#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, January 18th 2022, 8:00PM - Thu, January 20th 2022, 8:15PM

(Europe/London).

See #OTalk Influencers/Analytics.

# OTalk	#OTalk @OTalk_ It's 8pm that means it's #OTalk time. Tonight's we are going to carry out an Activity Analysis of #OTalk with @OT_rach le hello, let us know you're here tonight. https://t.co/5hoaXBjO1P	2 days ago ading us. Say
ecognities	nello, let us know you're nere tonight. <u>https://t.co/shoaxbjo/re</u>	Q tq Ø
# OTalk I place to talk ecoupylise	#OTalk @OTalk_ If you're new to #OTalk or getting a bit lost during the hour, I'm here to help. Just message this account directly using @Cour New updated Guide for Participants https://t.co/c1GURh1LSS via @OTalk_https://t.co/vKA1vE8UAK	2 days ago OTalk_ Check out ○ □ ♡
	Em © @DobboEm @OTalk_@OT_rach Hi #otalk	2 days ago
	Jayne gwwhoaaTheOTOT gwww.gwhoaaTheOTOT gwwynoaaTheOTOT gwwynoaaTheOTOT gwyynoaaTheOTOT gwyynoaaTheOTOTgwyynoaaTheOTOTgwyynoaaTheOTOTgwyynoaaTheOTOTgwyynoaaTheOTOT	

