

#OTalk Transcript

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

Tue, August 31st 2021, 8:00PM – Thu, September 2nd 2021, 9:15PM (Europe/London).

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



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
@margaretOT360 Hi Margaret, thank you for joining us for tonight's [#OTalk](#)



Margaret Spencer MA @margaretOT360
All ready to go using the HCPC list to record 3 activities each month that provide evidence of standard 3 & 4 [#otalk](#)



Emma Laird (she/her) @EmmaLairdOT
@SLawsonOT Hello all, I will be lurking tonight only! [#OTalk](#)



Bill Wong, OTD, OTR/L @BillWongOT
Hello folks! [#otalk](#)



Rhiannon @OTRhiannon
@OTalk_ @colourful_ot @SLawsonOT [#OTalk](#) come to get some tips and tricks as a newly qualified OT



#OTalk @OTalk_
@OTRhiannon @colourful_ot @SLawsonOT Brilliant, great to have you here! [#OTalk](#)



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
@OTRhiannon @OTalk_ @colourful_ot Welcome Rhiannon hope you find something helpful from tonight's chat [#OTalk](#)



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
@EmmaLairdOT Hi Emma, welcome to the [#OTalk](#) chat



Dr Nikki Daniels @NikkiDanielsOT
@SLawsonOT Hi @SLawsonOT and [#otalk](#) Looking forward to tonight's chat



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
@KatieMo44590289 @KatrinaBannigan @OTalk_ @colourful_ot Welcome Katie. Just remember to include [#OTalk](#) in all your tweets so that they show up in



Katrina Baldry @KatrinaBaldryOT
@SLawsonOT Hello [#OTalk](#) Hoping this will kick me into shape to get organised!



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
@NikkiDanielsOT Hi Nikki, thank you for joining us [#OTalk](#)



#Hellomynameis Sarah (she/her) 📺💙🇪🇺🤔 @SLawsonOT
Q1: As a start point for tonight's [#OTalk](#) I'd like to take a moment to consider why it is so important that we engage in CPD. Why are we a [@The_HCPC](#) regu profession?



Janet @janetregan3
@SLawsonOT @OTRhiannon @OTalk_ @colourful_ot Another NQOT here. Lurking in between trying to get the kids in bed [#OTalk](#)



deb_OT @dmay_ot
@KatrinaBaldryOT @SLawsonOT Me too![#OTalk](#)



#Hellomynameis Sarah (she/her) 📧💙🇺🇸🤔 @SLawsonOT
@KatrinaBaldryOT Hi Katrina, thank you for joining us [#OTalk](#) hopefully you will find something to inspire you



Bill Wong, OTD, OTR/L @BillWongOT
@SLawsonOT @The_HCPC A1. I have to answer in American context throughout this whole chat. The reason we should engage in CPD is because we sh...
date about possible nuances related to our practices, no matter what settings we are in. [#otalk](#)



#Hellomynameis Sarah (she/her) 📧💙🇺🇸🤔 @SLawsonOT
@janetregan3 @OTRhiannon @OTalk @colourful_ot Hi Janet, welcome to [#OTalk](#) good luck with the bedtimes



Margaret Spencer MA @margaretOT360
@SLawsonOT @The_HCPC To demonstrate we a current in our practice and assure the general public we are safe to work with vulnerable people [#OTalk](#)



Emma Laird (she/her) @EmmaLairdOT
@SLawsonOT Thanks 😊 [#otalk](#)



#OTalk @OTalk_
@KatieMo44590289 @KatrinaBannigan @colourful_ot @SLawsonOT Glad you can join us, I'm sure many of our regulars will tell you that multitasking and f...
as you go along are important parts of the [#OTalk](#) experience! 🤔 <https://t.co/jTyZ4yHaZ4>



Dr Katrina Bannigan 🤔 [#BlackLivesMatter](#) @KatrinaBannigan
@SLawsonOT @KatrinaBaldryOT I am sure I will. It never does any harm to reflect on CPD [#OTalk](#)



Margaret Spencer MA @margaretOT360
RT @OTalk : @KatieMo44590289 @KatrinaBannigan @colourful_ot @SLawsonOT Glad you can join us, I'm sure many of our regulars will tell you th...



Bill Wong, OTD, OTR/L @BillWongOT
RT @margaretOT360: @SLawsonOT @The_HCPC To demonstrate we a current in our practice and assure the general public we are safe to work with...



#Hellomynameis Sarah (she/her) 📧💙🇺🇸🤔 @SLawsonOT
RT @OTalk : @KatieMo44590289 @KatrinaBannigan @colourful_ot @SLawsonOT Glad you can join us, I'm sure many of our regulars will tell you th...



Rhiannon @OTRhiannon
@SLawsonOT @The_HCPC [#OTalk](#) To continue updating and expanding our knowledge, we need to be taking in the information and using it for the benefit
and service.



Dr Katrina Bannigan 🤔 [#BlackLivesMatter](#) @KatrinaBannigan
@SLawsonOT @KatrinaBaldryOT Just saw Katrina and have now realised it was @KatrinaBaldryOT and not me! [#OTalk](#)



Dr Katrina Bannigan 🤔 [#BlackLivesMatter](#) @KatrinaBannigan
RT @OTalk : @KatieMo44590289 @KatrinaBannigan @colourful_ot @SLawsonOT Glad you can join us, I'm sure many of our regulars will tell you th...



deb_OT @dmay_ot
@SLawsonOT @The_HCPC To ensure we practice safely. [#otalk](#)



Margaret Spencer MA @margaretOT360
RT @OTRhiannon: @SLawsonOT @The_HCPC [#OTalk](#) To continue updating and expanding our knowledge, we need to be taking in the information and u.



Bill Wong, OTD, OTR/L @BillWongOT
RT @OTRhiannon: @SLawsonOT @The_HCPC [#OTalk](#) To continue updating and expanding our knowledge, we need to be taking in the information and u.



Susan Griffiths @SusanGriffiths5
@SLawsonOT @The_HCPC To ensure we meet standards relating to professional skills, conduct, etc. [#OTalk](#)



Bill Wong, OTD, OTR/L @BillWongOT
RT @KatrinaBannigan: @SLawsonOT @KatrinaBaldryOT I am sure I will. It never does any harm to reflect on CPD [#OTalk](#)

**Emma Laird (she/her) @EmmaLairdOT**

@KatrinaBannigan @SLawsonOT @KatrinaBaldryOT Hi katrina, this is a fantastic forum... #otalk

**Katrina Baldry @KatrinaBaldryOT**

@SLawsonOT @The_HCPC Very simply, we're registered with @The_HCPC in order to keep patients safe; so they can trust that they have a regulated pro visiting. We need to respect that and ensure we are following up-to-date guidance and ensure EBP #OTalk

**Margaret Spencer MA @margaretOT360**

RT @KatrinaBaldryOT: @SLawsonOT @The_HCPC Very simply, we're registered with @The_HCPC in order to keep patients safe; so they can trust th...

**Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan**

@SLawsonOT @The_HCPC Practice is always changing and we need to demonstrate that we are keeping up to date with those changes #OTalk

**Jayne Brown @jaynethill**

@SLawsonOT @The_HCPC I think as well as the other things above we should do it for ourselves. To keep ourselves fresh and engaged and motivated... r old same old #OTalk

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

RT @KatrinaBannigan: @SLawsonOT @The_HCPC Practice is always changing and we need to demonstrate that we are keeping up to date with those...

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

RT @jaynethill: @SLawsonOT @The_HCPC I think as well as the other things above we should do it for ourselves. To keep ourselves fresh and e...

**Katie Moss @KatieMo44590289**

@SLawsonOT @KatrinaBannigan @OTalk_ @colourful_ot #OTalk will do!

**Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan**

@jaynethill @SLawsonOT @The_HCPC I agree! Lifelong learning is a form of self care #OTalk (especially in careers that are getting longer and longer!)

**#Hellomynameis Sarah (she/her) 📚💙🇬🇧🙄 @SLawsonOT**@jaynethill @The_HCPC Yes, some of the many benefits of engaging in CPD is the intrinsic and extrinsic benefits we gain #OTalk @hearled did some rese: area <https://t.co/AIA9N7pW4D>**#Hellomynameis Sarah (she/her) 📚💙🇬🇧🙄 @SLawsonOT**

RT @jaynethill: @SLawsonOT @The_HCPC I think as well as the other things above we should do it for ourselves. To keep ourselves fresh and e...

**.bi @Abi21643842**

@OTalk_ @colourful_ot @SLawsonOT Good session plan to start the HCPC new audit cycle. I'm here! #OTalk

**Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan**

RT @EmmaLairdOT: @KatrinaBannigan @SLawsonOT @KatrinaBaldryOT Hi katrina, this is a fantastic forum... #otalk

**#Hellomynameis Sarah (she/her) 📚💙🇬🇧🙄 @SLawsonOT**

RT @KatrinaBannigan: @jaynethill @SLawsonOT @The_HCPC I agree! Lifelong learning is a form of self care #OTalk (especially in careers that...)

**Katrina Baldry @KatrinaBaldryOT**

@BillWongOT @SLawsonOT @The_HCPC May be a stupid question, but are you regulated like we are here? I also wonder if anyone knows anything about practice or other European practise? #JustIntrigued #OTalk

**Margaret Spencer MA @margaretOT360**

@KatrinaBannigan @jaynethill @SLawsonOT @The_HCPC Indeed 36 years and counting 🙄 #otalk

**#Hellomynameis Sarah (she/her) 📚💙🇬🇧🙄 @SLawsonOT**

@Abi21643842 @OTalk_ @colourful_ot Hi Abi, thank you for joining us #OTalk

**Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan**

@margaretOT360 @jaynethill @SLawsonOT @The_HCPC Who's counting? #OTalk

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

@KatrinaBaldryOT @SLawsonOT @The_HCPC no- I am not. In the US, we have our own regulations, too. We have a national board for registration purposes. state has its own board for licensing purposes. #otalk

**#Hellomynnameis Sarah (she/her)** @SLawsonOT

Q2: As our professional responsibility, do you know and understand what the HCPC Standards for CPD are, how many there are and what they mean? If not help you understand them? #OTalk

**deb_OT** @dmay_ot

@KatrinaBannigan @jaynethill @SLawsonOT @The_HCPC I agree to some extent although it also contributes to my my general sense of overwhelm at wh ceases to be any kind of care! #otalk

**#Hellomynnameis Sarah (she/her)** @SLawsonOT

@margaretOT360 @KatrinaBannigan @jaynethill @The_HCPC It's just one of the best things about being an OT is the opportunity to constantly learn #OTa

**Dr Katrina Bannigan** #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: @jaynethill @The_HCPC Yes, some of the many benefits of engaging in CPD is the intrinsic and extrinsic benefits we gain #OTa...

