 days ago

@musedNeuroOT @RobW_OT @Occ4LifeLtd @anita_atwal @OTalk_ Yes some individuals being seen in rheumatology OT services where there is a focus on interventions for chronic fatigue #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

#otalk. Can you say more?

**Dr Anita Atwal** @anita_atwal

10 days ago

#OTalk . Also wonder if we can learn from rare diseases like post polio syndrome.

**Ciara Breen** @kirrabrean

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skills and then really using our core activity analysis mindset to help people with #longcovid apply those skills across a range of occupations #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @lauraingham1: @musedNeuroOT @RobW_OT @Occ4LifeLtd @anita_atwal @OTalk_ Yes some individuals being seen in rheumatology OT services wher...

**#OTalk** @OTalk_

10 days ago

RT @kirrabrean: @Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skill...

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @kirrabrean: @Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skill...

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago

RT @Occ4LifeLtd: Love that we have some mental health focus too and will be great to hear about challenges/benefits of dealing with a condi...

**Dr Anita Atwal** @anita_atwal

10 days ago

Sorry to hear that #OTalk

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago



RT @OTalk_: And @anita_atwal is joining @Occ4LifeLtd on the naughty step
#OTalk



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @anita_atwal: is this an issue ? Should practice be manualised/#OTalk



#OTalk @OTalk_

10 days ago

#OTalk <https://t.co/hdYQI9R3BU>



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @Tori_Doll_: @Occ4LifeLtd @anita_atwal @OTalk_ The @theRCOT Recovering from #COVID19 : Post viral-fatigue and conserving energy document...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

I know in my own life I have been using a focus on occupations that bring me joy too. I don't think we can underestimate that. But it's hard to #OT yourself. #otalk #longcovid



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @OTalk_: #OTalk good job I'm following behind here to retweet 😂



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @wendy_foo_: @Occ4LifeLtd @anita_atwal @OTalk_ #otalk
<https://t.co/7axEDgyQ1f>



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @NikkiDanielsOT: @Occ4LifeLtd I work in a community rehab team and we have been receiving referrals for those discharged from hospital p...



Dr Anita Atwal @anita_atwal

10 days ago

And sleep? #OTalk



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @RachelOTstudent: @Occ4LifeLtd #OTalk student here but have long covid, 15 months into it but getting stonger each day 💪



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @Occ4LifeLtd: Adapted these how? Format? Delivery? #OTalk



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: I know in my own life I have been using a focus on occupations that bring me joy too. I don't think we can underestimate t...

**OT_Expert** ✨🌈💙 @OT_Expert

10 days ago

RT @OT_Skiff: @Occ4LifeLtd @anita_atwal @OTalk_ I'm very interested in the replies to this. I have not had any OT input as part of Long Cov...

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

10 days ago

2. What outcome measures are being used to evaluate OT elements of #longcovid services. Or alternatively what could/should we be using. @anita_atwal @OTalk_ #otalk I know this is something Anita is very interested in.

**#OTalk** @OTalk_

10 days ago

Are we ready for question 2 @Occ4LifeLtd @anita_atwal @emmakears #OTalk

**OT_Expert** ✨🌈💙 @OT_Expert

10 days ago

RT @Occ4LifeLtd: Interesting and how much of that focuses on exercise, what other aspects? Is there a difference in hospitalised and non ho...

**Mai** @ot_mai

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ The @RCOT fatigue management and sleep hygiene information is used in our COVID ITU follow up clinics #OTalk

**Robert Workman** @RobW_OT

10 days ago

@Occ4LifeLtd #OTalk this is a community group so accessible to people after hospital discharge too.

**OT_Expert** ✨🌈💙 @OT_Expert

10 days ago

RT @musedNeuroOT: @RobW_OT @Occ4LifeLtd @anita_atwal @OTalk_ There is talk of our CFS/ME service supporting LongCOVID clinics #OTalk

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10 days ago

RT @Tori_Doll_: @Occ4LifeLtd Combination of format and delivery - we used easy read symbols with the help of #SaLT and discussed the conten...

**#OTalk** @OTalk_

10 days ago

And here we are with our second question #OTalk

**OT_Skiff** 💙 @OT_Skiff

10 days ago

@Occ4LifeLtd I have recently been doing this more and noticed the difference. It is hard being your own OT, I agree #OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

#OTalk. Yes this needs to be pushed to commissioners that rehab is essential to recovery . But we need the evidence to make cases . So outcome measures ?????

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @anita_atwal: #OTalk. Yes this needs to be pushed to commissioners that rehab is essential to recovery . But we need the evidence to mak

is essential to recovery. But we need the evidence to mark...



Wendy Foo @wendy_foo_

10 days ago

@lauraingham1 @musedNeuroOT @RobW_OT @Occ4LifeLtd @anita_atwal @OTalk_ Our paediatric Long Covid clinics are being led by rheumatology MDT due to PIMS-TS complications that need follow up #OTalk



OT_Skiff 🧡 @OT_Skiff

10 days ago

RT @Occ4LifeLtd: 2. What outcome measures are being used to evaluate OT elements of #longcovid services. Or alternatively what could/shoul...



Kirsty Stanley Occupation4Life 🧡 @Occ4LifeLtd

10 days ago

Thanks for sharing your experience Maddy. I wonder if this is linked to service remit/funding or therapist skills/knowledge. #otalk. How many OTs feel confident to give pacing advice?



Kirsty Stanley Occupation4Life 🧡 @Occ4LifeLtd

10 days ago

RT @ot_mai: @Occ4LifeLtd @anita_atwal @OTalk_ The @RCOT fatigue management and sleep hygiene information is used in our COVID ITU follow up...



Kirsty Stanley Occupation4Life 🧡 @Occ4LifeLtd

10 days ago

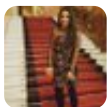
@ot_mai @anita_atwal @OTalk_ @rcot When you say used. How is this information shared and how are people supported to apply to their own lives? #otalk



Dr Anita Atwal @anita_atwal

10 days ago

Yes heard RA is exacerbated by covid : hands being an issue? Is this the case ??? @OTalk



mai hussain @mai8793

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ We just started using the post covid functional scale (PCFS) I find it really helpful as its the service users who are answering the questions to determine how much support they need from others and how COVID has impacted them #OTalk



#OTalk @OTalk_
#OTalk

10 days ago



Kirsty Stanley Occupation4Life 🧡 @Occ4LifeLtd

10 days ago

RT @OT_Skiff: @Occ4LifeLtd I have recently been doing this more and noticed the difference. It is hard being your own OT, I agree #OTalk



Dr Anita Atwal @anita_atwal

10 days ago

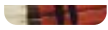
RT @Occ4LifeLtd: @ot_mai @anita_atwal @OTalk_ @rcot When you say used. How is this information shared and how are people supported to apply...



mai hussain @mai8793

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ Also chandler fatigue scale, good self rating

scale [#OTalk](#)**Laura Ingham** [@lauraingham1](#)

10 days ago

RT [@mai8793](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) We just started using the post covid functional scale (PCFS) I find it really helpful as its...**Ciara Breen** [@kirrabrean](#)

10 days ago

[@anita_atwal](#) Yes definitely. Sleep is often hugely disrupted. Really finding it important to help people gain just some equilibrium as an initial goal. Lots finding it a real challenge to just begin with that, and there's a lot of need for reassurance that slow is the way to go [#OTalk](#)**Kirsty Stanley** [Occupation4Life](#) [@Occ4LifeLtd](#)