	#OTALL @OTALL	2 days ago
A place to tak economias	#OTalk @OTalk_ We like lurkers they often get stuck in. <u>#otalk</u>	
	Joanne @jomadav39	② ♣↓ ♡ 2 days ago
	@OTalk_ @OT_rach Hello everyone #OTalk	O ta V
	Sarah Twiner @sarahTwiner	2 days ago
	@OTalk_@OT_rach Hello everyone @OTalk_@OT_rach #OTalk	Q tq V
4	Catherine McNulty @cathymc9781	2 days ago
	@OT_rach Hello #OTalk	Q tq 🛡
	#OTalk @OTalk_	2 days ago
OTalk A place to tak occupation	Right time to hand over to <u>@OT_rach</u> to lead us in tonights Activity Analysis please follow her account there will be 10 tweet respond to. <u>#OTalk https://t.co/C4ml0CVQiu</u>	s in Total to
		O ti O
5	Jess @JessOT5 @OTalk_ Also a lurker tonight, eating, writing and reading this. Multitasking! #OTalk	2 days ago
		O ti O
	Anya de longh @anyadei @OTalk_ @OT_rach Hi! Really intrigued by the topic this evening, so looking forward to <u>#OTalk</u>	2 days ago
		Ωt1 (7
40	Ms Rachel Booth-Gardiner ₩ @OT_rach Activity Analysis of #OTalk 1. What are we calling this #ActivityAnalysis? https://t.co/TKKpahv9h6	2 days ago
		0 ti 0
	Carolyn OT @ @CeeCeeOT RT @OTalk_: It's 8pm that means it's #OTalk time. Tonight's we are going to carry out an Activity Analysis of #OTalk with @Cleading	2 days ago <u>OT_rach</u>
		Ω [‡] , ♡
	Carolyn OT @ @CeeCeeOT RT @OT_rach: In totally there will be 10 parts to the Activity Analysis #OTalk 1 Name of activity 2 Timing 3 Environment: 4 Appropriateness	Q t⊋ ♥
	Carolyn OT ← @CeeCeeOT RT @OT_rach: In totally there will be 10 parts to the Activity Analysis #OTalk 1 Name of activity 2 Timing 3 Environment: 4 Appropriateness	2 days ago
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	Carolyn OT	2 days ago
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TABLE STATES	Carolyn OT @ @CeeCeeOT RT @OT_rach: In totally there will be 10 parts to the Activity Analysis #OTalk 1 Name of activity 2 Timing 3 Environment: 4 Appropriateness Jayne @ @WhoaaTheOTOT @OT_rach An activity analysis of Otalking #OTalk Em @ @DobboEm @OT_rach Tweeting OT's #otalk Anya de longh @anyadei @OT_rach A Twitter Chat (specifically an #OTalk!) BAMEOTUK @BAMEOTUK RT @OTalk : It's 8pm that means it's #OTalk time. Tonight's we are going to carry out an Activity Analysis of #OTalk with @Gleading #OTalk @OTalk QOTalk	2 days ago \times \tim
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	Georgia Vine @GeorgiaVineOT	2 days ago
	@OT_rach A Twitter chat about occupational and occupational therapy? #OTalk	DΩQ
	Jay Webster (They/Them) @jwot77 @OT_rach 50minutes #OTalk	2 days ago
	WOI_Tach Soffinities #OTAIN	Q ti Ø
	Jayne € @WhoaaTheOTOT @OT_rach Time to read the blog beforehand and familiarise with topic. #OTalk	2 days ago
		Ω [‡] , ♡
	Jayne Brown @jaynethill @OT_rach 1 hour or if you come late 50mins sorry <u>#otalk</u>	2 days ago
	Cillian OT @ Cillian Lloc4004	2 days ago
	GillianOT @GillianH351981 @OT_rach Following and contributing to an OTalk #OTalk	2 days ago
JEAR YOU	LecturerMish ★ # ■ ■ ♥ She/Her/Hers @LecturerMish This ■ 0.4 #07-#1	2 days ago
MASK	This Q1. <u>#OTalk</u>	QtqQ
70	The MoHO OT @themoho_ot	2 days ago
Y	@jaynethill @OT_rach I'm late too 🈭 #Otalk	$Q \Box \nabla$
	Sam Pywell @smileyfacehalo	2 days ago
Semantha Pyvodi	@OTalk_ @OT_rach Hello ! #otalk https://t.co/bxBmOQlsC5	ರಭಳ
	Anya de longh @anyadei @OT_rach Generally an hour at 8pm on Tuesdays, but thats not to say you have to be here for the whole hour (and to Wed) and I guess there is pre-read of the blog before #OTalk too (so it can take a lot or a little time, most weeks, of options!	or as a one off! Lots
		Ω [‡] , ∇
	Ms Rachel Booth-Gardiner ₩ @OT_rach ^ctivity Analysis of #OTalk 3. What do we need to consider about the environment? https://t.co/gLe9VLEyrv	2 days ago ☐ ☐ ♡
	Anya de longh @anyadei	2 days ago
1	@GeorgiaVineOT @OT_rach Combining two of my favorite things! € #OTalk	Ω 113 (°
	Jayne & @WhoaaTheOTOT	2 days ago
	@OT_rach The social media environment privacy, who can read the posts, etc. #OTalk	ρtiQ
	Ms Rachel Booth-Gardiner ₩ @OT_rach	2 days ago
(C)	So different answers for what we should call tonight's <u>#activityAnalysis</u> <u>#OTALK</u> <u>https://t.co/tNJtmYrUTD</u>	Q ti Q
	Em 💝 @DobboEm	2 days ago
	@OT_rach Comfy sofa, cup of tea, electronic device, humour #otalk	Ω ^{‡‡} ♡
	Anya de longh @anyadei @WhoaaTheOTOT @OT_rach That prep time for occupations is so important, but often 'hidden' when I think initially	2 days ago about the 'doing'!
	#Otalk	040
(2.0	Sherlyn () (she/her) @sherlynmelody	2 days ago
A STATE OF THE PARTY OF THE PAR	@OT_rach #otalk distractions - barriers	Ω [‡] , Φ
	Em © @DobboEm @OT_rach Non judgemental, open #otalk	2 days ago
	<u>Go. Tau.</u> 1011 Judgomonius, opon <u>notum</u>	ರಭ್