**Rhiannon** @OTRhiannon

@SLawsonOT @The_HCPC But also to develop self. The more we learn the more confident we can be as occupational therapists and the more we can cha world #OTalk

**Margaret Spencer MA** @margaretOT360

@KatrinaBaldryOT @BillWongOT @SLawsonOT @The_HCPC European has CORU similar to @HCPC #otalk

**#Hellomynnameis Sarah (she/her)** @SLawsonOT

A1: #OTalk The reasons we engage in CPD & are a regulated profession: To protect and ensure the safety of the public, so that the public know they can tru deliver, achieve and drive high quality care using up to date evidence informed practice <https://t.co/g3vIQwmwmw>

**Dr Katrina Bannigan** #BlackLivesMatter @KatrinaBannigan

@SLawsonOT @margaretOT360 @jaynethill @The_HCPC Absolutely. I love that as other people are thinking about their retirement I am still engaged and I things #OTalk

**Margaret Spencer MA** @margaretOT360

@SLawsonOT 4 but the main emphasis for audit is 3 & 4 #otalk

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**#Hellomynnameis Sarah (she/her)** @SLawsonOT

@OTRhiannon @The_HCPC Love this. Confidence is also an interesting finding in my research that I am currently writing up #OTalk

**Dr Katrina Bannigan** #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: A1: #OTalk The reasons we engage in CPD & are a regulated profession: To protect and ensure the safety of the public, so t...

**Dr Nikki Daniels** @NikkiDanielsOT

RT @SLawsonOT: A1: #OTalk The reasons we engage in CPD & are a regulated profession: To protect and ensure the safety of the public, so t...

**Margaret Spencer MA** @margaretOT360

@OTRhiannon @SLawsonOT @The_HCPC All up for changing the world #otalk

**#OTalk** @OTalk

RT @SLawsonOT: Q1: As a start point for tonight's #OTalk I'd like to take a moment to consider why it is so important that we engage in CPD...

**Rhiannon** @OTRhiannon

@SLawsonOT I need to research upon this myself to be able to understand them and meet these goals #OTalk

**#Hellomynnameis Sarah (she/her)** @SLawsonOT

@KatrinaBannigan @margaretOT360 @jaynethill @The_HCPC Yes, and that some who have technically retired are still working in all sorts of areas of OT & to promote and lead the profession. #OTalk (mentioning no names but you know who you are)

**#OTalk** @OTalk

RT @SLawsonOT: Q2: As our professional responsibility, do you know and understand what the HCPC Standards for CPD are, how many there are a...

**#Hellomynnameis Sarah (she/her)** @SLawsonOT

RT @KatrinaBannigan: @SLawsonOT @margaretOT360 @jaynethill @The_HCPC Absolutely. I love that as other people are thinking about their retir...

deb_OT @dmay_ot



@OTRhannon @SLawsonOT @The_HCPC Wonderful! #otalk



#OTalk @OTalk_

@margaretOT360 @KatrinaBaldryOT @BillWongOT @SLawsonOT @The_HCPC @hcpc I think CORU might specifically be Ireland (but I'm open to correc



#Hellomynameis Sarah (she/her) 📚💙🇮🇪👉 @SLawsonOT

@margaretOT360 I find that this is the aspect that often gets 'missed' in the collecting of certifications & 'doing' reflections - it's how the learning translates in that is key #OTalk



Abi @Abi21643842

@KatrinaBannigan @OTalk_ @jaynethill @SLawsonOT @The_HCPC I think supervision and time to reflect are so important to our personal and profession development #OTalk



Margaret Spencer MA @margaretOT360

@OTRhannon @SLawsonOT #otalk basically how has what you have done made rather service better and how have service users benefited from your act



Bill Wong, OTD, OTR/L @BillWongOT

RT @Abi21643842: @KatrinaBannigan @OTalk_ @jaynethill @SLawsonOT @The_HCPC I think supervision and time to reflect are so important to our...



#OTalk @OTalk_

RT @SLawsonOT: @margaretOT360 I find that this is the aspect that often gets 'missed' in the collecting of certifications & 'doing' reflect...



Bill Wong, OTD, OTR/L @BillWongOT

RT @SLawsonOT: A1: #OTalk The reasons we engage in CPD & are a regulated profession: To protect and ensure the safety of the public, so t...



Bill Wong, OTD, OTR/L @BillWongOT

RT @OTRhannon: @SLawsonOT @The_HCPC But also to develop self. The more we learn the more confident we can be as occupational therapists an...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

@SLawsonOT @margaretOT360 @jaynethill @The_HCPC Of course! #OTalk



Rhiannon @OTRhannon

@SLawsonOT Atm I am using CPDme which helps me observe how many hours I am partaking in CPD and ensuring I have a variety as I understand that is part of hcpc requirements, however still learning as a newbie #OTalk



Margaret Spencer MA @margaretOT360

RT @SLawsonOT: @margaretOT360 I find that this is the aspect that often gets 'missed' in the collecting of certifications & 'doing' reflect...



deb_OT @dmay_ot

@SLawsonOT @KatrinaBannigan @margaretOT360 @jaynethill @The_HCPC Do ever actually stop being an OT? I feel it might just be a way of life and we skills in almost everything we do. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@OTRhannon @SLawsonOT @The_HCPC true- we should know what our professional trajectories are. #otalk



Abi @Abi21643842

@SLawsonOT @jaynethill @The_HCPC @hearled I like the model but struggle with the monitor and review outcomes in practice #OTalk



#Hellomynameis Sarah (she/her) 📚💙🇮🇪👉 @SLawsonOT

@OTRhannon crucial to understand them as makes engaging in CPD easier and helps you to recognise when learning that could become CPD, also lots of resources in the #OTalk blog <https://t.co/9F4MObHTBi>



Carolyn OT 🙄 @CeeCeeOT

RT @SLawsonOT: Q1: As a start point for tonight's #OTalk I'd like to take a moment to consider why it is so important that we engage in CPD...



Margaret Spencer MA @margaretOT360

@dmay_ot @SLawsonOT @KatrinaBannigan @jaynethill @The_HCPC No 🙄🙄🙄 #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@OTRhannon @SLawsonOT @The_HCPC and when we get a chance to find our role models in terms of what they have accomplished, it's not a bad idea people's brains on how they get to where they are. #otalk

**Dr Nikki Daniels** @NikkiDanielsOT

RT @SLawsonOT: @margaretOT360 I find that this is the aspect that often gets 'missed' in the collecting of certifications & 'doing' reflect...

**Dr Katrina Bannigan** 🙏 #BlackLivesMatter @KatrinaBannigan

@SLawsonOT @OTRhannon Do you @SLawsonOT not think learning and CPD are the same things? #OTalk

**Abi** @Abi21643842

@SLawsonOT @OTalk @The_HCPC Continuous learning and professional development, supporting the future of OT #OTalk

**#Hellomynameis Sarah (she/her)** 📚💙🇬🇧🙏 @SLawsonOT

Q3: Within your everyday work and life how do you recognise that you are learning something that could contribute to your CPD? #OTalk

**Dr Katrina Bannigan** 🙏 #BlackLivesMatter @KatrinaBannigan

@dmay_ot @SLawsonOT @margaretOT360 @jaynethill @The_HCPC That is my sense as well #OTalk

**Margaret Spencer MA** @margaretOT360

@Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearded If you just take a couple of things each month from supervision you will find you meet the and start to keep a list easily #otalk

**#OTalk** @OTalk_

RT @SLawsonOT: Q3: Within your everyday work and life how do you recognise that you are learning something that could contribute to your CP...

**#Hellomynameis Sarah (she/her)** 📚💙🇬🇧🙏 @SLawsonOT

#OTalk I love this: 'Lifelong learning doesn't mean lifelong studying, it is getting the most out of – & learning from –every experience at work & in life. You don't study to learn ... you need to recognise, engage & apply' Adapted from @C4LPT

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

To ensure we keep up to date with evidence, reflect on what works and what doesn't do that we can do the best job for the people we serve. #otalk

**deb_OT** @dmay_ot

@Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearded I really struggle with monitor and measure. Every time I think I get it, I lose it. Goodness many times @SLawsonOT has explained it over the last 5 years. She's v patient! #otalk

**#Hellomynameis Sarah (she/her)** 📚💙🇬🇧🙏 @SLawsonOT

@Abi21643842 @KatrinaBannigan @OTalk @jaynethill @The_HCPC Agree, also mentorship and the informal conversations within the team - which I know with the pandemic #OTalk How do you find the time to reflect?

**SBU Southampton Library** @SBShamptonlib

RT @SLawsonOT: #OTalk I love this: 'Lifelong learning doesn't mean lifelong studying, it is getting the most out of – & learning from –ever...

**Carolyn OT** 🙏 @CeeCeeOT

RT @SLawsonOT: Q3: Within your everyday work and life how do you recognise that you are learning something that could contribute to your CP...

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

@OTRhannon @SLawsonOT I think that's the basic level IMO. Your first few years can be a good time to explore what you want to specialize in. #otalk

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

RT @Occ4LifeLtd: To ensure we keep up to date with evidence, reflect on what works and what doesn't do that we can do the best job for the...

**Abi** @Abi21643842

@SLawsonOT @OTalk I guess hitting every standard does feel difficult at time. Could do with a reread I think! #OTalk

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

RT @dmay_ot: @Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearded I really struggle with monitor and measure. Every time I think I get it...

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

RT @margaretOT360: @Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearded If you just take a couple of things each month from supervision y

**Katie Moss** @KatieMo44590289

@SLawsonOT I feel like I learn little snippets every day but it's not in-depth enough to be CPD #OTalk

Margaret Spencer MA @margaretOT360



@SLawsonOT If it improves service delivery and benefits the service user it's an activity that can be counted as CPD [#otalk](#)



OT_Expert 🌈 [#StopTheShock](#) [#StopSpectrum10k](#) @OT_Expert

RT @SLawsonOT: [#OTalk](#) I love this: 'Lifelong learning doesn't mean lifelong studying, it is getting the most out of – & learning from –ever...



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

I hope so. I taught them for a few years. And marked many many practice profiles. I really hope our old students would not fear getting the audit envelope.



Dr Katrina Bannigan 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

@margaretOT360 @Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearled Good point! (That said, I still have yet to be called to do the audit!) [#C](#)



Rhiannon @OTRhiannon

@SLawsonOT For me I learn new things everyday, but counting all these things as cpd is not feasible. Anything which allows me to deeply reflect and expand knowledge to better myself and others I count as cpd! [#OTalk](#)



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

[#otalk](#) 🙄



Abi @Abi21643842

@SLawsonOT @OTalk_ I find this difficult, I think supervision helps me to review cases and recognise where learning can be made or further research I can



#Hellomynameis Sarah (she/her) 📱❤️🌈🙄 @SLawsonOT

Forgot the [#OTalk](#)



Dr Katrina Bannigan 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

@SLawsonOT @Abi21643842 @OTalk_ @jaynethill @The_HCPC I have a lot of insights in the shower [#OTalk](#)



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

Not until you reflect on it. [#otalk](#). May I plug my OT CPD a day book here? [#otalk](#). Alongside the Tramm one too of course.