10 days ago

This is interesting. [@LongCovidKids](#) will be interested in this. Can you share a bit about PIMS-TS that OTs working with children should be aware of? [#otalk](#)**Dr Anita Atwal** [@anita_atwal](#)

10 days ago

RT [@mai8793](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Also chandler fatigue scale, good self rating scale [#OTalk](#)**Ed Sum** [Occupational Therapist](#) [@musedNeuroOT](#)

10 days ago

[@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Do we need more outcome measures that account for minimising deterioration or maintaining engagement in occupations rather than aiming for 'more', 'faster', 'stronger', etc? [#OTalk](#)**Kirsty Stanley** [Occupation4Life](#) [@Occ4LifeLtd](#)

10 days ago

[#OTalk](#) - Sharing about the difference in those hospitalised and non-hospitalised [#longcovid](#)**OT_Skiff** [@OT_Skiff](#)

10 days ago

RT [@musedNeuroOT](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Do we need more outcome measures that account for minimising deterioration or maintaini...**THECOPM** [@TheCOPM](#)

10 days ago

[@Occ4LifeLtd](#) [@anita_atwal](#) and [@OTalk](#) [#OTalk](#) The COPM recently released a newsletter on Covid-19 long haulers and occupation.**Dr Anita Atwal** [@anita_atwal](#)

10 days ago

Sounds very useful [#OTalk](#)**Dr Anita Atwal** [@anita_atwal](#)

10 days ago

RT [@wendy_foo](#): [@lauraingham1](#) [@musedNeuroOT](#) [@RobW_OT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Our paediatric Long Covid clinics are being led by r...**Ciara Breen** [@kirrabrean](#)

10 days ago

RT [@TheCOPM](#): [@Occ4LifeLtd](#) [@anita_atwal](#) and [@OTalk](#) [#OTalk](#) The COPM recently released a newsletter on Covid-19 long haulers and occupation....

**Tori OT @Tori_Doll**

10 days ago

@anita_atwal Yes, adapting based on the Indigirka patient presentation and how #COVID has impacted physical and MH. #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

Are you able to share a link to this? #longcovid #otalk. How well do you think it captures Occupational Therapy outcomes? @anita_atwal

**Dr Nikki Daniels @NikkiDanielsOT**

10 days ago

@anita_atwal That's definitely a work in progress @anita_atwal Hoping we can learn from others in this evenings #OTalk to progress!!

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @mai8793: @Occ4LifeLtd @anita_atwal @OTalk_ Also chandler fatigue scale, good self rating scale #OTalk

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago

RT @Occ4LifeLtd: Yes. I am using my prior experience of supporting people with Multiple Sclerosis and also learning from the ME/CFS communi...

**Tori OT @Tori_Doll**

10 days ago

@anita_atwal Yes, adapting based on the individual patient presentation and how #COVID has impacted physical and MH. #OTalk

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago

RT @OTalk_: #OTalk

**Dr Anita Atwal @anita_atwal**

10 days ago

#OTalk. I am really concerned that we have no standardisation across services so we can pool and mine data. I really want a national data set so we can prove value of OT.

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago

RT @Occ4LifeLtd: Access to timely input has definitely been a challenge for people. How do OTs manage risk when people they see haven't had...

**Dr Anita Atwal @anita_atwal**

10 days ago

RT @mai8793: @Occ4LifeLtd @anita_atwal @OTalk_ We just started using the post covid functional scale (PCFS) I find it really helpful as its...

**OT_Expert** ✨🌈❤️ @OT_Expert

10 days ago

RT @lauraingham1: @musedNeuroOT @RobW_OT @Occ4LifeLtd @anita_atwal @OTalk_ Yes some individuals being seen in rheumatology OT services wher...

**Dr Anita Atwal @anita_atwal**

10 days ago

RT @Occ4LifeLtd: 2 What outcome measures are being used to evaluate OT



RT @Occ4LifeLtd: 2. What outcome measures are being used to evaluate OT elements of #longcovid services. Or alternatively what could/shoul...



Dr Anita Atwal @anita_atwal

10 days ago

RT @kirrabrean: @Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skill...



Dr Anita Atwal @anita_atwal

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk existing MDT pulmonary rehab services being adapted for those who exhibit respiratory...



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @anita_atwal: #OTalk . Also wonder if we can learn from rare diseases like post polio syndrome.



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

Excellent question Ed #otalk. Are our outcome measures fit for purpose?



OT_Expert ✨🌈💙 @OT_Expert

10 days ago

RT @kirrabrean: @Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skill...



Dr Anita Atwal @anita_atwal

10 days ago

RT @Tori_Doll_: @Occ4LifeLtd @anita_atwal @OTalk_ The @theRCOT Recovering from #COVID19 : Post viral-fatigue and conserving energy document...



OT_Skiff 💙 @OT_Skiff

10 days ago

@musedNeuroOT @Occ4LifeLtd @anita_atwal @OTalk_ Maybe some form of outcome measure looking at quality of life?! #OTalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

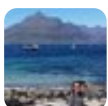
RT @TheCOPM: @Occ4LifeLtd @anita_atwal and @OTalk_ #OTalk The COPM recently released a newsletter on Covid-19 long haulers and occupation.



Dr Anita Atwal @anita_atwal

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ Hi everyone. Looking forward to this discussion. Interested to learn about the different app...



Wendy Foo @wendy_foo

10 days ago

@Occ4LifeLtd I personally would use stepped approach to discuss pacing - universal (leaflets, general advice, 4Ps), targetted (looking at specific difficulties) and specialist (individualised work using activity/ sleep diaries etc.) #OTalk



Jo Heslip @JoHeslip

10 days ago

@Occ4LifeLtd I am an OT with Long Covid and I'm really trying to learn as much as I can to help myself and hopefully others in the future. #OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @Occ4LifeLtd: Are you able to share a link to this? #longcovid #otalk. How well do you think it captures Occupational Therapy outcomes?...

**Mai** @ot_mai

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ @rcot We provide written information and talk through a daily activity or routine, specifically for fatigue management. For sleep hygiene we discuss what is stopping them from sleeping. As it's only an assessment we refer onto the specialist OT in the community who can help #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@TheCOPM @anita_atwal @OTalk_ Interesting - how many people use COPM as an outcome measure in their usual practice? And with #longcovid? #otalk

**Robert Workman** @RobW_OT

10 days ago

@OTalk_ #OTalk The OM depends on the impact on occupation. We encourage use of the MOTOM to evidence functional changes. Also AUSTOMS. Ideally PROMS /PREMS to have insight of the service users / patients / clients. Symptoms are so varied so difficult to limit use to just one.

**#OTalk** @OTalk_

10 days ago

Time for question 3 @Occ4LifeLtd @anita_atwal #OTalk

**Mai** @ot_mai

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ @rcot We also try to do an activity analysis with them if time allows #OTalk

**OT_Expert** ✨🌈💙 @OT_Expert

10 days ago

RT @anita_atwal: Sorry to hear that #OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

Great point Ed. I think we need to be mindful of the new NICE guidance on fatigue management and exercise so its about goals???? #OTalk

**#OTalk** @OTalk_

10 days ago

#OTalk

**Alison Cossons** @dandelionclock

10 days ago

RT @musedNeuroOT: @Occ4LifeLtd @anita_atwal @OTalk_ Do we need more outcome measures that account for minimising deterioration or maintaini...