	david houghton @davyboy1994 RT @OT_rach: Activity Analysis of #OTalk 2. What sort of timings are needed? https://t.co/G0ZSUE55Nh	2 days ago
		Ω ₽∇
	david houghton @davyboy1994 RT @OT_rach: Activity Analysis of #OTalk 1. What are we calling this #ActivityAnalysis? https://t.co/TKKpahv9h6	2 days ago
		O ti O
OTAIR False to talk scoupelies	#OTalk @OTalk_ Remember the Hashtag #OTalk in all your tweets. https://t.co/CDl92CBiZw	2 days ago
	david houghton @davyboy1994 RT @OT_rach: Activity Analysis of #OTalk 3. What do we need to consider about the environment? https://t.co/gLe9VLEyrv	2 days ago
7	Sana @ @sanx_OT RT @OTalk_: It's 8pm that means it's #OTalk time. Tonight's we are going to carry out an Activity Analysis of #OTalk with @OT_leading	2 days ago <u>rach</u>
Figure to hote accounting	#OTalk @OTalk_ Don't forget that # #otalk are please will not see what you have written and it will not be in the transcript	2 days ago
3	Sarah Twiner @sarahTwiner @OT_rach Relaxing environment away from the distractions of the rest of my household #OTalk	2 days ago
	Jay Webster (They/Them) @jwot77 @OT_rach Phone battery! Laptop privacy to use. Comfy seat, food and water available and within easy reach. #OTalk	2 days ago
Ve use c	co ckings from the second or second or collect data to improve your experie (so alternative room needed for child), usually in bed lights dimmed limited distractions!! #otalk be using our website, you're agreeing to the collection of data as described in	ende ซา n our
	Jess @JessOT5 Website Data Collection Policy. @OT_rach Keep forgetting to add #OTalk (promise will remember once m into the gist of it!) You can change your preferences at any time.	2 days ago
	Georgia Vine @GeorgiaVineOT @OT_rach like to split my time in the hour so have time for my answers and interacting/ engaging with others to broaden my knowledge. #OTalk	2 days ago
OTalk Epine to talk economics	#OTalk @OTalk_ #otalk Good good. If you get in the habit of writing it first it helps	2 days ago
	Ms Rachel Booth-Gardiner @OT_rach Activity Analysis of #OTalk 4. What do we need to think about with regards to underling the appropriateness of engaging in a twi https://t.co/kHHczExmTL	2 days ago tter chat?
	Georgia Vine @GeorgiaVineOT @OT_rach like to be alone in my room. But sometimes like to listen to music whilst doing so. #OTalk	2 days ago
MASK	LecturerMish * Security She/Her/Hers <u>@LecturerMish</u> <u>@OT_rach</u> Locality, space for equipment & seating for person (& move around), time to organise and or have space & equipment whole <u>#OTalk</u> session/event Q3.	2 days ago nt for the
	OT_guy @sobayooluwatobi @OT_rach Activity analysis is breaking down of activities to the simplest, a patient will start from the easiest to the more difficult activity .#OTalk	2 days ago task
	Catherine McNulty @cathymc9781 @OTalk_@OT_rach Hello #OTalk	2 days ago
	Anya de longh @anyadei @GeorgiaVineOT @OT_rach Thats a good strategy I hadn't thought of before - do you do a few mins of each, or longer chunks #Otalk	2 days ago of time?

#Otalk



LecturerMish ★ ★ ■ ■ ♥ ★ She/Her/Hers @LecturerMish Yes remember refreshments <u>#OTalk</u>

2 days ago



Em <u>@DobboEm</u> <u>@OT_rach</u> Remind of house rules <u>#otalk</u> 2 days ago



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Ensure content is suitable for young people as they may be in the vicinity. Respect towards all participants whatever their age, gender, culture, beliefs etc <u>#OTalk</u>



Sana @ @sanx_OT RT @OTalk_: Remember the Hashtag #OTalk in all your tweets. https://t.co/CDl92CBiZw 2 days ago



Sam Pywell @smileyfacehalo

2 days ago

<u>@OT_rach</u> A hobby. A social network. A community of practice. CPD. An OT brain tickle. A meaningful activity. My Tuesday night occupation infront of the tv. #OTalk



Jess @JessOT5

2 davs ago

@OT rach #OTalk consciousness of language used, abbreviations and so forth which may restrict understanding of the conversation.



Sam Pywell @smileyfacehalo

2 days ago

@OT_rach 50mins. 10 mins hardcore Tweet (usually ten mins late), battery charged and ready to go q2 #otalk https://t.co/sEIMEoCPdq



Jay Webster (They/Them) @jwot77

2 days ago

#OTalk I'm in awe of all you multitaskers! It's all I can do to keep up with the posts and take a gulp of water 😂



Jayne Brown @jaynethill

2 days ago

<u>@OT_rach</u> Variety of topics, welcoming, respecting views but not tolerating discrimination or harassment in anyway. Inclusive, open to feedback and change..... #otalk



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Q2 timing answers - <u>#Otalk https://t.co/YP6JNLfojm</u>



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

 $Activity \ Analysis \ of \ \underline{\textit{\#OTalk}} \ 5. \ Explain \ what \ preparation, \ is \ needed \ to \ engage \ in \ an \ \underline{\textit{\#OTalk}} \ \underline{\textit{https://t.co/HUrS5G1lqn}}$



Jay Webster (They/Them) @jwot77

2 davs ago

@jaynethill @OT_rach Oooh I like that! Challenging any discrimination we see as well. #OTalk