Dr Katrina Bannigan 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

RT @SLawsonOT: Forgot the [#OTalk](#) <https://t.co/d15uAHZ16O>



Abi @Abi21643842

@SLawsonOT @OTalk_ Reflective logs are helpful, or using SMART goal setting to provide chances for implementing learning in practice [#OTalk](#)



Dr Katrina Bannigan 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

RT @Occ4LifeLtd: Not until you reflect on it. [#otalk](#). May I plug my OT CPD a day book here? [#otalk](#). Alongside the Tramm one too of course....



deb_OT @dmay_ot

@KatieMo44590289 @SLawsonOT Agreed. I think almost all of my supervision takes place in office doorways. I love that I learn in pretty much every conversation but how do you document a meaningful 'chat' [#otalk](#)



Margaret Spencer MA @margaretOT360

@dmay_ot @Abi21643842 @SLawsonOT @jaynethill @The_HCPC @hearled You know if you change something however small and you keep it because it service better or is better for the people you work with. That's 'it' [#otalk](#)



Margaret Spencer MA @margaretOT360

@Abi21643842 @SLawsonOT @OTalk_ 100% there will be something each month that you discuss in your supervision sessions [#otalk](#)



#Hellomynameis Sarah (she/her) 📱❤️🌈🙄 @SLawsonOT

@OTRhiannon Our CPD is about more than collecting hours, helps if we recognise learning, use it in practice to benefit yourself and others. For the HCPC a from which you learn and develop has the potential to become CPD [#OTalk](#)



Abi @Abi21643842

@dmay_ot @OTalk_ @SLawsonOT @TRAMMCPD How does the tracker work? [#OTalk](#)



#Hellomynameis Sarah (she/her) 📱❤️🌈🙄 @SLawsonOT

@dmay_ot @KatrinaBannigan @margaretOT360 @jaynethill @The_HCPC Totally, put an OT view on everything [#OTalk](#)

Margaret Spencer MA @margaretOT360



@KatieMo44590289 @SLawsonOT Ahhh but what do you do with those snippets? [#otalk](#)



OT_Expert [#StopTheShock](#) [#StopSpectrum10k](#) [@OT_Expert](#)

RT [@SLawsonOT](#): Q2: As our professional responsibility, do you know and understand what the HCPC Standards for CPD are, how many there are a...



Carolyn OT [@CeeCeeOT](#)

RT [@SLawsonOT](#): Q2: As our professional responsibility, do you know and understand what the HCPC Standards for CPD are, how many there are a...



Katie Moss [@KatieMo44590289](#)

[@Occ4LifeLtd](#) Great! Thank you! [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

For me it's when I get those light bulb moments going oh that's why that happened or I wonder if I did that with this person if that would work again. And then rabbit hole [#otalk](#) [#cpd](#)



Carolyn OT [@CeeCeeOT](#)

Late to the [#OTalk](#) party tonight [#lurking](#)



Dr Katrina Bannigan [@KatrinaBannigan](#)

[@SLawsonOT](#) [@OTRhiannon](#) What do you [@SLawsonOT](#) mean by 'has the potential to become CPD'? Isn't learning by its very nature CPD? [#OTalk](#)



Rhiannon [@OTRhiannon](#)

[@SLawsonOT](#) Completely agree! I think looking at the amount of hours for me at first feels like a race to get their. But in reality it is bare min and we should I these things anyway with or without requirements [#OTalk](#)



Margaret Spencer MA [@margaretOT360](#)

[@KatrinaBannigan](#) [@Abi21643842](#) [@SLawsonOT](#) [@jaynethill](#) [@The_HCPC](#) [@hearded](#) I have been part of four submissions this month [#otalk](#)



Jayne Brown [@jaynethill](#)

[@SLawsonOT](#) Just we don't always recognise this as CpD and think it has to be something big [#otalk](#)



#Hellomynameis Sarah (she/her) [@SLawsonOT](#)

Q4: Reflecting on our learning and development is fundamental to CPD engagement, how do you ensure that your reflections capture your learning along with apply this learning in practice? [#OTalk](#)



Ros French [@RosFrench1](#)

[@SLawsonOT](#) [#OTalk](#) recently everything I have been learning could contribute to my CPD but making sure I applying and share my knowledge



deb_OT [@dmay_ot](#)

[@SLawsonOT](#) [@OTRhiannon](#) But the valuable stuff needs logging somewhere, some how. I have tonnes of hours of mandatory training which has no bearing practice so I don't log it as cpd; only put it on esr to tick the box. [#otalk](#)



#Hellomynameis Sarah (she/her) [@SLawsonOT](#)

[@dmay_ot](#) [@margaretOT360](#) [@Abi21643842](#) [@jaynethill](#) [@The_HCPC](#) [@hearded](#) Monitoring is how you keep track of where you are up to with your learning development. Your reflections contribute to this. Measure is about what impact your learning has had and on who [#OTalk](#)



Abi [@Abi21643842](#)

[@SLawsonOT](#) [@OTalk](#) [@margaretOT360](#) Does anyone have advice for how they use podcasts to demonstrate a change through CPD? I love to listen but not implementing knowledge. [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

Yes it's that stopping and having breath to reflect and plan that's tricky especially at the moment [#otalk](#)



Emma O'Dwyer [@EmmaODwyer13](#)

[@SLawsonOT](#) I was audited 2019 & initially underestimated the amount I could provide ranging from supervision records, thank you cards, chairing and attending meetings, presentations, complex cases, researching outcome measures.....so on. Its a great way to showcase learning [#otalk](#)



Margaret Spencer MA [@margaretOT360](#)

[@OTRhiannon](#) [@SLawsonOT](#) Just recorded your edited highlights at the end of the month [#otalk](#)



Charlotte French OT [@charfrenchOT](#)

[@SLawsonOT](#) [@The_HCPC](#) CPD helps our personal and service development as well as ensure our practice is of a high quality. Supervision is precious, a time on a 1:1 or within group supervision to share and receive support. [#OTalk](#)

**Katie Moss** @KatieMo44590289

@margaretOT360 @SLawsonOT Not enough I fear but here to get more ideas! #OTalk

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

@SLawsonOT A3. Well, I am actually using such information to figure out what I want to contribute in OT research at the moment. #otalk

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

RT @charfrenchOT: @SLawsonOT @The_HCPC CPD helps our personal and service development as well as ensure our practice is of a high quality...

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

RT @dmay_ot: @SLawsonOT @OTRhiannon But the valuable stuff needs logging somewhere, some how. I have tonnes of hours of mandatory training...

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

RT @RosFrench1: @SLawsonOT #OTalk recently everything I have been learning could contribute to my CPD but making sure I applying and share...



#OTalk @OTalk_

RT @SLawsonOT: Q4: Reflecting on our learning and development is fundamental to CPD engagement, how do you ensure that your reflections cap...

**Margaret Spencer MA** @margaretOT360

@Abi21643842 @SLawsonOT @OTalk_ When you are reviewing cases you are identifying what needs to change and what you need to know and do to en... be different #otalk

**Margaret Spencer MA** @margaretOT360

RT @SLawsonOT: Forgot the #OTalk

**Rhiannon** @OTRhiannon

@SLawsonOT I find reflection models really helpful. I haven't written one since placement but I always found GIBBS helpful to come back to as structure to... where I need and want to be #OTalk

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

@SLawsonOT A4. I have been doing this every year with the course I have to teach at my uni. Last cohort was the first time I have went through the whole s... So, I learned what adjustments I need to make. #otalk



#Hellomynameis Sarah (she/her) 📚💙🏳️‍🌈🧐 @SLawsonOT

@Abi21643842 @jaynethill @The_HCPC @hearded This is interesting, you are not the only one who finds this aspect more challenging, to track your learnin... measure the impact on yourself and others. Measuring can be informal & anecdotal isn't all about using formal outcome measures. #OTalk

**Margaret Spencer MA** @margaretOT360

RT @SLawsonOT: @OTRhiannon Our CPD is about more than collecting hours, helps if we recognise learning, use it in practice to benefit yours...

**Charlotte French OT** @charfrenchOT

@SLawsonOT Capturing our learning, clinical practice and experiences is essential to maintain safety and be effective and evidence based practitioners. #C



#Hellomynameis Sarah (she/her) 📚💙🏳️‍🌈🧐 @SLawsonOT

@Abi21643842 @jaynethill @The_HCPC @hearded Can always contact me if wish to discuss #OTalk

**Ros French** @RosFrench1

@SLawsonOT #OTalk I use a reflective notebook - write down learning one side and the other side personal reflection using a reflective cycle and then add i... about applying my learning as in standards 3&4

**Dr Nikki Daniels** @NikkiDanielsOT

RT @SLawsonOT: #OTalk I love this: 'Lifelong learning doesn't mean lifelong studying, it is getting the most out of – & learning from –ever...

**Rhiannon** @OTRhiannon

@SLawsonOT #OTalk also found the template helpful as a talking point in supervision. I tend to go off in tangent so this really helps and supports my learnin... consolidate it

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

@OTRhiannon @SLawsonOT and sometimes talking it out with your CPD mentor can also be helpful. Right now, since COVID, I have been working on my i... skills, since I got 3 people for short term arrangements in CPD mentoring. #otalk

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

@Abi21643842 @SLawsonOT @OTalk_ @margaretOT360 You could do anything. Mind map what you learnt. Use a formal reflective model. Write a poem. world is your oyster #otalk

Margaret Spencer MA @margaretOT360



@jaynethill @SLawsonOT Exactly most people think they need to have been in a course, but that's not the case #otalk



Ros French @RosFrench1

@Occ4LifeLtd #OTalk absolutely having a OT friend @chaniedavies to talk through learning and thoughts really helps!



#Hellomynameis Sarah (she/her) 📚💙🌈👉 @SLawsonOT

@KatrinaBannigan @OTRhannon Now there's a question. No, I think that we need to do something with our learning for it to become CPD - too much for a Trying to capture the difference in thesis !



Dr Nikki Daniels @NikkiDanielsOT

@SLawsonOT @OTRhannon #otalk



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

The Model of Professional Thinking was developed in part to help with this #OTalk <https://t.co/uAM2japllm>



Charlotte French OT @charfrenchOT

@SLawsonOT Sometimes that ah-ha moment of a new way of working, or developing knowledge into occupational theory/models of practice. For me expansion leadership and research skills has been key to being a more versatile therapist. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @charfrenchOT: @SLawsonOT Sometimes that ah-ha moment of a new way of working, or developing knowledge into occupational theory/models o...



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

My fave model is Rolfe's What? So What? Now What? Nice and simple and gets to the crux of things #otalk #cpd



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

@margaretOT360 @jaynethill @SLawsonOT In fact sometimes courses are where you learn the least! #OTalk



Glasgow Watch @Glasgow_Watch

RT @KatrinaBannigan: The Model of Professional Thinking was developed in part to help with this #OTalk <https://t.co/uAM2japllm>



Abi @Abi21643842

@SLawsonOT @OTalk Clinical supervision notes with outcomes and action plans help #OTalk



#Hellomynameis Sarah (she/her) 📚💙🌈👉 @SLawsonOT

Q5: How do you measure/evaluate the impact of your learning and development on yourself and others? #OTalk



#Hellomynameis Sarah (she/her) 📚💙🌈👉 @SLawsonOT

@Abi21643842 @OTalk @The_HCPC Yes, and protecting and ensuring the safety of the public #OTalk I have started a blog that may be of use <https://t.co/g3vIQw4VuY>



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

@RosFrench1 @chaniedavies A Coffee break and a natter is never just that I find. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

@charfrenchOT @SLawsonOT yes- my clinical experiences actually helped inform what I want to contribute in OT research. It's not that hard to imagine my senior citizen living in such conditions. #otalk



Margaret Spencer MA @margaretOT360

@Abi21643842 @SLawsonOT @OTalk Well when you notice something you heard on the podcast has made you do something different in your service or someone then record that #otalk



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

@SLawsonOT @OTRhannon I am not sure I agree with you so I look forward to seeing what you find out! #OTalk



#OTalk @OTalk_

RT @SLawsonOT: Q5: How do you measure/evaluate the impact of your learning and development on yourself and others? #OTalk



Margaret Spencer MA @margaretOT360

RT @EmmaODwyer13: @SLawsonOT I was audited 2019 & initially underestimated the amount I could provide ranging from supervision records, tha...