**OT_Expert** ✨🌈💙 @OT_Expert

10 days ago

RT @mai8793: @Occ4LifeLtd @anita_atwal @OTalk_ We just started using the post covid functional scale (PCFS) I find it really helpful as its...



OT_E Expert ✨🌈💙 @OT_E Expert
RT @OTalk_: #OTalk

10 days ago



OT_E Expert ✨🌈💙 @OT_E Expert
RT @mai8793: @Occ4LifeLtd @anita_atwal @OTalk_ Also chandler fatigue scale, good self rating scale #OTalk

10 days ago



OT_E Expert ✨🌈💙 @OT_E Expert
RT @kirrabrean: @anita_atwal Yes definitely. Sleep is often hugely disrupted. Really finding it important to help people gain just some equ...

10 days ago



OT_E Expert ✨🌈💙 @OT_E Expert
RT @Occ4LifeLtd: This is interesting. @LongCovidKids will be interested in this. Can you share a bit about PIMS-TS that OTs working with ch...

10 days ago



OT_E Expert ✨🌈💙 @OT_E Expert
RT @musedNeuroOT: @Occ4LifeLtd @anita_atwal @OTalk_ Do we need more outcome measures that account for minimising deterioration or maintaini...

10 days ago



esthermmc @Esthermmc

10 days ago

Is this sensitive to an individual's changes? How does it reflect change due to Covid for people who already had disability? #OTalk



OT_E Expert ✨🌈💙 @OT_E Expert
RT @Occ4LifeLtd: #OTalk - Sharing about the difference in those hospitalised and non-hospitalised #longcovid

10 days ago



OT_E Expert ✨🌈💙 @OT_E Expert
RT @TheCOPM: @Occ4LifeLtd @anita_atwal and @OTalk_ #OTalk The COPM recently released a newsletter on Covid-19 long haulers and occupation.

10 days ago



Dr Anita Atwal @anita_atwal

10 days ago

RT @OTalk_: Time for question 3 @Occ4LifeLtd @anita_atwal #OTalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

#OTalk - this standardisation across service is something longhaulers have been pushing for. We need an update to the #NICE guidance based on what we know so far. Services are so variable on all aspects - from assessment to what professionals are involved #longcovid



OT_Skiff 💙 @OT_Skiff

10 days ago

RT @Occ4LifeLtd: #OTalk - this standardisation across service is something longhaulers have been pushing for. We need an update to the #NIC...



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: #OTalk - this standardisation across service is something



longhaulers have been pushing for. We need an update to the [#NIC...](#)

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



Excellent question Maddy. Who here had pacing/energy conservation as part of their training? [#otalk](#). We are all trained in activity analysis but there are definitely those of us who specialise in it though fatigue is a part of so many conditions, including cancer

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



RT [@OT_Skiff](#): [@musedNeuroOT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Maybe some form of outcome measure looking at quality of life?! [#OTalk](#)

Robert Workman [@RobW_OT](#)

10 days ago



[@OT_Skiff](#) [@musedNeuroOT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) [#OTalk](#) Good point. Patient feedback & self evaluation are important in all areas. OMs enforce the results that we think are important but may not be that important to the individual.

#OTalk [@OTalk](#)
[#OTalk](#)

10 days ago



Wendy Foo [@wendy_foo](#)

10 days ago



[@LongCovidKids](#) [@Occ4LifeLtd](#) [#OTalk](#) here's an article for those wanting to know more about PIMS TS [@OTalk](#) <https://t.co/lhObgoACpu>

Laura Ingham ❤️ [@lauraingham1](#)

10 days ago



[@OT_Skiff](#) [@musedNeuroOT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Yes but ideally alongside a measure with an occupational focus [#OTalk](#)

THECOPM [@TheCOPM](#)

10 days ago



RT [@Occ4LifeLtd](#): [@TheCOPM](#) [@anita_atwal](#) [@OTalk](#) Interesting - how many people use COPM as an outcome measure in their usual practice? And wi...

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



[#OTalk](#). This sounds like a great approach. We are pushing for more information on pacing etc [@yourcovidrecov1](#) to be openly available.

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



RT [@JoHeslip](#): [@Occ4LifeLtd](#) I am an OT with Long Covid and I'm really trying to learn as much as I can to help myself and hopefully others i...

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



Q3. Occupational Therapists , how would you define the unique selling point or value of OT in [#longcovid](#) and anyone who has experienced OT what about it was helpful/not helpful? [@anita_atwal](#) [@OTalk](#) [#otalk](#)

Dr Anita Atwal [@anita_atwal](#)

10 days ago



Yes this seems to be regular. Speech and language therapists managed to



yes this seems to be popular . Speech and language therapists managed to implement across professions . What's to stop us from doing the same ? [#OTalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

RT [@ot_mai](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) [@rcot](#) We provide written information and talk through a daily activity or routine, specifical...



#OTalk [@OTalk_](#)

10 days ago

Do we have the third question, I can't seem to find it [@Occ4LifeLtd](#) [@anita_atwal](#) [#OTalk](#)



OT_Skiff ❤️ [@OT_Skiff](#)

10 days ago

[@Occ4LifeLtd](#) Agreed, I learned about activity analysis in training. But learned energy conservation and pacing techniques through working with people with chronic conditions e.g. cardiac/resp and neuro conditions [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

Essential skill set [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

Ah thank you, got it now [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

Great idea [#OTalk](#)



mai hussain [@mai8793](#)

10 days ago

[@Occ4LifeLtd](#) [@anita_atwal](#) I've always been brought up with using the bartel which I personally didn't think was good enough outcome measure. I feel this captures more of the ADLs, as its about if the pt can manage and if anything is stopping them from completing it [#OTalk](#) hope that makes sense <https://t.co/SeL6Au0SCs>



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@musedNeuroOT](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) Do we need more outcome measures that account for minimising deterioration or maintaini...



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

Thanks for this Amy. Yes there are overlaps as well as uniquenesses. I'm already seeping up the learning from the group [#otalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

I always ask students if we were a bottle of perfume which one would we be? [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@Occ4LifeLtd](#): Thanks for this Amy. Yes there are overlaps as well as



uniquenesses. I'm already seeping up the learning from the group [#O...](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

[#otalk](#) Symptoms to be aware of in children because [#longcovid](#) doesn't just affect adults.



Robert Workman [@RobW_OT](#)

10 days ago

[@Occ4LifeLtd](#) [#OTalk](#) This was included in my training but that was quite some time ago. Not sure if it's still in the curriculum or picked up based on case studies & practice education opportunities.



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

RT [@RobW_OT](#): [@Occ4LifeLtd](#) [#OTalk](#) This was included in my training but that was quite some time ago. Not sure if it's still in the curriculum...