Jayne @WhoaaTheOTOT

2 days ago

@smileyfacehalo @OT_rach Definitely my new favourite Tuesday night occupation! (a) Can't believe it's taken me so long to get here!! #OTalk



Catherine McNulty @cathymc9781

2 days ago

@OT_rach #OTalk emotional environment that considers awareness of acceptance.. like participating in a music session with welcoming environment



 $\textbf{Georgia Vine} \ \underline{@Georgia VineOT}$

2 days ago

<u>@anyadei</u> <u>@OT_rach</u> I don't time it but I limit myself to the number of comments I put to the original thread. As I could talk all day (you know me⊜) but learning and questioning others is the real experience for me. I have my blog to ramble⊜ <u>#OTalk</u>



Anya de longh @anyadei

2 days ago

<u>@OT_rach</u> Depends also how individuals use Twitter (or social medial generally), and like to interact (a twitter chat is mostly text based, so might not suit all learning styles eg if visual impairment and using screen reader?) <u>#OTalk</u>



Em <u>@DobboEm</u>

2 days ago

@OT_rach #otalk pre reading of the blog, time for me from distraction, access to Twitter, memory to type #otalk



Becs-Lou @becs_lou

2 days ago

<u>@OTalk_ @CeeCeeOT @OT_rach</u> This is interesting, hello everyone <u></u>



Abi @Abi21643842

2 days ago

@OT_rach COLOURING I have chosen this as I often use this activity to teach people to break down this activity to make more achievable goals. People mental illness tend to struggle with attention and concentration to support this restleful activity #OTalk



Anya de longh @anyadei @jwot77 Likewise! @ #Otalk 2 days ago

2 days ago



Ms Rachel Booth-Gardiner @ @OT rach

Q3 -environment #otalk https://t.co/kl9zgbyqHm



Sam Pywell @smileyfacehalo

2 days ago

@OT_rach Sofa - my half (Sheldons seat, doesn't feel right if I sit somewhere else in the house to tweet!). View of tv. View of mobile. View of partner. Warm (fire on, wood chip), near food and hot tea. ? Too much detail?.... Never !... #otalk q3 https://t.co/59oPHDUTYH



Jayne Brown @jaynethill

2 days ago

@jwot77 @OT_rach Hear far too often we live in a free world and freedom of speech but we need to challenge that of it is hurtful to others #otalk



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Phone (with a charged battery) or Laptop (same). Seat, uncluttered ⊜surroundings, privacy (if possible) for concentration, Other people and the #OTalk team keeping us on track and reminding us about the # and asking great questions.



Jess @JessOT5

2 days ago

@OT_rach #OTalk Internet enabled device, charger for the device, familiarise self with topic and how to use twitter.



Georgia Vine @Georgia Vine OT

2 days ago

@OT_rach Oooo good one! Emphasising on engaging and shared learning experience. Respect, respect and respect #OTalk



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Activity Analysis of #OTalk 6. What precautions, might you need to think out, put in place? https://t.co/ZDoHaykzJt



Sam Pywell @smileyfacehalo

2 days ago

@OT rach #otalk q5 mobile phone charged or on charger, wifi, read script off website, reflected, brain fed and watered, mindset switched to I'll give it a go to grow https://t.co/dzmWkH5DAx



david houghton @davyboy1994

2 days ago

RT <u>@OT_rach</u>: So different answers for what we should call tonight's <u>#activityAnalysis</u> <u>#OTALK</u> <u>https://t.co/tNJtmYrUTD</u>



Javne Brown @iavnethill

2 days ago

@OT_rach Must confess I usually forget or don't have time to read the blog... but keep an eye out for the talks on Twitter. Usually a case of going with flow! #otalk



Em @DobboEm

2 days ago

<u>@OT_rach</u> <u>#otalk</u> confidentiality, selfcare, non judgemental

Q4 - appropriateness #OTALK https://t.co/s4xeEPuQc7



Ms Rachel Booth-Gardiner @ @OT rach

2 days ago



Jay Webster (They/Them) @jwot77

2 days ago

@OT rach For me, I need to eat or I'll not last the hour. Ensure water is available and set alarms to remind me it's on. Also, have a rest in the afternoon to allow for evening activity. #OTalk



#OTalk @OTalk

2 days ago

don't forget that Hashtag #OTalk in all your tweets. https://t.co/Jzc8N3pbX3



Sherlyn (she/her) @sherlynmelody

2 days ago

@OT rach #otalk equipment, professional conduct, cup of tea. Listening eyes.