#Hellomynameis Sarah (she/her) 📚💙🌈👉 @SLawsonOT



@Occ4LifeLtd Hi Kirsty, thank you for joining #OTalk hope you're well



Margaret Spencer MA @margaretOT360

RT @charfrenchOT: @SLawsonOT @The_HCPC CPD helps our personal and service development as well as ensure our practice is of a high quality...



Susan Griffiths @SusanGriffiths5

@KatrinaBannigan @SLawsonOT @OTRhiannon I think learning on its own is not CPD but it can become CPD if you apply your learning, record it and demonstrate it improve service delivery and outcomes for service users. #OTalk



John Gates @GatesPhysio

RT @Occ4LifeLtd: @Abi21643842 @SLawsonOT @OTalk @margaretOT360 You could do anything. Mind map what you learnt. Use a formal reflective model



Charlotte French OT @charfrenchOT

@SLawsonOT Using a structured reflective practice model allows the "what" and "so what" to be transferred into "now what". Moving forward, whilst reflecting practice allows for our practice and service to be nourished. #OTalk



Kirstie @Kirstie_OT

@SLawsonOT @KatrinaBannigan @OTRhiannon I see learning as something that needs to be applied, this then turns it into the development eg the CPD. I use #OTalk



Kirsty Stanley Occupation4Life @Occ4LifeLtd

Reflecting on my own experiences of illness and disability has definitely been a big eye opener. Lived Experience is #CPD #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@SLawsonOT A5. This is a completely USA answer here. My involvement in the Volunteer Leadership Development Committee has actually helped me make progress relative to people who are going for AOTA's top awards. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @Occ4LifeLtd: Reflecting on my own experiences of illness and disability has definitely been a big eye opener. Lived Experience is #CPD...



Bill Wong, OTD, OTR/L @BillWongOT

RT @Kirstie_OT: @SLawsonOT @KatrinaBannigan @OTRhiannon I see learning as something that needs to be applied, this then turns it into the development...



Dr Katrina Bannigan 🙏 #BlackLivesMatter @KatrinaBannigan

@Occ4LifeLtd @RosFrench1 @chaniedavies Are you suggesting sometimes they involve cake or biscuits as well? 🙏 #OTalk



OT Sophie @OTSophie

@SLawsonOT I think perhaps the applying gets harder the further away from clinical work you get imo, ie team leader/manager I find reflecting actually makes me more frustrated, which has impacted my motivation and desire for cpd.although have reflected on why this is #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

@Occ4LifeLtd I have been learning about how to translate my lived experiences into knowledge that the OT profession can benefit for 10 years now almost.



Margaret Spencer MA @margaretOT360

The @theRCOT 5min reflection is a useful template to use #otalk



deb_OT @dmay_ot

@SLawsonOT Key measure for me is having the confidence to try what I've learned. #otalk



Susan Griffiths @SusanGriffiths5

@SLawsonOT Usually in challenging situations, or when things didn't go to plan or when I had a lightbulb moment #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @OTSophie: @SLawsonOT I think perhaps the applying gets harder the further away from clinical work you get imo, ie team leader/manager I find...



#Hellomynnameis Sarah (she/her) 🙏💙🇧🇷🙏 @SLawsonOT

@KatieMo44590289 Only need to work on one of those snippets each month for it to develop towards CPD. The snippet could form part of your Standard 1 as such. #OTalk



Dr Katrina Bannigan 🙏 #BlackLivesMatter @KatrinaBannigan

@SusanGriffiths5 @SLawsonOT @OTRhiannon What if it is just your thinking that's changed? #OTalk

Dr Nikki Daniels @NikkiDanielsOT

RT @margaretOT360: The @theRCOT 5min reflection is a useful template to use #otalk

**Abi @Abi21643842**

@SLawsonOT @OTalk Driscoll Model of Reflection is a good framework for reflection, very simple to implement. What? So what? and What now? #OTalk

**Rhiannon @OTRhiannon**

@SLawsonOT For me I like to get feedback from my clients, on placement I found this beneficial so would like to continue this as a qualified OT #OTalk

**Jayne Brown @jaynethill**

@KatrinaBannigan @dmay_ot @SLawsonOT @margaretOT360 @The_HCPC I once joked with my husband that I should just go work in a supermarket he said I would be worrying about the man who couldn't manage his shopping or the lady who looked frail and be trying to get them all referred to the team! You unlearn what you know! #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

Is it a coffee break without cake or biscuits? That sounds like a chicken and the egg situation to me #otalk 🤔

**#Hellomynameis Sarah (she/her)** 📚❤️🌈🤔 @SLawsonOT

@margaretOT360 Agreed, I think that needs to be a conscious process that like any skill develops over time. How do people know that they are learning? for usually an emotion that makes me stop and think I need to reflect on something #OTalk

**Margaret Spencer MA @margaretOT360**

There is always something that can be selected from your action plan that can be used for @The_HCPC audit list demonstrating how you are meeting the st #otalk

**Abi @Abi21643842**

@SLawsonOT @OTalk Career development framework helps me to recognise progress and explore goals #OTalk

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

@OTRhiannon @SLawsonOT Sometimes their responses to your sessions can be good sources of feedback- good or bad. #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

@BillWongOT You have indeed Bill. You will get OTs to do TED talks I believe it. #otalk

**OT Sophie @OTSophie**

@Occ4LifeLtd Really such valuable stuff too. Well done done for speaking up. I really feel does need to be applied in the workplace better. I find it interesting support workers are big in mental health world but not else where. I'm hoping to change this #OTalk

**Emma Laird (she/her) @EmmaLairdOT**

@SLawsonOT @C4LPT I think everyone is different and it's what works for each individual. I know I do my best learning when I have time to pull my thought together on a key practice elements. #otalk

**Margaret Spencer MA @margaretOT360**

Exactly #otalk

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

RT @EmmaLairdOT: @SLawsonOT @C4LPT I think everyone is different and it's what works for each individual. I know I do my best learning when...

**Charlotte French OT @charfrenchOT**

@SLawsonOT @OTalk Probably through approaching a situation differently or engaging clinical practice with additional knowledge, has greater benefit to p experience and outcome of therapy. #OTalk

**#Hellomynameis Sarah (she/her)** 📚❤️🌈🤔 @SLawsonOT

@Occ4LifeLtd I am amazed how many times I ask this question and registered professionals don't know the answer, even though we are legally bound by th

**Rhiannon @OTRhiannon**

@BillWongOT @SLawsonOT Defo always room for improvement! After all we are doing it for their best interest so need to be getting it right! #OTalk

**Susan Griffiths @SusanGriffiths5**

@SLawsonOT Feedback from service users and their families/colleagues/supervisor. Changes in my own practice. Audits. Etc. #OTalk

**Dr Katrina Bannigan** 🤔 #BlackLivesMatter @KatrinaBannigan

@jaynethill @dmay_ot @SLawsonOT @margaretOT360 @The_HCPC So true @jaynethill #OTalk

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

@Occ4LifeLtd actually I have NOT presented once in the RCOT about [#autism](#) ever. I think part of me was not getting used to the Harvard referencing system APA... lol! [#otalk](#)

**Dr Katrina Bannigan** 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

@dmay_ot @SLawsonOT Mmmm! That can be so nerve wracking and exhilarating at the same time [#OTalk](#)

**Abi** @Abi21643842

@SLawsonOT @OTalk Outcome measures in practice show changes in our clients, helpful if we have done some learning in that area. [#OTalk](#)

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

RT @SusanGriffiths5: @SLawsonOT Feedback from service users and their families/colleagues/supervisor. Changes in my own practice. Audits. E...

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

Definitely. I think workplaces need [#longcovid](#) peer support for sure [#otalk](#) [#cpd](#)

**Margaret Spencer MA** @margaretOT360

@OTSophie @SLawsonOT Ahh it's just different as your staff become your service users I think that's hard to get your head around sometimes [#otalk](#)

**OT Sophie** @OTSophie

@SLawsonOT I like the pillars and map thing for tracking that impact but feel we could do better with asking for others feedback more. My husbands workplace feedback from clients and peers for each progression and projects, I think that's really rich data [#OTalk](#)

**Emma Laird (she/her)** @EmmalairdOT

@SLawsonOT Unless it's documented, it didn't happen! So in some way, we need to capture learning. I have started to use post it notes on word document my thoughts and learning. I suppose it's using different mechanisms that work for each person. [#otalk](#)

**Abi** @Abi21643842

@SLawsonOT @OTalk Personal feedback from colleagues is helpful if a client has improved. Again something we should write up to ensure we collate our [#OTalk](#)

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

@SusanGriffiths5 @SLawsonOT I sure gave my uni some feedback the other day on its thesis peer reviewed form. I couldn't believe that form they used had considered about usage of identity first language for certain populations. [#otalk](#)

**Dr Nikki Daniels** @NikkiDanielsOT

Thanks for sharing Abi. [#RCOTcareerframework](#) really useful to identify and set goals individually and across a team [#otalk](#)

**Steph J** @StephJ37457116

@RosFrench1 @OTalk @SLawsonOT I like this idea and it's good to have your reflections in one place [#OTalk](#)

**Dr Katrina Bannigan** 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

@margaretOT360 @The_HCPC I agree @margaretOT360 It is almost impossible to survive in health and social care without CPD so it is a case of documenting learning that is always happening [#OTalk](#)

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

@SLawsonOT Let's test me. Continuous and up to date, mix of activities. That improve quality of work and are of benefit to service users. And the profile. [#otalk](#) may have missed one.

**#Hellomynameis Sarah (she/her)** 📅❤️🇬🇧🙄 @SLawsonOT

It's a busy [#OTalk](#) thank you everyone. I'm missing tweets, I will catch up later

**SueH.(OccupationalTherapist🔥ret'd-ish)** 🇬🇧❤️🇬🇧🙄 @therapy2optimum

@SLawsonOT I use @theRCOT proforma. Listed opportunities from learning, events, reflections. There is a sense of achievement, of gaining understanding skills and of professional development. [#OTalk](#)

**Margaret Spencer MA** @margaretOT360

RT @EmmalairdOT: @SLawsonOT Unless it's documented, it didn't happen! So in some way, we need to capture learning. I have started to use po...

**#Hellomynameis Sarah (she/her)** 📅❤️🇬🇧🙄 @SLawsonOT

Q6: What CPD goals are you going to set yourself now? [#OTalk](#)

**Margaret Spencer MA** @margaretOT360

RT @KatrinaBannigan: @margaretOT360 @The_HCPC I agree @margaretOT360 It is almost impossible to survive in health and social care without C...