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

[@RobW_OT](#) I know I was invited in to teach on it when exploring a Multiple Sclerosis case study as part of problem based learning. [#otalk](#)



👤 **Rachel** 👤 [@RachelOTstudent](#)

10 days ago

[@RobW_OT](#) [@Occ4LifeLtd](#) [#OTalk](#) as a current student I can confirm it is still covered ;)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

Such a good point. Is this a generic skill set to all AHPs? Should it be peer led ? [#OTalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@RobW_OT](#): [@Occ4LifeLtd](#) [#OTalk](#) This was included in my training but that was quite some time ago. Not sure if it's still in the curriculum...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@Occ4LifeLtd](#): [@RobW_OT](#) I know I was invited in to teach on it when exploring a Multiple Sclerosis case study as part of problem based le...



mai hussain [@mai8793](#)

10 days ago

[@Esthermmc](#) I think it's hard to say if any outcome measures are as sensitive as we want them to be. It's a very subjective tool as it's based on how the individual interprets the question and if they feel they are back to their 'normal' and if they can manage [#OTalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

Out of interest what are the outcomes that matter most to people with [#longcovid](#)? For me it's about having an element of control over my day although if I'm honest symptom management/assessment is still a priority currently. Are OTs seeing people at the right time? [#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago



How do people get back to us when it is the right time or when they need reviewing?
#otalk



#OTalk @OTalk_
#OTalk

10 days ago



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: #otalk Symptoms to be aware of in children because #longcovid doesn't just affect adults.



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

4. What about the acknowledgment that some of the current #longcovid interventions carried out by Occupational Therapists could be adopted by other members of the MDT?! @anita_atwal @OTalk_ #otalk



Dr Anita Atwal @anita_atwal

10 days ago

Yes we are and we need to get evidence based guidance out. So important: glad you are here #OTalk



OT_Skiff ❤️ @OT_Skiff

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ Dual trained. OTs focus on what a person can do, enabling them to engage in meaningful occupations. Also, looking at activity and the physical, social, cognitive, and emotional aspects. Holistic, looking at the whole person! #OTalk



Robert Workman @RobW_OT

10 days ago

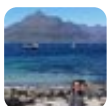
@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk our holistic approach is our unique selling point although sadly in practice many OTs are silo working as either physical or MH OTs. We should be able to offer advice about functional difficulties, brain fog, environment, sleep, anxiety, exercise etc.



#OTalk @OTalk_

10 days ago

Question no. 4 #OTalk



Wendy Foo @wendy_foo_

10 days ago

@anita_atwal unsure if there is definitive link will need to check with rheum colleagues #otalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

#otalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @wendy_foo_: @LongCovidKids @Occ4LifeLtd #OTalk here's an article for those wanting to know more about PIMS TS @OTalk_ <https://t.co/lh...>

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @OT_Skiff: @Occ4LifeLtd @anita_atwal @OTalk_ Dual trained. OTs focus on what a person can do, enabling them to engage in meaningful occu...

**Laura Ingham** ❤️ @lauraingham1

10 days ago

@RobW_OT @Occ4LifeLtd #OTalk, explored as part of approaches and intervention modules using problem based learning case study scenarios.

**Dr Anita Atwal** @anita_atwal

10 days ago

But what makes us unique? What is our unique skill set. I am struggling with this. Help please #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk our holistic approach is our unique selling point although sadly in practice many OTs...

**Susan Madigan OT** @SusanMadigan3

10 days ago

RT @OT_Skiff: @Occ4LifeLtd @anita_atwal @OTalk_ Dual trained. OTs focus on what a person can do, enabling them to engage in meaningful occu...

#OTalk @OTalk_
#OTalk

10 days ago

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@RobW_OT @anita_atwal @OTalk_ This is why I love that we have OTs working in Mental Health in the chat too. Would love to know more about how they have managed to broach this #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @lauraingham1: @RobW_OT @Occ4LifeLtd #OTalk, explored as part of approaches and intervention modules using problem based learning case s...

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @anita_atwal: But what makes us unique? What is our unique skill set. I am struggling with this. Help please #OTalk

**Rachel Booth** ❤️ @OT_rach

10 days ago

@mai8793 @Occ4LifeLtd @anita_atwal @OTalk_ Where can I find this scale? #otalk

**OT_Skiff** ❤️ @OT_Skiff

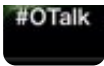
10 days ago

@Occ4LifeLtd Oooh good question. I guess being able to engage and do things that I enjoy without exacerbating symptoms. Agree, that getting stabilised medically is my current priority #OTalk



#OTalk @OTalk_

10 days ago



#OTalk

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk our holistic approach is our unique selling point although sadly in practice many OTs...

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @lauraingham1: @RobW_OT @Occ4LifeLtd #OTalk, explored as part of approaches and intervention modules using problem based learning case s...

**Dr Anita Atwal** @anita_atwal

10 days ago

I would say it's all about occupation based recovery #OTalk . That's what makes us unique and amazing

**Robert Workman** @RobW_OT

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk MDT working & shared skill set very useful with such varied symptoms. Also essential in primary care teams to stop people being repeatedly signposted to other specialist services unless absolutely required.

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

#otalk. This. @anita_atwal I think by focusing on rapid group based interventions this is where we lose OT. Surely it is in supporting people to adapt principles to their own life circumstances is where we sit. Costs more money upfront. Are we more cost effective over time ?

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @OT_rach: @mai8793 @Occ4LifeLtd @anita_atwal @OTalk_ Where can I find this scale? #otalk

**OT_Skiff** ❤️ @OT_Skiff

10 days ago

RT @anita_atwal: I would say it's all about occupation based recovery #OTalk . That's what makes us unique and amazing

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

So COPM - satisfaction scale over performance might well be a very valid outcome tool for us to us. Why reinvent the wheel? @TheCOPM #otalk #longcovid



#OTalk @OTalk_

10 days ago

**Dr Anita Atwal** @anita_atwal

10 days ago

Shall we put some resources together after this talk @Occ4LifeLtd #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago



5. Sneaking in a Bonus question. Where should Occupational Therapy services for people with [#longcovid](#) be placed and what should their remit be? [@anita_atwal](#) [@OTalk](#) [#otalk](#)



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@ot_mai](#): [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) [@rcot](#) We provide written information and talk through a daily activity or routine, specifical...



OT_Skiff [@OT_Skiff](#)

10 days ago

RT [@Occ4LifeLtd](#): So COPM - satisfaction scale over performance might well be a very valid outcome tool for us to us. Why reinvent the wheel...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@lauraingham1](#): [@musedNeuroOT](#) [@RobW_OT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) Yes some individuals being seen in rheumatology OT services wher...



Jo Heslip [@JoHeslip](#)

10 days ago

RT [@Occ4LifeLtd](#): [#otalk](#). This. [@anita_atwal](#) I think by focusing on rapid group based interventions this is where we lose OT. Surely it is i...



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@musedNeuroOT](#): [@RobW_OT](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) There is talk of our CFS/ME service supporting LongCOVID clinics [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

Final question of the night [#OTalk](#)



👁️ **Rachel** 👁️ [@RachelOTstudent](#)

10 days ago

[@anita_atwal](#) [@Occ4LifeLtd](#) [#OTalk](#) that would be amazing!



Robert Workman [@RobW_OT](#)

10 days ago

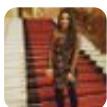
[@OTonthegarh](#) [@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk](#) [#OTalk](#) Yes. Absolutely this!



#OTalk [@OTalk](#)

10 days ago

[#OTalk](#)



mai hussain [@mai8793](#)

10 days ago

[@OTalk](#) Sorry sleepy head forgot to hashtag [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

Only 10 minutes remaining of tonight's [#OTalk](#) chat

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @Occ4LifeLtd: 5. Sneaking in a Bonus question. Where should Occupational Therapy services for people with #longcovid be placed and what...