Sarah Twiner @sarahTwiner

2 days ago

@OT_rach Prepared mysef, Charger for my phone as well as my phone, my password for my Twitter account as it often randomly signs me out, The OTtalk team, pre downloaded reflection template, other people engaging in order to support my learning and understanding



#OTalk @OTalk_

@becs_lou @CeeCeeOT @OT_rach Welcome #otalk glad you're finding it interesting

2 days ago

2 days ago

2 days ago



Ms Rachel Booth-Gardiner ♥ @OT_rach

Hope everyone is doing ok. #OTalk We are halfway now. The next 4 parts of the #ActivityAnalysis will focus on 'Performance

Requirements' https://t.co/S8XgpLYJb0



#OTalk @OTalk_

#OTalk - halfway https://t.co/2hqzFtN6Lq



Jess @JessOT5

@OT_rach #OTalk Recognition of it being a public platform and so monitoring communication. Removal of distractions.

2 days ago

2 days ago



Abi @Abi21643842

@OT_rach Colouring I usually recommend 10 minutes every other day, depending on individual need. Goal to be reviewed every 2 to 3 weeks, or as required (self help). I spoke to a client today who has carpal tunnel syndrome. Does anyone have any equipment advice to support this? #OTalk



Anya de longh @anyadei

2 days ago

@jaynethill @OT_rach Its a great examples of an occupation you can engage with at different levels (depending on how you are feeling, everything else going on and the topic etc...) #Otalk



Leona McQuaid @LeonaMcquaid

2 days ago

@OT_rach #otalk ability to take breaks if needed or 'lurk' if preferable or as an initial engagement strategy



Georgia Vine @Georgia Vine OT

2 days ago



Abi @Abi21643842

2 days ago

<u>@OT_rach</u> Home setting, most comfortable to support posture and stability eg. Dining room table and chairs. Quiet environment or music if the person is sensory seeking <u>#OTalk</u>



Jess @JessOT5

2 days ago

@jwot77 @OT_rach Incorporating rest time is so important! #OTalk



Sam Pywell @smileyfacehalo

2 days ago

@OT_rach Q6. #otalk understand social media codes, be in right state (may need to bale if overtired/ self care or family member comes first)



Melissa chieza @melissa chieza

2 days ago

<u>@OT_rach</u> Meaningful engagement within the online community . <u>#OTalk</u>



Catherine McNulty @cathymc9781

2 days ago

<u>@OT_rach</u> Sometimes <u>#OTalk</u> allowing myself to dip in and out of the chatter.. trying to catch up where I can better than missing it altogether



Jayne <u>@WhoaaTheOTOT</u>

2 days ago

<u>@OT_rach</u> For me, it's ensuring my little ones are in bed on time to allow me the peace I need to participate! <u>ᡂ #OTalk</u>



Ms Rachel Booth-Gardiner @ @OT rach

2 days ago

Activity Analysis of <u>#OTalk</u> 7. Moving in to the performance requirements needed to engage in <u>#OTalk</u> What are the Physical demands? https://t.co/FGE8L4Lmbc



Becs-Lou @becs_lou

2 days ago

<u>@OT_rach</u> Having respect but also recognising that people are probably at different stages of their learning & experiences so being inclusive eg to students/nq. Found <u>#otalk</u> to be useful for my learning whilst being a student. Also using inclusive language so no one group is marginalised.



Jayne Brown @jaynethill

2 days ago

<u>@DobboEm @OT_rach</u> Like the self care bit... sometimes I feel like I want to engage but don't know enough or feel good enough. <u>#otalk</u> are generally inclusive and supportive but just mindful that we aren't all experts in everything



Abi @Abi21643842 2 days ago

@OT_rach Colouring #OTalk Dining room table and chairs. The client plans to purchase a colouring book and pencils online as she finds it hard to leave her home alone due to her anxiety.



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Q5 - preparation #OTalk answers https://t.co/eM24p7BITe



Sam Pywell @smileyfacehalo

2 days ago

@<u>OT_rach</u> Q7 #otalk used to think speed type was the only way, have replied days later ⊜ physically to be able to tweet ... type in my mobile phone, suppose voice recognition to tweet might be possible?....



Em <u>@DobboEm</u>

2 days ago

@OT rach #otalk coordination of keeping up with live chat and remembering your hash tags!