**#Hellomynamais Sarah (she/her)** 📚💙🌈👉 @SLawsonOT

@jaynethill Agree, I think that if we are working in truly holistic, person centred ways, in services where one size does not fit all then we are probably learning everyday to work with each individual person [#OTalk](#)

**#OTalk @OTalk**

RT @SLawsonOT: Q6: What CPD goals are you going to set yourself now? [#OTalk](#)

**Dr Nikki Daniels @NikkiDanielsOT**

And remembering it doesn't always have to be a lone activity. Working in pairs or groups, virtually or face to face, can help us to have reflective discussions t forward [#otalk](#)

**Chantelle Martin @chaniedavies**

Loving that @RosFrench1 and I dipping into [#otalk](#) and yet messaging elsewhere to order back to school clothes for her son via my accounts as the country ...multitasking genius of mums 🤔

**Dr Katrina Bannigan 🤔 #BlackLivesMatter @KatrinaBannigan**

RT @OTSophie: @SLawsonOT I like the pillars and map thing for tracking that impact but feel we could do better with asking for others feedb...

**Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd**

@SLawsonOT Ooh no. Just double checked and I didn't. Phewf. Must be embedded in the hard drive [#otalk](#)

**#Hellomynamais Sarah (she/her)** 📚💙🌈👉 @SLawsonOT

@RosFrench1 How do you decide which aspects to record and capture as part of your CPD? [#OTalk](#)

**Dr Katrina Bannigan 🤔 #BlackLivesMatter @KatrinaBannigan**

@OTSophie @SLawsonOT The more we do of this the less nerve wracking it will become. Great idea [#OTalk](#)

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

@SLawsonOT A6. For summer 2022, I will need to figure out what role in AOTA I want to transition go for next. I know I am capable in a few different ones. [#OTalk](#)

**Emma Laird (she/her) @EmmaLairdOT**

@SLawsonOT Personal I am driven by my passion in working with CYP and HEI. So my MSc project is under way but I need to also consider what I will do v research. Too many ideas and got to contain myself! [#otalk](#) [#phd](#)

**Francesca 🇬🇧🌞 @OT_Francesca**

@SamanthaBull8 @jaynethill @SLawsonOT But starting a new system is a bit daunting in terms of CPD recording. [#OTalk](#)

**Margaret Spencer MA @margaretOT360**

@OTSophie @SLawsonOT I know but you are doing it by providing a good service with regular supervision for your staff [#otalk](#)

**Charlotte French OT @charfrenchOT**

@OT_Francesca @SLawsonOT I suppose unpicking your emotive response to a situation will allow you to approach an event similarly/differently based on I and heart" if you consider your thoughts and feelings as well as facts? [#OTalk](#)

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

@SLawsonOT A6. (cont.) 5-year goal... perhaps I will get invited to do a keynote or two every year on more regular basis. [#otalk](#)

**Rhiannon @OTRhiannon**

@SLawsonOT Now I'm qualified I need to up my CPD game.. as a student I wasn't the best at it, but there was lots of things I could of counted towards this. more understanding of the importance of documenting these things to learn and reflect from [#OTalk](#)

**Dr Katrina Bannigan 🤔 #BlackLivesMatter @KatrinaBannigan**

RT @SLawsonOT: @Occ4LifeLtd I am amazed how many times I ask this question and registered professionals don't know the answer, even though...

**david houghton @davyboy1994**

RT @SLawsonOT: Q4: Reflecting on our learning and development is fundamental to CPD engagement, how do you ensure that your reflections cap...

**deb_OT @dmay_ot**

@SLawsonOT Protect time for reflection. Document some of them. Make time for supervision. [#otalk](#)

**Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd**

RT @charfrenchOT: @OT_Francesca @SLawsonOT I suppose unpicking your emotive response to a situation will allow you to approach an event sim...

**david houghton** @davyboy1994

RT @charfrenchOT: @OT_Francesca @SLawsonOT I suppose unpicking your emotive response to a situation will allow you to approach an event sim...

**#Hellomynameis Sarah (she/her)** 📚💙🌈👉 @SLawsonOT

Q7: Final question What have you learnt from this #OTalk, how will you ensure that it contributes to your CPD?

**#Hellomynameis Sarah (she/her)** 📚💙🌈👉 @SLawsonOT

@Abi21643842 @OTalk @margaretOT360 It's the same process with using #OTalk as part of your CPD. Is there something you've learnt, or is there some away and look up in more depth? Does it influence your thinking, do you do something different? Do you record a reflection? #OTalk

**Margaret Spencer MA** @margaretOT360

RT @dmay_ot: @SLawsonOT Protect time for reflection. Document some of them. Make time for supervision. #otalk

**Margaret Spencer MA** @margaretOT360

RT @OTRhiannon: @SLawsonOT Now I'm qualified I need to up my CPD game.. as a student I wasn't the best at it, but there was lots of things...

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

RT @NikkiDanielsOT: And remembering it doesn't always have to be a lone activity. Working in pairs or groups, virtually or face to face, ca...

**Margaret Spencer MA** @margaretOT360

RT @charfrenchOT: @OT_Francesca @SLawsonOT I suppose unpicking your emotive response to a situation will allow you to approach an event sim...

**OT Sophie** @OTSophie

@SLawsonOT I'm about to start a new job where a lot of it will be about building a service from near scratch so my goals need to be more about service devising&learning without OT framework #OTalk

**Francesca** 🇬🇧🌞 @OT_Francesca

@charfrenchOT @SLawsonOT Yeah, definitely! I now explore that in the "so what" instead of worrying about what "category" to write it in. #OTalk

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

@SLawsonOT A6 (cont.) For my 10-15 year range goal, using what I know about where my career trajectory in comparison to others who have earned FAO distinction, I know earning it in the USA is within reach for me. #otalk

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

RT @RosFrench1: @SLawsonOT #OTalk I use a reflective notebook - write down learning one side and the other side personal reflection using a...

**Susan Griffiths** @SusanGriffiths5

@SLawsonOT Record my CPD. Time is my biggest challenge as I do not have enough time in the day to get all my work done let alone record CPD. I need moving CPD up my list of priorities rather than the bottom #OTalk

**Charlotte French OT** @charfrenchOT

@SLawsonOT @OTalk Create and expand occupational therapy posts in the prison sector, alongside expanding my proficiency in Ayers Sensory Integratic with mental health needs. #OTalk

**Ros French** @RosFrench1

@SLawsonOT #OTalk at the moment I keep a log in front of my reflective notebook of what I have done and then ones that really interest me or are relevant or others I type up to be part of my CPD log

**Margaret Spencer MA** @margaretOT360

@OT_Francesca @SamanthaBull8 @jaynethill @SLawsonOT Just make a list from supervision 3 things per month that's plenty #otalk

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

RT @EmmaLairdOT: @SLawsonOT Personal I am driven by my passion in working with CYP and HEI. So my MSc project is under way but I need to al...

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

RT @charfrenchOT: @OT_Francesca @SLawsonOT I suppose unpicking your emotive response to a situation will allow you to approach an event sim...

**#Hellomynameis Sarah (she/her)** 📚💙🌈👉 @SLawsonOT

@EmmaODwyer13 It's interesting some of the research I've been reading suggests that people who have been audited valued the process afterwards. They sense of how much they had developed #OTalk

**david houghton** @davyboy1994

RT @EmmaLairdOT: @SLawsonOT Unless it's documented, it didn't happen! So in some way, we need to capture learning. I have started to use po...

david houghton @davyboy1994



RT @SLawsonOT: Q3: Within your everyday work and life how do you recognise that you are learning something that could contribute to your CP...



Charlotte French OT @charfrenchOT

@OT_Francesca @SLawsonOT Definitely! There is no right or wrong way to reflect. Ultimately, if you identify and review a situation and generate ways to in do the same in your practice to benefit your own learning, the patients and service then you are reflecting! #OTalk



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: @EmmaODwyer13 It's interesting some of the research I've been reading suggests that people who have been audited valued the...



Margaret Spencer MA @margaretOT360

RT @SLawsonOT: @jaynehill Agree, I think that if we are working in truly holistic, person centred ways, in services where one size does no...



#OTalk @OTalk_

RT @SLawsonOT: Q7: Final question What have you learnt from this #OTalk, how will you ensure that it contributes to your CPD?



Bill Wong, OTD, OTR/L @BillWongOT

@SLawsonOT A7. If I achieve FAOTA distinction, I know the uni I work for will be proud. American OT/OTA programs usually toot their horns when their facu FAOTA (for occupational therapists) or ROH (for OTA's) distinctions! #otalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

Feedback. More reflection. I have been known to re-read old reflections as a #cpd activity to see what new insights I can bring #otalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @charfrenchOT: @OT_Francesca @SLawsonOT Definitely! There is no right or wrong way to reflect. Ultimately, if you identify and review a...



SueH.(OccupationalTherapist 🌟ret'd-ish) 🇬🇧💙💚🌈 @therapy2optimum

@SLawsonOT I'm widening my sphere of #OTInfluence in retirement! #OTalk. My #TransferrableSkills and #CorePrinciples are being utilised in volunteering trusteeship. I'm still @The_HCPC registered so I will be reflecting and recording on these 😊.



Margaret Spencer MA @margaretOT360

RT @charfrenchOT: @OT_Francesca @SLawsonOT Definitely! There is no right or wrong way to reflect. Ultimately, if you identify and review a...



#Hellomynnameis Sarah (she/her) 🇬🇧💙🌈🙄 @SLawsonOT

Links to useful resources from @The_HCPC @theRCOT @TRAMmCPD are included in & at the bottom of the #OTalk blog <https://t.co/GMSrDbpRfI> Updates research are included on the TRAMmCPD website and in my blog <https://t.co/XbRceo1HFF>



Lee Ann Hoffman @LeeAnnHoffman2

RT @OTRhiannon: @SLawsonOT Now I'm qualified I need to up my CPD game.. as a student I wasn't the best at it, but there was lots of things...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: Links to useful resources from @The_HCPC @theRCOT @TRAMmCPD are included in & at the bottom of the #OTalk blog <https://t.co/...>



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

I definitely still haven't found the one perfect way to keep mine together. So I'm going to set a goal about having a better system in place. Whatever that may #otalk



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

RT @Occ4LifeLtd: Feedback. More reflection. I have been known to re-read old reflections as a #cpd activity to see what new insights I can...



Rhiannon @OTRhiannon

@SLawsonOT I have learnt the importance of documenting activities, but most importantly actually applying what we learn to practice and not just adding it t as a means for our own benefit - the most important part is the benefit our learning has for our clients and service #OTalk



#Hellomynnameis Sarah (she/her) 🇬🇧💙🌈🙄 @SLawsonOT

@RosFrench1 Love this idea. Important to find what works best for us as individuals I think, some prefer paper and pen others mind maps and creative outle templates and typing #OTalk



Margaret Spencer MA @margaretOT360

@dmay_ot @KatrinaBannigan @The_HCPC I know but you can do it with your supervision session, from the action plan #otalk



Dr Nikki Daniels @NikkiDanielsOT

RT @SLawsonOT: Links to useful resources from @The_HCPC @theRCOT @TRAMmCPD are included in & at the bottom of the #OTalk blog <https://t.co/...>

Ros French @RosFrench1



@SLawsonOT #OTalk to make sure I share my knowledge with others and try and start a CPD group with work



Margaret Spencer MA @margaretOT360

RT @OTRhiannon: @SLawsonOT I have learnt the importance of documenting activities, but most importantly actually applying what we learn to...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: @RosFrench1 Love this idea. Important to find what works best for us as individuals I think, some prefer paper and pen other...



Margaret Spencer MA @margaretOT360

RT @Occ4LifeLtd: I definitely still haven't found the one perfect way to keep mine together. So I'm going to set a goal about having a bett...