**esthermmc** @Esthermmc

10 days ago

<https://t.co/QC16SN6M75> #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

#otalk I concur. And this is where it links to the bonus question I have just posted. I think #longcovid focused OTs are best placed in the community or in Primary Care or indeed in DWP -not in assessing for benefits but in supporting people to manage life before they add in work

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk MDT working & shared skill set very useful with such varied symptoms. Also essential...

**THECOPM** @TheCOPM

10 days ago

RT @Occ4LifeLtd: So COPM - satisfaction scale over performance might well be a very valid outcome tool for us to us. Why reinvent the wheel...

**Carolyn** @CeeCeeOT

10 days ago

RT @Occ4LifeLtd: So who joining #OTalk has #longcovid? Who is supporting people with it as a carer? Or as an OT? In a dedicated clinic or i...

**OT_Skiff** ❤️ @OT_Skiff

10 days ago

RT @Occ4LifeLtd: #otalk I concur. And this is where it links to the bonus question I have just posted. I think #longcovid focused OTs are b...

**Dr Anita Atwal** @anita_atwal

10 days ago

#OTalk. Loved every moment and all of you amazing people

**#OTalk** @OTalk_

10 days ago

And now only 5 minutes remaining #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@RobW_OT @anita_atwal @OTalk_ Having worked in a specialist team I see the value in OT being there but we do need OT generalists too. Especially for those people who have no label or diagnosis. Why should people need one to see OT. We all engage in Occupation after all! #otalk

**Ed Sum Occupational Therapist** 🌈❤️🇬🇧 @musedNeuroOT

10 days ago

@anita_atwal I use skills that others have, but not many professions have the mix of skills that I have that have been finessed with experience. Occupational Therapists are generally highly skilled communicators and it is more than 'a skill' #OTalk



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)
#otalk

10 days ago



Susan Griffiths [@SusanGriffiths5](#)

10 days ago

[@anita_atwal](#) Surely it is occupation. We focus on supporting people to continue with or return to their meaningful occupations. Energy conservation, etc. are just tools that allows us to support this. Focus on occupational measures. #OTalk



Jerry Chen [@mrtallerjerry](#)

10 days ago

RT [@Occ4LifeLtd](#): So COPM - satisfaction scale over performance might well be a very valid outcome tool for us to us. Why reinvent the wheel...



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)
#otalk indeed

10 days ago



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

[@RachelOTstudent](#) [@anita_atwal](#) We might have plans!!! #otalk 🤔🤔



Dr Anita Atwal [@anita_atwal](#)

10 days ago

#OTalk . We have not touched on return back to work. May be we can focus next chat on this? [@Occ4LifeLtd](#) [@emmakears](#) [@JazBestwick](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

We are literally the Mary Poppins/Hermione with our never ending bags #otalk



Jillian Swaine [@jillian_swaine](#)

10 days ago

Post-COVID-19 Functional Test



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@Occ4LifeLtd](#): We are literally the Mary Poppins/Hermione with our never ending bags #otalk <https://t.co/oCVPvq5MiK>



Robert Workman [@RobW_OT](#)

10 days ago

[@Occ4LifeLtd](#) [@anita_atwal](#) [@OTalk_](#) #OTalk Exactly! Specialist teams are absolutely essential but not everyone needs to see a specialist. In Wales we are building up our OT presence in GP practices. Perfect place to identify and address some of the LC issues developing.



Dr Anita Atwal [@anita_atwal](#)

10 days ago

RT [@Occ4LifeLtd](#): [@RobW_OT](#) [@anita_atwal](#) [@OTalk_](#) Having worked in a specialist team I see the value in OT being there but we do need OT gener...



OT_Skiff  @OT_Skiff

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk #OTalk Exactly! Specialist teams are absolutely essential but not everyone needs to see a sp...



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: 4. What about the acknowledgment that some of the current #longcovid interventions carried out by Occupational Therapists...



#OTalk @OTalk_

#OTalk

10 days ago



Kirsty Stanley Occupation4Life  [@Occ4LifeLtd](#)

10 days ago

I like this. A lot of us in [@long_covid](#) are claiming the [#expertsbyexperience](#) bag. Services, not just research needs to be co-produced with the people who need them! [#otalk](#) [#longcovid](#)



Dr Anita Atwal @anita_atwal

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk #OTalk Exactly! Specialist teams are absolutely essential but not everyone needs to see a sp...



Wendy Foo @wendy_foo

10 days ago

@anita_atwal Our focus on activity analysis, lifestyle redesign and importantly, addressing environmental barriers whether that's the home, school or work environment or attitudes/ knowledge of others. Other members of MDT can help with universal interventions. #OTalk <https://t.co/OqzrtZ0G0R>



Dr Anita Atwal @anita_atwal

10 days ago

RT @OTalk : #OTalk



Susan Griffiths @SusanGriffiths5

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ We can argue that any OT can provide support regardless of where they work if one of their patients has long COVID as we are focusing on occupation. I am already checking with the patients I see and their parents whether or not they have long COVID #OTalk



LecturerMish 🕷️ 🇬🇧 🇪🇺 🇬🇧 💙 🌺 **She/Her** @LecturerMish
#OTalk What have I missed? Total tech failure

10 days ago



☯ Rachel ☯ @RachelOTstudent

10 days ago

@Occ4LifeLtd #OTalk I would love that bag Hermione has 😊



Robert Workman @RobW OT

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk Ideally in primary care / GP practices to identify issues and start responding asap. Although, all clinicians need to be

...currently research and start responding deeper knowledge, an evidence base is aware of impact of LC as we don't yet know how it may impact on other conditions.

Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Return to work is a hot topic. #longcovid #otalk @lesleymacniven @ClareRayner6 @JCeoltaSmith @cathythomsonPT @_sophiee28 have been doing great MDT collaboration on this as part of the employment sub group. It's been great to have occupational medicine/psychology/HR expertise

Dr Anita Atwal @anita_atwal

10 days ago

we missed you #OTalk

Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

This #otalk

Dr Anita Atwal @anita_atwal

10 days ago

RT @RobW_OT: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk Ideally in primary care / GP practices to identify issues and start responding asap....

Jasmine Yule @JazBestwick

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ OT's help people to approach meaningful occupations differently (energy conservation, pacing, adaptation, problem solving) rather than advising them to avoid it altogether!! #OTalk #LongCovid

Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Excellent. Should this be a question we ask no matter where we work? #otalk

#OTalk @OTalk_

10 days ago

Time's up! Thanks to our hosts @anita_atwal and @Occ4LifeLtd for such a stimulating discussion. Apologies but I forgot to tweet the #OTalk and the three "rules" at the start of the session. My punishment was to retweet all the tweets with the incorrect or missing # 🙄

Robert Workman @RobW_OT

10 days ago

@Occ4LifeLtd #OTalk Our staff well-being service adapting to support people with LC. It's an MDT but with a strong OT presence.