Abi @Abi21643842

2 days ago

@OT_rach Women, middle age and values creative occupations. limited approriateness options for a meaningful activity #OTalk



Georgia Vine @Georgia Vine OT

2 days ago

@OT_rach Sometimes if it's fast pace I struggle therefore I remind myself to just go at my own pace. #OTalk



Jay Webster (They/Them) @jwot77

2 days ago

@OT_rach All of the ones you've listed! Add in stamina as well and we're set. I often find #OTalk quite speedy and my fingers can't keep up! And alertness in order to meaningfully engage.



Jess @JessOT5

@OT rach #OTalk speed to type and keep up with the conversation, fine motor skills required to type, or if using voice dictation the right environment to allow for dictation software to work. Demands of screen brightness, sensation of typing and if using keyboard the noise from the keys.



Ms Rachel Booth-Gardiner <u>@OT_rach</u>

2 days ago

@Abi21643842 Hi @Abi21643842 we are doing an activity analysis of #OTalk. In case you missed the beginning? Not colouring.



Becs-Lou @becs lou

2 days ago

@OT_rach Understanding the format and keeping up with the chats can be quite demanding particularly if you are not familiar with Twitter or how #otalk works.



Jayne Brown @jaynethill

@OT_rach able to hold phone and tweet at same time.... Coordination, movement in thumb...strength to hold phone in hand whilst moving thumb. Vision to see phone. Nb: No balance needed as currently laid with head on a pillow. These of course could be different depending on my needs #otalk



Sarah Twiner @sarahTwiner

2 days ago

@DobboEm @OT_rach Absolutely agree I often need to pause to remind myself to add the #OTalk before I press reply



Jay Webster (They/Them) @jwot77

2 days ago

@GeorgiaVineOT @OT rach Me too and I end up tripping over thoughts and words. I end the #OTalk and often feel a bit wabbit!



Georgia Vine @Georgia Vine OT

2 days ago

@OT_rach I need to be sat otherwise you'll have to do a lot of decoding of my typos #OTalk



Georgia Vine @Georgia Vine OT @smileyfacehalo @OT_rach Good for you! #OTalk 2 days ago

2 days ago OT Sophie @OTSophie @OT rach I mean, if we're talking ideal scenario maybe quiet space, appropriate quiet space, pen, notepad, phone or laptop, read the



Ms Rachel Booth-Gardiner @OT_rach

2 days ago

Activity Analysis of #OTalk 8. Performance requirements What are the Cognitive demands? https://t.co/JpOcMxu1cH

Georgia Vine @Georgia Vine OT @jwot77 @OT_rach Yep, I feel ya! #OTalk 2 days ago





Ms Rachel Booth-Gardiner ♥ @OT_rach

Question 6 - precautions answers #otalk https://t.co/JKeahPJ4DI

2 davs ago

2 days ago



Em <u>@DobboEm</u>

@OT_rach #otalk definitely need concentration to keep up with chat! Having someone with knowledge is a bonus. Being careful of use of any triggering language



OT Sophie @OTSophie

2 days ago

@OT_rach I think the hand eye coordination and dexterity is the bit I become acutely aware of physically. Can be painful if a particularly busy #OTalk ⊜⊜



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Question 7 $\underline{\#OTalk}$ What are the Physical demands? Answers $\underline{https://t.co/oQDKEd04Bi}$



Anya de longh @anyadei

2 days ago

@OT_rach I find #OTalk very cognitively demanding! Esp if its a topic I'm not so familiar with, a busy chat with lots of parallel threads etc... and trying to remember the question when typing the reply!



Anya de longh @anyadei

2 days ago

@OT_rach Also reading on a screen where new tweets arrive, so scrolling in real-time too! #OTalk



OT Sophie @OTSophie

2 days ago

@OT_rach Now this one is interesting!! I think basically all the things listed are so important to managing to keep up with #OTalk, which perhaps make you realise the potential ableist aspect of it... #OTalk



Jess @JessOT5

2 days ago

@OT_rach Ability to condense language used within tweet character count. Basic ground knowledge of OT discourse. Concentration and attention skills required to keep up with the chat, as well as language demands to interpret and respond to tweets. #OTalk



Sam Pywell @smileyfacehalo

2 days ago

<u>@OT_rach</u> Q8. <u>#otalk</u> semi concentration can multi-task (watch tv), planning (what to say, in what order), knowledge of the topic (by reading <u>#otalk</u> website), reading (everyone's tweets), numeracy (checking order of replies, memory (short term what am I doing and why) https://t.co/ivorfJzqWX