Margaret Spencer MA @margaretOT360

RT @RosFrench1: @SLawsonOT #OTalk to make sure I share my knowledge with others and try and start a CPD group with work



#Hellomynameis Sarah (she/her) 📱💙🌈👩🏻 @SLawsonOT

@RosFrench1 Out of interest, do you go back and revisit your reflections to update them? I used to this with paper and pen but found it became too messy so computer #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

RT @OTRhiannon: @SLawsonOT I have learnt the importance of documenting activities, but most importantly actually applying what we learn to...



Emma Laird (she/her) @EmmaLairdOT

Another amazing and inspiring session with #otalk thank you!



#Hellomynameis Sarah (she/her) 📱💙🌈👩🏻 @SLawsonOT

RT @Occ4LifeLtd: @Abi21643842 @SLawsonOT @OTalk_ @margaretOT360 You could do anything. Mind map what you learnt. Use a formal reflective mc...



Ros French @RosFrench1

@SLawsonOT #OTalk that's the best thing about a notebook I can add in my brain splatters as well!



Susan Griffiths @SusanGriffiths5

@jaynethill @SLawsonOT I have an app too but still not been able to prioritise the time to use the app to record CPC 🙄🙄 #OTalk



#Hellomynameis Sarah (she/her) 📱💙🌈👩🏻 @SLawsonOT

Also #OTalk check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0CEdpFFwVy>



Charlotte French OT @charfrenchOT

@SLawsonOT @OTalk_ To utilise others suggestions of reflective strategies and that we are all trying to be the best occupational therapists we can, and are learn and expand just by joining to chat tonight! #OTalk



Dr Nikki Daniels @NikkiDanielsOT

Who else is up for starting a CPD club? #otalk



deb_OT @dmay_ot

@margaretOT360 @OT_Francesca @SamanthaBull8 @jaynethill @SLawsonOT Supervision is like hens teeth! Think our policy says quarterly but it invariably cancelled or delayed. Will need to have a lot of things in it to generate enough for 3 a month! #otalk



#OTalk @OTalk_

RT @SLawsonOT: Also #OTalk check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0C...>



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

@SLawsonOT Probably the 'gentle' reminder that @The_HCPC has standards for CPD that we have to comply with. It is not a nebulous concept. Thanks @ #OTalk



#Hellomynameis Sarah (she/her) 📱💙🌈👩🏻 @SLawsonOT

@KatrinaBannigan @margaretOT360 @jaynethill Especially mandatory e-learning modules for me - not my thing at all really struggle to take the information modality #OTalk



Dr Nikki Daniels @NikkiDanielsOT

RT @SLawsonOT: Also #OTalk check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0C...>

Bill Wong, OTD, OTR/L @BillWongOT



@OTRhannon @SLawsonOT and another thing- earlier on in your career, it's not a bad idea to dream big and find people to constructively challenge you to content about how your career is going, even if your career is in smooth sailings. #otalk



#OTalk @OTalk_ @EmmaLairdOT You're welcome, thanks so much for taking part! #OTalk



Margaret Spencer MA @margaretOT360 Excellent topic #OTalk and timely with the new @The_HCPC audit year starting 1st November you have a month folks to put your plans into action 🙌



Margaret Spencer MA @margaretOT360 RT @EmmaLairdOT: Another amazing and inspiring session with #otalk thank you!



deb_OT @dmay_ot @margaretOT360 @KatrinaBannigan @The_HCPC I'm still not sure I know what supervision should look like. It's a v rare occurrence. #otalk



Margaret Spencer MA @margaretOT360 RT @RosFrench1: @SLawsonOT @OTalk that's the best thing about a notebook I can add in my brain splatters as well!



Margaret Spencer MA @margaretOT360 @SusanGriffiths5 @jaynethill @SLawsonOT Me neither #otalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd RT @KatrinaBannigan: @SLawsonOT Probably the 'gentle' reminder that @The_HCPC has standards for CPD that we have to comply with. It is not...



Margaret Spencer MA @margaretOT360 RT @charfrenchOT: @SLawsonOT @OTalk_ To utilise others suggestions of reflective strategies and that we are all trying to be the best occup...



#OTalk @OTalk_ #OTalk Research – 7th September 2021 – Writing productively <https://t.co/7iRsGeCN77>



Bill Wong, OTD, OTR/L @BillWongOT @KatrinaBannigan @SLawsonOT @The_HCPC and same goes with other countries. We have our own regulations that we need to follow, too. #otalk



Rhiannon @OTRhannon @BillWongOT @SLawsonOT Wise words! I think constructive criticism allows us to think outside the box and develop as professionals. Who wants to stay the time? Not me #OTalk



david houghton @davyboy1994 RT @SLawsonOT: Q5: How do you measure/evaluate the impact of your learning and development on yourself and others? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT RT @charfrenchOT: @SLawsonOT @OTalk_ To utilise others suggestions of reflective strategies and that we are all trying to be the best occup...



david houghton @davyboy1994 RT @therapy2optimum: @SLawsonOT I use @theRCOT proforma. Listed opportunities from learning, events, reflections. There is a sense of achie...



#Hellomynameis Sarah (she/her) 🏠❤️🌈👩🏻 @SLawsonOT Oh my, how did it get to 9pm so quickly. thank you everyone for joining in #OTalk



david houghton @davyboy1994 RT @KatrinaBannigan: @margaretOT360 @The_HCPC I agree @margaretOT360 It is almost impossible to survive in health and social care without C...



david houghton @davyboy1994 RT @margaretOT360: There is always something that can be selected from your action plan that can be used for @The_HCPC audit list demonstra...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan @dmay_ot @margaretOT360 @The_HCPC That's a shame because supervision and mentoring has been a lynchpin for me #OTalk

Emma Laird (she/her) @EmmaLairdOT @OTalk_ It's become a distraction on a Tuesday evening - too many amazing topics #otalk

**Margaret Spencer MA** @margaretOT360@dmay_ot @OT_Francesca @SamanthaBull8 @jaynethill @SLawsonOT Well that's part of the @theRCOT and @The_HCPC standards and guidelines...
#OTalk**Margaret Spencer MA** @margaretOT360RT @KatrinaBannigan: @SLawsonOT Probably the 'gentle' reminder that @The_HCPC has standards for CPD that we have to comply with. It is not...
#OTalk**Rhiannon** @OTRhiannon

@SLawsonOT Thank you for a really insightful and thought provoking OTalk! #OTalk

**Dr Nikki Daniels** @NikkiDanielsOT

@SLawsonOT Thanks @SLawsonOT A really informative #OTalk Lots of food for thought!

**Chantelle Martin** @chaniedavies

@RosFrench1 @Occ4LifeLtd It certainly gets interesting 😊 but that mutual support invaluable #otalk

**Dr Katrina Bannigan** 🙄 #BlackLivesMatter @KatrinaBannigan

RT @OTRhiannon: @SLawsonOT Thank you for a really insightful and thought provoking OTalk! #OTalk



#OTalk @OTalk

Tonight's #OTalk is officially drawing to a close but please continue to share your CPD ideas and thoughts! Thanks @SLawsonOT for hosting and thanks to everyone contributing! <https://t.co/O3HUCkRFSj>**Dr Katrina Bannigan** 🙄 #BlackLivesMatter @KatrinaBannigan

@OTRhiannon @SLawsonOT Agreed! 😊 #OTalk

**Margaret Spencer MA** @margaretOT360RT @OTRhiannon: @BillWongOT @SLawsonOT Wise words! I think constructive criticism allows us to think outside the box and develop as professionals...
#OTalk**Emma Laird (she/her)** @EmmaLairdOT

@OTalk #otalk

**Margaret Spencer MA** @margaretOT360

RT @KatrinaBannigan: @dmay_ot @margaretOT360 @The_HCPC That's a shame because supervision and mentoring has been a lynchpin for me #OTalk



#Hellomynnameis Sarah (she/her) 🇬🇧💙🇬🇧🙄 @SLawsonOT

@NikkiDanielsOT @OTRhiannon there's a link to this document in the #OTalk blog for tonight's chat



#Hellomynnameis Sarah (she/her) 🇬🇧💙🇬🇧🙄 @SLawsonOT

RT @KatrinaBannigan: The Model of Professional Thinking was developed in part to help with this #OTalk <https://t.co/uAM2japllm>**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtdRT @SLawsonOT: Also #OTalk check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/OC...>**Katie Moss** @KatieMo44590289

@OTalk @SLawsonOT Thanks for a great talk tonight! Lots to reflect on 😊 #OTalk

**Dr Katrina Bannigan** 🙄 #BlackLivesMatter @KatrinaBannigan

@OTRhiannon @BillWongOT @SLawsonOT Nor me! #OTalk

**Chantelle Martin** @chaniedavies

@Occ4LifeLtd I have one half of a system...now to complete the other half #otalk

**Dr Katrina Bannigan** 🙄 #BlackLivesMatter @KatrinaBanniganRT @OTalk_: #OTalk Research – 7th September 2021 – Writing productively <https://t.co/7iRsGeCN77>**Francesca** 🇬🇧🌞 @OT_Francesca@margaretOT360 @dmay_ot @SamanthaBull8 @jaynethill @SLawsonOT @theRCOT @The_HCPC Any advice for practitioners who feel they aren't getting...
#OTalk



supervision they need to remain competent? It's something I've had former students ask me in new roles. [#OTalk](#) [#*](#)



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

[@OTRhannon](#) [@SLawsonOT](#) For me, I also have some unofficial friendly rivalries with peers who are constantly achieving things! That was part of the reason I have been submitting to OT conferences across the globe pretty early on in my career. [#otalk](#)



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

RT [@OTRhannon](#): [@BillWongOT](#) [@SLawsonOT](#) Wise words! I think constructive criticism allows us to think outside the box and develop as professionals...



#Hellomynamais Sarah (she/her) [@SLawsonOT](#)

[@charfrenchOT](#) Yes, I love the potential of ah-ha moments [#OTalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

[@chaniedavies](#) I may try having a work/CPD BUJO [#otalk](#)



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

Here you go. Some [#cpd](#) for the [#otalk](#) lot.



deb_OT [@dmay_ot](#)

[@margaretOT360](#) [@KatrinaBannigan](#) [@The_HCPC](#) I know. It's really hard to ask for what you need when actually you don't know what it is. [#otalk](#)



#OTalk [@OTalk](#)

Speaking of CPD, our chat reflection forms are a useful way to "record" what you've learned from [#OTalk](#) and figure out how you can "apply" it to benefit your users 😊 <https://t.co/bp6bXaqcSe>



Dr Katrina Bannigan [@KatrinaBannigan](#)

[@dmay_ot](#) [@margaretOT360](#) [@The_HCPC](#) If your organisation does not support you with supervision you do know you can change where you work? (I say because I think we can forget this sometimes!) [#OTalk](#)



#Hellomynamais Sarah (she/her) [@SLawsonOT](#)

[@Occ4LifeLtd](#) Out of interest do you then go back and revisit your reflections to consider further what you've done next? [#OTalk](#)



Dr Katrina Bannigan [@KatrinaBannigan](#)

RT [@KatrinaBannigan](#): The Model of Professional Thinking was developed in part to help with this [#OTalk](#) <https://t.co/uAM2japllm>



Chantelle Martin [@chaniedavies](#)

[@Occ4LifeLtd](#) Downloaded cpdme but not used.. really i am waiting for Tramm app (sorry Sarah). I can patiently wait for the good stuff 😊 [#otalk](#)



Melissa chieza [@melissa_chieza](#)

RT [@KatrinaBannigan](#): [@SLawsonOT](#) [@The_HCPC](#) Practice is always changing and we need to demonstrate that we are keeping up to date with those...