#OTalk @OTalk_

10 days ago

#OTalk – 8th June 2021 – Occupational Identity <https://t.co/6TVp1a42Qj>

OT_Skiff ❤️ @OT_Skiff

10 days ago

@OTalk_ @anita_atwal @Occ4LifeLtd Thank you all, really enjoyed that! ❤️ #OTalk

LecturerMish 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

10 days ago



RT @anita_atwal: I would say it's all about occupation based recovery #OTalk .
That's what makes us unique and amazing <https://t.co/HhnoYn8...>



Dr Carolynne White OT @Carolynne_OT

10 days ago

@BRtractordriver @Occ4LifeLtd Pacing and energy conservation is definitely covered in OT training. @JBOccyTherapy is one occupational therapist who specialises in this area. #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Wow. Hours go so quickly on #otalk. Do connect with me via DM if you are an OT who has LC also see @LongCovidOT. Works with people with LC or indeed if you are someone with #longcovid who would like to shape Occupational Therapy practice in this area.



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Yes. Co-morbidities are huge. Worsening pre-existing ones or developing new ones. #otalk



Wendy Foo @wendy_foo_

10 days ago

@SusanGriffiths5 @Occ4LifeLtd @anita_atwal @OTalk_ Love this Susan. As an MDT we routine ask in clinics if anyone in the family has had Covid and how it's impacted on them. Most of my time is spend supporting parents so if they have Long Covid it impacts on children's occupations too. #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Thank you to @anita_atwal and Emma for their work in this area and to @OTalk_ for fitting us in at short notice. I truly believe OT has a lot to offer people with #longcovid but we need to ensure what we offer is helpful and as soon as we can - evidence based #otalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

#otalk



Susan Griffiths @SusanGriffiths5

10 days ago

@wendy_foo_ @Occ4LifeLtd @anita_atwal @OTalk_ Absolutely, also no point making recommendations for children if the parents can't implement it due to long COVID #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

@OTonthegarh @long_covid Don't forget to add the hashtag to your tweets for people to see them. Thanks for your great input tonight. #otalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @JazBestwick: @Occ4LifeLtd @anita_atwal @OTalk_ OT's help people to approach meaningful occupations differently (energy conservation, pa...



10 days ago

Diolch yn fawr 🍷



10 days ago

And much more ergonomic/energy saving #otalk



10 days ago

Can you say more about this? #otalk



10 days ago

RT @Carolynne_OT: @BRtractordriver @Occ4LifeLtd Pacing and energy conservation is definitely covered in OT training. @JBOccyTherapy is one...



10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk, less impairment focussed but total focus on occupations, treatment thru activity. I remember the motor relearning course emphasising just that, focus on the activity, whether is be the treatment modality or the end purpose, need risk Ax obvs. #OccupationalTherapy #PEO



10 days ago

Come and join [@sarahjoOT](#) and I to talk all about occupational identity - look forward to you all joining us 🙌🙌🙌🙌



10 days ago

@Carolynne_OT @BRtractordriver @JBOccyTherapy Very much links to our diversity #otalk too. Having OTs who experience fatigue/pain/#longcovid etc can be a huge benefit but we tend to get caught up with professional boundaries. Loved the input from Maddy who recognised the value of working with someone who has the same issues



10 days ago

RT @wendy_foo_: @SusanGriffiths5 @Occ4LifeLtd @anita_atwal @OTalk_ Love this Susan. As an MDT we routine ask in clinics if anyone in the fa...



10 days ago

RT @SusanGriffiths5: @wendy_foo_ @Occ4LifeLtd @anita_atwal @OTalk_ Absolutely, also no point making recommendations for children if the par...



10 days ago

@musedNeuroOT OT is definitely a complex intervention and importantly, not done to someone, but done with. #OTalk



10 days ago

I'm not sure if [@anita_atwal](#) mentioned it but we were also going to explore how culturally sensitive many interventions and outcome measures were. #otalk. May

have missed it in the flood of tweets.



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @LecturerMish: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk, less impairment focussed but total focus on occupations, treatment thru activit...



LecturerMish 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk_ #OccupationalTherapy enabling ppl to do what they need & want to do from everyday chores, to using transport to getting on with employment to participating in leisure activities. Enabling ppl to thrive & not just exist, enabling connectedness & interdependence w community #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

Thrive not exist. Yes @LecturerMish #otalk.



Dr Anita Atwal @anita_atwal

10 days ago

RT @LecturerMish: @Occ4LifeLtd @anita_atwal @OTalk_ #OccupationalTherapy enabling ppl to do what they need & want to do from everyday chore...



Dr Anita Atwal @anita_atwal

10 days ago

#OTalk. Yes really wanted to discuss this one but think we ran out of time . But think we could reflect on this and discuss ? @BAMEOTUK @LecturerMish @Occ4LifeLtd @emmakears



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: Wow. Hours go so quickly on #otalk. Do connect with me via DM if you are an OT who has LC also see @LongCovidOT. Works wit...



Dr Anita Atwal @anita_atwal

10 days ago

RT @Occ4LifeLtd: Thank you to @anita_atwal and Emma for their work in this area and to @OTalk_ for fitting us in at short notice. I truly...



Dr Anita Atwal @anita_atwal

10 days ago

RT @wendy_foo_: @musedNeuroOT OT is definitely a complex intervention and importantly, not done to someone, but done with. #OTalk



Dr Anita Atwal @anita_atwal

10 days ago

RT @OTalk_: #OTalk – 8th June 2021 – Occupational Identity
<https://t.co/6TVp1a42Qj>



Sandra Kirkwood @sandra_kirkwood

10 days ago

RT @OTalk_: #OTalk <https://t.co/koWCcC1XCu>



LecturerMish 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

10 days ago

@Occ4LifeLtd @anita_atwal #OTalk Need ethnorelative services (intentional integration of global cultures is #LongCovid services). Outcome measure are



integration of global cultures in [#longcovid](#) services). Outcome measure are cocreated with the person. I remember the RA consultant always asks me what is success for me at end of intervention, we went back to that on review appt.



LecturerMish 🕷️ 🇬🇧 🇬🇪 🇪🇺 💙 🌺 **She/Her** @LecturerMish

10 days ago

@wendy_foo_ @musedNeuroOT Agree, #OccupationalTherapy is complex because it has multiple moving parts, not known what exactly will benefit the person from the intervention/service, the solution is for right now & may change with changing context or over time #OTalk #LongCovid



Emma Halliwell @emhalliwell84

10 days ago

@Occ4LifeLtd @anita_atwal @OTalk #OTalk



Wendy Foo @wendy_foo

10 days ago

@Carolynne_OT @BRtractordriver @Occ4LifeLtd @JBOccyTherapy Have to admit I remember very little about pacing from OT training. As a band 5 I gave out generic fatigue leaflets about the "boom bust" cycle and not much else. 😞 It definitely took a few years and lived experience to learn to do pacing better! #alwayslearning #OTalk



LecturerMish 🕷️ 🇬🇧 🇪🇺 🇬🇧 💙 🌸 **She/Her** @LecturerMish

10 days ago

Thank you [#OTalk](#) leads for today's topic Just catching up, I have commented on some of the questions late, but reading content sounds as if we need another session on this in 6 months to review how [#LongCovid](#) [#OccupationalTherapy](#) services are doing, or what they are doing G'nite



Dr Anita Atwal @anita_atwal

10 days ago

RT @LecturerMish: Thank you #OTalk leads for today's topic Just catching up, I have commented on some of the questions late, but reading co...



BAMEOTUK @BAMEOTUK

10 days ago

RT @LecturerMish: Thank you #OTalk leads for today's topic Just catching up, I have commented on some of the questions late, but reading co...