 $\textbf{Georgia Vine} \ \underline{@} \underline{Georgia Vine OT}$

2 days ago

<u>@OT_rach</u> All of the above!! I'm also a person who finds it really difficult to think of questions on the spot so sometimes I want to get involved in a conversation from the thread but don't know how (probably due to fatigue as well). So I put 'I agree' a lot then come back later #OTalk



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Plan the diary time and set an alarm as a reminder. Ability to concentrate reading blog and consider answers or other reading to do before the evening. Ability to focus attention for 1hr on the evening. Ability to ignore drummer upstairs and other distracting noises #OTalk



Jayne Brown @jaynethill

2 days ago

<u>@OT_rach</u> Multi tasking with a friend on WhatsApp tonight... changing from one to another without loosing track is very hard. I'm very tired tonight too which is having an impact..... #otalk



Anya de longh @anyadei

2 days ago

@JessOT5 @OT_rach Getting into the character limit is a key skill! #Otalk



#Otalk @Otalk_

2 days ago

<u>©Emma11683435</u> Sorry just see this <u>#otalk</u> happens every week on a Tuesday Uk time 8pm for 1 hour. https://t.co/T0QKmY0gJz



Jayne Brown @jaynethill

2 days ago

<u>@OT_rach</u> Remembering to come in first place....<u>#OTalk</u>



 $\textbf{Georgia Vine} \ \underline{@} \underline{Georgia Vine OT}$

2 days ago

@OTSophie @OT_rach Ooo very interesting view I see your point and I agree! #OTalk

Em ODobboEm

2 days ago



@jaynethill @OT_rach Amused to think of your friends bemused expression when she receives something meant for this chat 6/2#otalk



Becs-Lou @becs_lou @jaynethill @OT_rach Exactly this, found myself in the same boat #otalk

2 days ago



Sarah Twiner @sarahTwiner

2 days ago

<u>@OT_rach</u> As someone who is quite new to <u>#OTalk</u> I would say I am finding this quite cognitively demanding keeping up! But I am am definitely enjoying the challenge.



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Activity Analysis of #OTalk 9. Performance requirements, interpersonal demands? https://t.co/oVJB0Rnb2l



Catherine McNulty @cathymc9781

2 days ago

@OT_rach #OTalk dexterity using small screen on mobile... poor eyesight... hurt squinting after a bit



Em <u>@DobboEm</u>

2 days ago

@OT_rach #otalk receptive communication skills, willing to share experiences, good leadership from #otalk team to keep to time



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Ability to communicate thoughts clearly, being open to other's views and sharing learning. leaving competition at the door. Respecting the <u>#OTalk</u> team, Use of the hashtag and encouraging participation but respecting lurkers as well.



Sam Pywell @smileyfacehalo

2 days ago

@OT_rach Text communications, turn taking, pause before tweet, follow #otalk rules (use the hashtag!)



Jayne Brown @jaynethill

2 days ago

<u>@DobboEm</u> <u>@OT_rach</u> We are talking about my LFT results... (which are still disappointingly positive meaning another 2 days in the house at least).... Im sure I'm texting and tweeting about how fatigued I feel so I might get away with it <u>\$\phi \phi \pm \text{#OTalk}\$</u>



Becs-Lou @becs_lou

2 days ago

<u>@OT_rach</u> Knowing the ground rules, sharing knowledge and experiences, also interacting with others to gain a deeper level understanding. Good leadership to keep us all on track <u>#otalk</u>



Jess @JessOT5

2 days ago

<u>@OT_rach</u> Following rules such as adding the <u>#OTalk</u> hashtag! Understanding and use of twitter interpersonal communication and how this is different to other communication forms, e.g pressing the ♥ button, clicking reply.



Ms Rachel Booth-Gardiner @OT_rach
Most important #otalk

2 days ago



Em 💜 @DobboEm

2 days ago



@jaynethill @OT_rach Sorry to hear that. Hope this is a useful distraction #otalk

2 davs ago

Jayne Brown @jaynethill @OT_rach Family demands.... Meeting my sons needs, ensuring hubby puts him to bed....#otalk



Georgia Vine @Georgia VineOT

Jayne Brown @jaynethill

2 days ago

<u>@OT_rach</u> The limited characters makes it hard but then also that's a good thing because we'd be here forever if not! I always have respect for everyone, I've learnt to much by lurking. But yes you can feel a bit out of it when you lurk but we can't all know everything. #OTalk