#OTalk [@OTalk](#)

We'll also be adding a transcript of this chat to our website if you want to revisit it later [#OTalk](#)



Melissa chieza [@melissa_chieza](#)

RT [@OTRhannon](#): [@SLawsonOT](#) For me I learn new things everyday, but counting all these things as cpd is not feasible. Anything which allows...



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

[@SLawsonOT](#) Sometimes. Can't admit that I always do. But yes re-reading them and seeing what has changed is something I have been known to do. Ever (Did I say I'm a hoarder?!) [#otalk](#)



Melissa chieza [@melissa_chieza](#)

RT [@RosFrench1](#): [@SLawsonOT](#) [#OTalk](#) I use a reflective notebook - write down learning one side and the other side personal reflection using a...



Kirsty Stanley Occupation4Life [@Occ4LifeLtd](#)

[@chaniedavies](#) Yes same with CPD me. Doesn't quite work for my ADHD brain. [#otalk](#)



#Hellomynamais Sarah (she/her) [@SLawsonOT](#)

[@OTSophie](#) It's interesting, having third party validation is one of the recommendations from research into the HCPC assuring fitness to practice. Other health professions also have to have this as part of their registration [#OTalk](#)

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



@OTRhannon @SLawsonOT <https://t.co/PWPTqu1IXM> Of course, there is a fine line, too. Have to acknowledge my strengths and limitations. ;) #otalk



Ros French @RosFrench1

@SLawsonOT #OTalk yes I do go back through my book and ones I print out some have a box which has reflecting on learning at a later date. Different color helps me!



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

RT @Occ4LifeLtd: @RosFrench1 @chaniedavies A Coffee break and a natter is never just that I find. #otalk



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

@KatrinaBannigan @SusanGriffiths5 @OTRhannon I think you'd need to capture that in some way for it to become CPD #OTalk



Ros French @RosFrench1

@Occ4LifeLtd @SLawsonOT #OTalk it is definitely how my brain works lol! Was so lovely having my lecturer say he was happy to receive my dissertation in whatever format I sent them to him.. so brain splatters it is



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

Ooh @AbleOTUK this sounds like a great reasonable adjustments students could ask for #otalk



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

@charfrenchOT @OT_Francesca I am really interested in whether people revisit their reflections once they're recorded - do you go back and review /update how things/you/your thinking are different? #OTalk



Chantelle Martin @chaniedavies

@RosFrench1 @Occ4LifeLtd @SLawsonOT Sent my managers a brain splatter.. interesting they took more notice than formal stuff #otalk



Charlotte French OT @charfrenchOT

@SLawsonOT @OT_Francesca That's a really good point! Now that I use an electronic portfolio on an app I have started to go back and review what/how I definitely something to do more often to see how I've evolved my thinking and practice..or any repeated significant events #OTalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

@chaniedavies @RosFrench1 @SLawsonOT Interesting. Maybe more people understand splatters than linear mountains of words (and I say this as a lover mountains of words). #otalk 🤔



Francesca 🇬🇧🌞 @OT_Francesca

@RosFrench1 @Occ4LifeLtd @SLawsonOT I'm stealing "brain splatters"- it definitely suits my neurodiverse way of sharing info #OTalk



Susan Griffiths @SusanGriffiths5

@jaynethill @margaretOT360 @SLawsonOT @otalk Yeah that not an issue, it just recording it that I am really bad at #OTalk



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

RT @SusanGriffiths5: @SLawsonOT Usually in challenging situations, or when things didn't go to plan or when I had a lightbulb moment #OTalk



AbleOTUK @AbleOTUK

RT @Occ4LifeLtd: Ooh @AbleOTUK this sounds like a great reasonable adjustments students could ask for #otalk



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

@jaynethill @KatrinaBannigan @dmay_ot @margaretOT360 @The_HCPC My family now worry about people using 3 wheeled walkers, making sure they hinge locked after my many observations. Watching how people move an occupational hazard and don't get me started on house building programmes on T



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

RT @NikkiDanielsOT: And remembering it doesn't always have to be a lone activity. Working in pairs or groups, virtually or face to face, ca...



OT Sophie @OTSophie

@chaniedavies @SLawsonOT @ClareSocial That sounds great, will def look at that. I did values based leadership courses which were good. Mine isn't a co issue but a big organisation/values issue. Realised the only option to resolve it was to leave. #OTalk



#Hellomynameis Sarah (she/her) 📚💙🇬🇧🤔 @SLawsonOT

RT @Occ4LifeLtd: Feedback. More reflection. I have been known to re-read old reflections as a #cpd activity to see what new insights I can...



Susan Griffiths @SusanGriffiths5

@EmmaLairdOT @SLawsonOT Yep, always the first to go which is why is always at the bottom of my list. Not sure what the answer is. #OTalk

**OT Sophie** @OTSophie

@chaniedavies @SLawsonOT @CloreSocial Exactly! The "why" is so important and if we don't believe in the why, how can other people? #OTalk

**Francesca** 🇬🇧 🌞 @OT_Francesca

@Occ4LifeLtd @SLawsonOT I brought in my CPD folder to show a student & ended up showing a new grad colleague too. They both said it was helpful to see else's reflections and process. #OTalk



#Hellomynameis Sarah (she/her) 📱💙🇬🇧🥰 @SLawsonOT

@KatrinaBannigan @OTRhannon Thank you for joining in #OTalk



#Hellomynameis Sarah (she/her) 📱💙🇬🇧🥰 @SLawsonOT

@KatieMo44590289 @OTalk_ Thank you for supporting #OTalk

**Margaret Spencer MA** @margaretOT360

Or go through @theRCOT prof standards and @The_HCPC and let them know that there are expectations and requirements...

**Vendula Yilan** @VendyYilanExploring CPD after being inspired by #OTalk <https://t.co/zJ04FXC427>**Dr Katrina Bannigan** 🥰 #BlackLivesMatter @KatrinaBannigan

RT @SLawsonOT: @jaynethill @KatrinaBannigan @dmay_ot @margaretOT360 @The_HCPC My family now worry about people using 3 wheeled walkers,



#Hellomynameis Sarah (she/her) 📱💙🇬🇧🥰 @SLawsonOT

#otalk

**Force Link** @SlicenfunHi we offer a cutting board for rehabilitation to therapy centers and hospitals #OTalk <https://t.co/wbnIRCF5Lw>**Ros French** @RosFrench1

@chaniedavies #OTalk multitasking at its best tonight - thank you! Oh and I supporting another friend in another chat as well.



#Hellomynameis Sarah (she/her) 📱💙🇬🇧🥰 @SLawsonOT

@Abi21643842 @dmay_ot @OTalk_ @TRAMMCPD Hi Abi, there's lots of information on our website and you can contact me if you have any questions. The Tracker is a template for recording your CPD activities & which HCPC standards you're meeting #OTalk <https://t.co/vzsFJtzAsB>**david houghton** @davyboy1994

RT @SLawsonOT: Q2: As our professional responsibility, do you know and understand what the HCPC Standards for CPD are, how many there are a...

**david houghton** @davyboy1994RT @KatrinaBannigan: The Model of Professional Thinking was developed in part to help with this #OTalk <https://t.co/uAM2japllm>**david houghton** @davyboy1994

RT @SLawsonOT: @Occ4LifeLtd I am amazed how many times I ask this question and registered professionals don't know the answer, even though...

**david houghton** @davyboy1994

RT @SLawsonOT: @OTRhannon crucial to understand them as makes engaging in CPD easier and helps you to recognise when learning that could b...

**david houghton** @davyboy1994

RT @charfrenchOT: @SLawsonOT Capturing our learning, clinical practice and experiences is essential to maintain safety and be effective and...

**david houghton** @davyboy1994

RT @margaretOT360: @SLawsonOT 4 but the main emphasis for audit is 3 & 4 #otalk

**david houghton** @davyboy1994

RT @SLawsonOT: @margaretOT360 I find that this is the aspect that often gets 'missed' in the collecting of certifications & 'doing' reflect...

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ I guess hitting every standard does feel difficult at time. Could do with a reread I think! #OTalk

**david houghton** @davyboy1994RT @margaretOT360: @Abi21643842 @SLawsonOT @OTalk_ 100% there will be something each month that you discuss in your supervision sessions [#o](#).**david houghton** @davyboy1994

RT @SLawsonOT: @Abi21643842 @dmay_ot @OTalk_ @TRAMMCPD Hi Abi, there's lots of information on our website and you can contact me if you hav

**Dr Nikki Daniels** @NikkiDanielsOT@OTSophie @SLawsonOT Have a look at the leadership pillar within the RCOT Career Development Framework [#OTalk](#)**Dr Nikki Daniels** @NikkiDanielsOTDefinitely! CPD is for life...not just for HCPC audit! Make plans for good habits and we can avoid the fear of being called each cycle [#otalk](#)**#Hellomynameis Sarah (she/her)** 📚💙🇧🇷🧐 @SLawsonOT@NikkiDanielsOT CPD is a journey 📚 rather than a destination [#OTalk](#)**david houghton** @davyboy1994RT @SLawsonOT: Links to useful resources from @The_HCPC @theRCOT @TRAMmCPD are included in & at the bottom of the [#OTalk](#) blog <https://t.co/...>**Occupational Therapy Writing Group** @otwg_gcu

RT @NikkiDanielsOT: Definitely! CPD is for life...not just for HCPC audit! Make plans for good habits and we can avoid the fear of being ca...

**Occupational Therapy Writing Group** @otwg_gcuRT @SLawsonOT: @NikkiDanielsOT CPD is a journey 📚 rather than a destination [#OTalk](#)**Occupational Therapy Writing Group** @otwg_gcuRT @SLawsonOT: Also [#OTalk](#) check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0C...>**david houghton** @davyboy1994RT @SLawsonOT: Forgot the [#OTalk](#)**david houghton** @davyboy1994RT @Occ4LifeLtd: Feedback. More reflection. I have been known to re-read old reflections as a [#cpd](#) activity to see what new insights I can...**Dr. Malabika Ghosh** @MalabikaDrRT @SLawsonOT: Also [#OTalk](#) check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0C...>**david houghton** @davyboy1994RT @OTalk_: Speaking of CPD, our chat reflection forms are a useful way to "record" what you've learned from [#OTalk](#) and figure out how you...**david houghton** @davyboy1994

RT @charfrenchOT: @SLawsonOT @OTalk_ Create and expand occupational therapy posts in the prison sector, alongside expanding my proficiency...

**david houghton** @davyboy1994RT @SLawsonOT: Q7: Final question What have you learnt from this [#OTalk](#), how will you ensure that it contributes to your CPD?**david houghton** @davyboy1994

RT @SusanGriffiths5: @SLawsonOT Record my CPD. Time is my biggest challenge as I do not have enough time in the day to get all my work done...