Kirsty Stanley Occupation4Life **@Occ4LifeLtd**

10 days ago

#otalk I feel lots of us need to join in with @ot_bay #OTDisruptors event!



Kirsty Stanley Occupation4Life **@Occ4LifeLtd**

10 days ago

Great. Please do share your insights from practice and don't forget to use [#OTalk](#) for your tweets to be captured in the transcript.



💙#Hello My Name Is Laura 💙 @marmi I

10 days ago

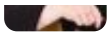
@mai8793 @Occ4LifeLtd @anita atwal @OTalk #OTalk



Kirsty Stanley Occupation4Life **@Occ4LifeLtd**

10 days ago

#otalk gentle is a nice way to describe. Out of interest what sort of outcome



measures do you use? /how do you show the value of OT?

💙 #Hello My Name Is Laura 💙 @marmi_l

10 days ago



@Occ4LifeLtd @anita_atwal @OTalk_ #OTalk I was on a call this morning with London AHPs and kindly reminded them that OTs specialise in #activityanalysis essential for through fatigue management & that we are also able to support returning to participation in activity e.g work #OTsrock



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

RT @wendy_foo_: @Carolynne_OT @BRtractordriver @Occ4LifeLtd @JBOccyTherapy Have to admit I remember very little about pacing from OT traini...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

RT @LecturerMish: @Occ4LifeLtd @anita_atwal #OTalk Need ethnorelative services (intentional integration of global cultures in #longcovid se...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

@LecturerMish @anita_atwal My #longcovid assessment form asked similar. #otalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

#otalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

RT @marmi_l: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk I was on a call this morning with London AHPs and kindly reminded them that OTs spec...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

@marmi_l @anita_atwal @OTalk_ It's amazing how often we forget this! #otalk



Mimil28 @Ra2myl

10 days ago

RT @Occ4LifeLtd: I like this. A lot of us in @long_covid are claiming the #expertsbyexperience bag. Services, not just research needs to be...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

#otalk not one I'm overly familiar with. Anyone used this? Is it just for older people?



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

#otalk



#hellomynameisRebecca @RebeccaCus

10 days ago

RT @Occ4LifeLtd: 1. What existing Occupational Therapy Interventions are being adapted for use with the #LongCovid population and is there...

**#hellomynameisRebecca @RebeccaCus**

10 days ago

RT @Occ4LifeLtd: 2. What outcome measures are being used to evaluate OT elements of [#longcovid](#) services. Or alternatively what could/shoul...

**#hellomynameisRebecca @RebeccaCus**

10 days ago

RT @Occ4LifeLtd: Q3. Occupational Therapists , how would you define the unique selling point or value of OT in [#longcovid](#) and anyone who ha...

**#hellomynameisRebecca @RebeccaCus**

10 days ago

RT @Occ4LifeLtd: 4. What about the acknowledgment that some of the current [#longcovid](#) interventions carried out by Occupational Therapists...

**#hellomynameisRebecca @RebeccaCus**

10 days ago

RT @Occ4LifeLtd: 5. Sneaking in a Bonus question. Where should Occupational Therapy services for people with [#longcovid](#) be placed and what...

**Laura Student OT @Laura_Does**

10 days ago

@Occ4LifeLtd Completely forgot this was an [#OTalk](#) discussion. Thought I was just chiming in on someone's thoughts 🙄

**OTNorthumbria @OTNorthumbria**

10 days ago

RT @marmi_: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk I was on a call this morning with London AHPs and kindly reminded them that OTs spec...

**Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd**

10 days ago

[#otalk](#)**Ros French @RosFrench1**

10 days ago

@Occ4LifeLtd @GeorgiaS_OT #OTalk I thought it was the 5Ps, 5th being positioning maybe it should be the 6Ps to consider pleasure as well!

**Ros French @RosFrench1**

10 days ago

@Occ4LifeLtd @GeorgiaS_OT #OTalk sorry that should have read the 5Ps being Permission, Planning, Prioritising, Pacing and Positioning!

**Mollie Osborn @ot_osborn**

10 days ago

RT @FitzsimonOt: UK Occupational Therapists working within adult mental health services: please consider volunteering in my MSc study or sh...

**Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd**

10 days ago

@RosFrench1 @GeorgiaS_OT Not heard of Permission before. How many Ps do we need? 🤔 [#otalk](#)

**annie hughes #withoutstigma #bekind @annmariehughes**

10 days ago

RT @Occ4LifeLtd: 1. What existing Occupational Therapy Interventions are being adapted for use with the [#LongCovid](#) population and is there...

**JBOT - Jo Southall** @JBOccyTherapy

10 days ago

Gutted I missed this #otalk on #LongCovid if I wasn't so far behind with my #ChronicPain essay I would totally have been there. Instead I'll just pop in to share this... Me repping OT last year for BBC Ouch <https://t.co/IY7EoOkZKo>

**JBOT - Jo Southall** @JBOccyTherapy

10 days ago

RT @JazBestwick: @Occ4LifeLtd @anita_atwal @OTalk_ OT's help people to approach meaningful occupations differently (energy conservation, pa...


Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd
 #longcovid #otalk

10 days ago


Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd
 #OTalk

10 days ago

**Daria Oller, PT, DPT, ATC** @ontapphysio2

10 days ago

RT @marmi_: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk I was on a call this morning with London AHPs and kindly reminded them that OTs spec...

**Ros French** @RosFrench1

9 days ago

@Occ4LifeLtd @GeorgiaS_OT #OTalk permission to ask for help, permission to take a break, permission to do essential tasks. I quite like the idea of the 6Ps and adding pleasure as well! Wonder how many more Ps there are lol!


Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd
 #OTalk

9 days ago

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

9 days ago

#otalk Lived experience is essential. Should universities get people with lived experience in to teach it???

**Marie Baistow** @Mrsbaistow

9 days ago

RT @NW_RCOT: Don't forget.... tuesday nights... 8pm.... #OTalk

**Clare Rayner** @ClareRayner6

9 days ago

RT @Occ4LifeLtd: Return to work is a hot topic. #longcovid #otalk @lesleymacniven @ClareRayner6 @JCeoltaSmith @cathythomsonPT @_sophiee28 h...

**Cathy Thomson** @cathythomsonPT

9 days ago

RT @Occ4LifeLtd: Return to work is a hot topic. #longcovid #otalk @lesleymacniven @ClareRayner6 @JCeoltaSmith @cathythomsonPT @_sophiee28 h...

**Jas Saunders** @JasSaunders1

9 days ago

RT @Occ4LifeLtd: Thanks for sharing your experience Maddy. I wonder if this is



linked to service remit/funding or therapist skills/knowledg...



Jas Saunders @JasSaunders1

9 days ago

RT @Occ4LifeLtd: #otalk Lived experience is essential. Should universities get people with lived experience in to teach it???



Long Covid OT @LongCovidOT

9 days ago

RT @Tori_Doll_: @Occ4LifeLtd @anita_atwal @OTalk_ The @theRCOT Recovering from #COVID19 : Post viral-fatigue and conserving energy document...



Lou Gallie @LifeBoatGeek

9 days ago

@Occ4LifeLtd I often talk to student nurses and healthcare staff about my experience of Critical illness and post rehab journey. They find it really informative. In a way, hearing it from someone who's been through it helps to put it into perspective #OTalk #FutureOT #patientadvocate



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

#otalk



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

@LifeBoatGeek That's great. We definitely need humans alongside textbooks/journal articles. #otalk



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

I'm going to share something now that shows the reality behind the social media. In order to focus my energy on work/advocacy this is one of the rooms in my house. This is the struggle with balance that many with #longcovid and #energylimitingchronicillnesses are facing. #otalk <https://t.co/MRgFAa7d3z>



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

I also have #ADHD and am single so a)no one to report to but b) no one to help. #LongCovid #otalk



Rachel Booth @OT_rach

9 days ago

BLOG UPDATED with transcript from - Improving Representation in OT - One Year On - What Next - #OTalk 25th May 2021 <https://t.co/S0eYEEyMUO> via @OTalk_ @Occ4LifeLtd



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

Thanks Rachel. Guessing it was a long one #otalk



Kirsty Stanley Occupation4Life @Occ4LifeLtd

9 days ago

@trifan_tatiana Feel free to show them my tweet if it helps. The being we present to the world (whether online or face to face) is not the whole of us. What sacrifices do people make to share that face? #longcovid #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

9 days ago

93 people is a drop in the ocean but if each person talks to 3 others who talk to others ... it will soon add up #otalk #diversots <https://t.co/XwVQcOI1Ci>

**DrJennyCeolta-Smith** ❤️ #FBLC @JCeoltaSmith

9 days ago

RT @Occ4LifeLtd: Return to work is a hot topic. #longcovid #otalk @lesleymacniven @ClareRayner6 @JCeoltaSmith @cathythomsonPT @_sophiee28 h...

**LecturerMish** 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

9 days ago

RT @musedNeuroOT: @Occ4LifeLtd @anita_atwal @OTalk_ Do we need more outcome measures that account for minimising deterioration or maintaini...

**LecturerMish** 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

9 days ago

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**LecturerMish** 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

9 days ago

RT @wendy_foo_: @anita_atwal Our focus on activity analysis, lifestyle redesign and importantly, addressing environmental barriers whether...

**DrJennyCeolta-Smith** ❤️ #FBLC @JCeoltaSmith

9 days ago

RT @Occ4LifeLtd: We'd love to have some more patient voices joining us tonight. What would you like to see from occupational therapy input...

**#OTalk @OTalk_**

9 days ago

If you joined in #OTalk last week 25th May 2021 or just want to read what was said. Checkout the blog for an update and download the transcript PDF. If you joined in this chat then the transcript can be used as evidence for CPD. You could also write a reflection. 💡 1/2

**#OTalk @OTalk_**

9 days ago

We handily have a reflection template you can use on our website. #otalk Aren't we great!!! 😊 <https://t.co/HSHHvoGfxN>

**Rachel Booth** ❤️ @OT_rach

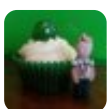
9 days ago

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**Rachel Booth** ❤️ @OT_rach

9 days ago

RT @OTalk_: If you joined in #OTalk last week 25th May 2021 or just want to read what was said. Checkout the blog for an update and downlo...

**Hannah Spencer** @hspenceruk

9 days ago

RT @Occ4LifeLtd: 93 people is a drop in the ocean but if each person talks to 3 others who talk to others ... it will soon add up #otalk #div...

**Dr Becca Khanna** @rebecca_khanna

9 days ago



RT @ot_mai: @Occ4LifeLtd @anita_atwal @OTalk_ The @RCOT fatigue management and sleep hygiene information is used in our COVID ITU follow up...



Dr Becca Khanna @rebecca_khanna

9 days ago

RT @Tori_Doll_: @Occ4LifeLtd @anita_atwal @OTalk_ The @theRCOT Recovering from #COVID19 : Post viral-fatigue and conserving energy document...



Mai @ot_mai

9 days ago

@anita_atwal Couldn't agree more to this #OTalk



LecturerMish 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

9 days ago

RT @OT_rach: BLOG UPDATED with transcript from - Improving Representation in OT - One Year On - What Next - #OTalk 25th May 2021 <https://t...>



Nancy.ClarkPhDstudent @NancyCCCU

9 days ago

RT @Occ4LifeLtd: 5. Sneaking in a Bonus question. Where should Occupational Therapy services for people with #longcovid be placed and what...



OfficialCAHPR @OfficialCAHPR

9 days ago

RT @OTalk_: If you joined in #OTalk last week 25th May 2021 or just want to read what was said. Checkout the blog for an update and downlo...



Nancy.ClarkPhDstudent @NancyCCCU

9 days ago

RT @RachaelD_OT: A date for your diaries - Monday 14th June 🥰🥰🥰
@LGBTQIAOTUK #OccupationalTherapy #OccupationalTherapists #OT
#OTstudents #...



ICUsteps @ICUsteps

9 days ago

RT @LifeBoatGeek: @Occ4LifeLtd I often talk to student nurses and healthcare staff about my experience of Critical illness and post rehab j...



Lorraine Mischuk @lmischukOT

9 days ago

RT @TheCOPM: @Occ4LifeLtd @anita_atwal and @OTalk_ #OTalk The COPM recently released a newsletter on Covid-19 long haulers and occupation.



Occupational Therapy Writing Group @otwg_gcu

9 days ago

RT @otwg_gcu: Need space to write? The occupational therapy writing group is probably for you. We are online tonight 18.00-20.00 (just b...



Nancy.ClarkPhDstudent @NancyCCCU

8 days ago

RT @Occ4LifeLtd: #otalk Lived experience is essential. Should universities get people with lived experience in to teach it???



AHPs & Occupational Therapists In Retirement 🌈 🇬🇧 🇬🇧 @Ret_AHPs

8 days ago

@OTalk_ #OTalk, missed this, sadly, but if there's anyone reviewing the disc. on #LongCovid I'd be interested to know if anyone has any experience of ppl trying to claim state benefits such as PIP etc. I'm a Trustee for a CA & looking at whether

claim state benefits, such as PIP. It's a matter for a court looking at medical evidence. There's a need for caseworker training TIA



#hellomynameisRebecca @RebeccaCus

8 days ago

RT @kirrabrean: @Occ4LifeLtd @anita_atwal @OTalk_ In Galway we are drawing a lot on fatigue management, energy conservation, pacing skill...



#hellomynameisRebecca @RebeccaCus

8 days ago

RT @wendy_foo_: @Occ4LifeLtd @anita_atwal @OTalk_ #otalk <https://t.co/7axEDgyQ1f>



#hellomynameisRebecca @RebeccaCus

8 days ago

RT @LecturerMish: @Occ4LifeLtd @anita_atwal @OTalk_ #OccupationalTherapy enabling ppl to do what they need & want to do from everyday chore...



#hellomynameisRebecca @RebeccaCus

8 days ago

RT @OT_Skiff: @Occ4LifeLtd @anita_atwal @OTalk_ Dual trained. OTs focus on what a person can do, enabling them to engage in meaningful occu...



#hellomynameisRebecca @RebeccaCus

8 days ago

RT @JazBestwick: @Occ4LifeLtd @anita_atwal @OTalk_ OT's help people to approach meaningful occupations differently (energy conservation, pa...



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8 days ago

RT @marmi_l: @Occ4LifeLtd @anita_atwal @OTalk_ #OTalk I was on a call this morning with London AHPs and kindly reminded them that OTs spec...

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