**david houghton** @davyboy1994

RT @OTSophie: @SLawsonOT I'm about to start a new job where a lot of it will be about building a service from near scratch so my goals need...

**david houghton** @davyboy1994

RT @BillWongOT: @SLawsonOT A6. For summer 2022, I will need to figure out what role in AOTA I want to transition go for next. I know I am c...

**david houghton** @davyboy1994

RT @BillWongOT: @SLawsonOT A6. (cont.) 5-year goal... perhaps I will get invited to do a keynote or two every year on more regular basis. #...

david houghton @davyboy1994

RT @OTRhannon: @SLawsonOT Now I'm qualified I need to up my CPD game.. as a student I wasn't the best at it, but there was lots of things...

**david houghton** @davyboy1994

RT @dmay_ot: @SLawsonOT Protect time for reflection. Document some of them. Make time for supervision. #otalk

**david houghton** @davyboy1994

RT @SLawsonOT: Q6: What CPD goals are you going to set yourself now? #OTalk

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ Personal feedback from colleagues is helpful if a client has improved. Again something we should write...

**david houghton** @davyboy1994

RT @OTSophie: @SLawsonOT I like the pillars and map thing for tracking that impact but feel we could do better with asking for others feedb...

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ Outcome measures in practice show changes in our clients, helpful if we have done some learning in that...

**david houghton** @davyboy1994

RT @SusanGriffiths5: @SLawsonOT Feedback from service users and their families/colleagues/supervisor. Changes in my own practice. Audits. E...

**david houghton** @davyboy1994

RT @charfrenchOT: @SLawsonOT @OTalk_ Probably through approaching a situation differently or engaging clinical practice with additional kno...

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ Career development framework helps me to recognise progress and explore goals #OTalk

**david houghton** @davyboy1994

RT @OTRhannon: @SLawsonOT For me I like to get feedback from my clients, on placement I found this beneficial so would like to continue th...

**david houghton** @davyboy1994

RT @dmay_ot: @SLawsonOT Key measure for me is having the confidence to try what I've learned. #otalk

**david houghton** @davyboy1994

RT @Occ4LifeLtd: My fave model is Rolfe's What? So What? Now What? Nice and simple and gets to the crux of things #otalk #cpd

**david houghton** @davyboy1994

RT @Occ4LifeLtd: @Abi21643842 @SLawsonOT @OTalk_ @margaretOT360 You could do anything. Mind map what you learnt. Use a formal reflective mc

**david houghton** @davyboy1994

RT @RosFrench1: @SLawsonOT #OTalk I use a reflective notebook - write down learning one side and the other side personal reflection using a...

**david houghton** @davyboy1994

RT @OTRhannon: @SLawsonOT I find reflection models really helpful. I haven't written one since placement but I always found GIBBS helpful...

**david houghton** @davyboy1994

RT @Occ4LifeLtd: Yes it's that stopping and having breath to reflect and plan that's tricky especially at the moment #otalk

**david houghton** @davyboy1994

RT @SLawsonOT: @OTRhannon Our CPD is about more than collecting hours, helps if we recognise learning, use it in practice to benefit yours...

**david houghton** @davyboy1994

RT @dmay_ot: @KatieMo44590289 @SLawsonOT Agreed. I think almost all of my supervision takes place in office doorways. I love that I learn i...

**david houghton** @davyboy1994

RT @margaretOT360: @dmay_ot @Abi21643842 @SLawsonOT @jaynethill @The_HCPC @heardled You know if you change something however small an

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ Reflective logs are helpful, or using SMART goal setting to provide chances for implementing learning i...

**david houghton** @davyboy1994

RT @Abi21643842: @SLawsonOT @OTalk_ I find this difficult, I think supervision helps me to review cases and recognise where learning can be...

**david houghton** @davyboy1994

RT @OTRhannon: @SLawsonOT For me I learn new things everyday, but counting all these things as cpd is not feasible. Anything which allows...

**david houghton** @davyboy1994

RT @KatieMo44590289: @SLawsonOT I feel like I learn little snippets every day but it's not in-depth enough to be CPD #OTalk

**david houghton** @davyboy1994

RT @SLawsonOT: #OTalk I love this: 'Lifelong learning doesn't mean lifelong studying, it is getting the most out of – & learning from –ever...

**david houghton** @davyboy1994

RT @margaretOT360: @OTRhannon @SLawsonOT #otalk basically how has what you have done made rather service better and how have service users.

**david houghton** @davyboy1994

RT @OTRhannon: @SLawsonOT @The_HCPC But also to develop self. The more we learn the more confident we can be as occupational therapists an...

**david houghton** @davyboy1994

RT @SLawsonOT: @jaynethill @The_HCPC Yes, some of the many benefits of engaging in CPD is the intrinsic and extrinsic benefits we gain #OTa...

**david houghton** @davyboy1994

RT @KatrinaBannigan: @jaynethill @SLawsonOT @The_HCPC I agree! Lifelong learning is a form of self care #OTalk (especially in careers that...

**david houghton** @davyboy1994

RT @jaynethill: @SLawsonOT @The_HCPC I think as well as the other things above we should do it for ourselves. To keep ourselves fresh and e...

**david houghton** @davyboy1994

RT @KatrinaBannigan: @SLawsonOT @The_HCPC Practice is always changing and we need to demonstrate that we are keeping up to date with those...

**david houghton** @davyboy1994

RT @KatrinaBaldryOT: @SLawsonOT @The_HCPC Very simply, we're registered with @The_HCPC in order to keep patients safe; so they can trust th...

**david houghton** @davyboy1994

RT @SusanGriffiths5: @SLawsonOT @The_HCPC To ensure we meet standards relating to professional skills, conduct, etc. #OTalk

**david houghton** @davyboy1994

RT @OTRhannon: @SLawsonOT @The_HCPC #OTalk To continue updating and expanding our knowledge, we need to be taking in the information and u...

**david houghton** @davyboy1994

RT @margaretOT360: @SLawsonOT @The_HCPC To demonstrate we a current in our practice and assure the general public we are safe to work with...

**david houghton** @davyboy1994

RT @BillWongOT: @SLawsonOT @The_HCPC A1. I have to answer in American context throughout this whole chat. The reason we should engage in CP...

**david houghton** @davyboy1994

RT @SLawsonOT: Q1: As a start point for tonight's #OTalk I'd like to take a moment to consider why it is so important that we engage in CPD...

**Jen Gash** @OTCoachUK

RT @OTalk_: Speaking of CPD, our chat reflection forms are a useful way to *record* what you've learned from #OTalk and figure out how you...

**Jen Gash** @OTCoachUK

RT @KatrinaBannigan: @SLawsonOT Probably the 'gentle' reminder that @The_HCPC has standards for CPD that we have to comply with. It is not...

**Felice the OT** @ThehappyOt

The older I get, the more I resonate with the activity card sort's classification of 'sitting and thinking' as leisure #OccupationalTherapy #OTalk #otizm #ot

**Felice the OT** @ThehappyOtThe older I get, the more I resonate with the activity card sort's classification of 'sitting and thinking' as leisure [#OccupationalTherapy](#) [#OTalk](#) [#OTjokes](#)**Bongani Mayosi Health Sciences Library (BMHSL)** @uct_bmhslRT @KatrinaBannigan: The Model of Professional Thinking was developed in part to help with this [#OTalk](#) <https://t.co/uAM2japllm>**Dr Michelle Perryman-Fox** 🦊 @Symbolic_LifeRT @SLawsonOT: Also [#OTalk](#) check out our vlog/podcast for @ElizabethCasso1 'Recognising and Capturing informal learning' <https://t.co/0C...>**Dr Katrina Bannigan** 🙄 [#BlackLivesMatter](#) @KatrinaBannigan

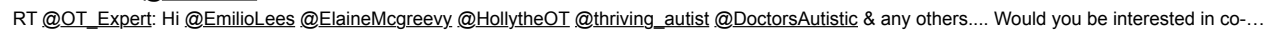
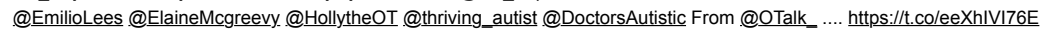
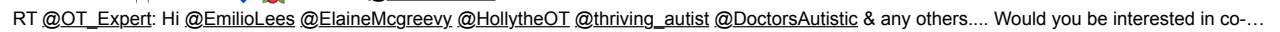
RT @KatrinaBannigan: @SLawsonOT Probably the 'gentle' reminder that @The_HCPC has standards for CPD that we have to comply with. It is not...

**Dr Katrina Bannigan** 🙄 [#BlackLivesMatter](#) @KatrinaBannigan@OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing productively. This paper by @murray may be useful <https://t.co/uM79ynRXWI> @Ahpscot @NESnmahp @DoctoralOTUK @ElizabethCasso1 @theRCOT @OTalk_**GCU Occupational Therapy** @GcuOccRT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**#OTalk** @OTalk_RT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**Laura Hall** @laurahallOTRT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**Dr Nikki Daniels** @NikkiDanielsOTRT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**#Hellomynameis Sarah (she/her)** 📱💙🏳️‍🌈🧐 @SLawsonOTRT @VendyYilan: Exploring CPD after being inspired by [#OTalk](#) <https://t.co/zJ04FXC427>**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtdOTs, want to start your new @The_HCPC audit cycle off ready to make CPD easy. This journal has enough activities to last you the two year cycle (if you do every other day). [#OccupationalTherapy](#) [#OTalk](#)**ElspethOT** @Els_OTRT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**Occupational Therapy Doctoral Network (UK)** @DoctoralOTUKLook out for this next Tuesday evening at 8pm UK time [#DoctoralOTUK](#)**Dee** @OTinretirementRT @KatrinaBannigan: @OTalk_ We @otwg_gcu @GcuOcc are delighted to be hosting [#OTalk](#) next week & look forward to discussing writing produc...**OT_Expert** 🏳️‍🌈 [#StopTheShock](#) [#StopSpectrum10k](#) @OT_ExpertIf you are, DM me for more details and I can get in touch with the lovely @OTalk_ team & see how best to do it :) More info 📌 <https://t.co/zbDUINEC2O>**OT_Expert** 🏳️‍🌈 [#StopTheShock](#) [#StopSpectrum10k](#) @OT_ExpertHi @EmilioLees @ElaineMcgreevy @HollytheOT @thriving_autist @DoctorsAutistic & any others.... Would you be interested in co-hosting an [#OTalk](#) Tweet at alternative ways occupational therapists & other professionals can assess & practice more pro neurodiversely?**OT_Expert** 🏳️‍🌈 [#StopTheShock](#) [#StopSpectrum10k](#) @OT_Expert

@RayyaGhul @BillWongOT @LaughingOT @SusanGriffiths5 @SusanGriffiths @RebeccaTwinley @OTDenise @KieranRose7 @therapist_ndc

**Bill Wong, OTD, OTR/L** @BillWongOT@OT_Expert @SusanGriffiths5 @RayyaGhul @LaughingOT @RebeccaTwinley @OTDenise @KieranRose7 @therapist_ndc @otalk for 7 months, I couldn't [#otalk](#) because of my teaching days.**Elaine Mcgreevy** @ElaineMcgreevy

RT @OT_Expert: Hi @EmilioLees @ElaineMcgreevy @HollytheOT @thriving_autist @DoctorsAutistic & any others.... Would you be interested in co-...



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