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Question 8 Cognitive demands - some answers #otalk https://t.co/p4UIQKb5cg



@DobboEm @OT_rach It is indeed.... #OTalk

2 days ago

4

Ms Rachel Booth-Gardiner ♥ @OT rach

2 days ago

Activity Analysis of #OTalk 10. Performance Requirements intrapersonal demands? https://t.co/CEVGCKRbqK



Anya de longh @anyadei

2 days ago

<u>@OT_rach</u> All the other bits of communication we miss so have to manage without while still trying to full understand the other person/tweeters (no tone of voice, body language or any of those others clues we often use in our interactions!) <u>#OTalk</u>



Jay Webster (They/Them) @jwot77

2 days ago

@GeorgiaVineOT @OT_rach I enjoy lurking and revisiting when more alert at a later time. Sometimes it's good to lurk I find. Other times I feel quite engaged and active. #OTalk



Georgia Vine @GeorgiaVineOT
@JessOT5 @OT_rach \(\psi \) #OTalk

2 days ago



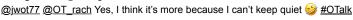
Ms Rachel Booth-Gardiner @ @OT_rach #otalk https://t.co/md4BxQonWA

2 days ago



Georgia Vine @GeorgiaVineOT

2 days ago





Em @DobboEm
@OT_rach #otalk definitely trust, sharing, creativity to think of out of box ideas

2 days ago



Jayne Brown @jaynethill

2 days ago

<u>@OT_rach</u> Not being afraid to say you don't understand something, accepting we are all learning in different ways, it's not a competition, respectful to each other...... <u>#Otalk</u>



Jess @JessOT5

2 days ago

<u>@OT_rach #OTalk</u> confidence in self to engage in chat and trust that it's a safe, non-judgemental space to do so. Risk taking for voicing thoughts, especially on topics you're less knowledgeable about.



Ms Rachel Booth-Gardiner @OT_rach

2 days ago

#OTalk question 9 answers Performance requirements, interpersonal demands? https://t.co/TZ1xpSh8Z3



Em 💜 @DobboEm

2 days ago

@OT_rach And learning to type slowly enough to be what actually in head! Out of the box #otalk



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Frustration when battery runs out but deal! Trusting people online (most I've never met), taking risks and putting self out there, accepting I may be wrong at times. Sharing knowledge, trying not to buckle under the speed of it all Assuming responsibility for my words #OTalk



Georgia Vine @GeorgiaVineOT

2 davs ago

@OT rach All of the above, (I can feel myself flagging now). A bit one for me taking a step back and reflecting #OTalk



Sarah Twiner @sarahTwiner

2 days ago

<u>@DobboEm</u> <u>@OT_rach</u> This is definitely something I need to practice more <u>#OTalk</u>



OT Sophie @OTSophie

2 days ago

<u>@OT_rach</u> Adding the hashtag, that's worth a topic to analyse in itself!! How and why DO we still not put it?! Even those taking part for years
impulse to send response quickly? Inattention? On purpose?! <u>#OTalk</u>



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Thank you so much for this - along with the transcript this week I will pull out all the themes and add to the blog so we have a complete #ActivityAnalysis #otalk



Jay Webster (They/Them) @jwot77

2 days ago

@GeorgiaVineOT @OT_rach I need to use the reflection sheet for sure after this one. Tomorrow though. #OTalk



#OTalk @OTalk_

2 days ago

Time is up #OTalk https://t.co/nEoxKIvBVK



Ms Rachel Booth-Gardiner ♥ @OT_rach I like this idea ? #otalk

2 days ago



Em <u>ODobboEm</u>
<u>OOT_rach #otalk</u> thanks for thinking of the activity

2 days ago



Jayne <u>€</u> <u>@WhoaaTheOTOT</u> <u>@OT_rach</u> Thank you! Loved this. <u>#OTalk</u> ⇔ 2 days ago



#OTalk @OTalk_

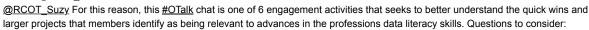
#OTalk 25th January 2022 – Improving our data literacy skills A thread 🖳 https://t.co/Qxo7vjL5Uj

2 days ago



#OTalk @OTalk

2 days ago





Anya de longh @anyadei

2 days ago

Thank you <u>@OT_rach</u> for all the prep and thought you put into <u>#OTalk</u> this evening - such an interesting way to do a Twitter chat, and a great reminder about the power of a well-done occupational analysis in practice! Thank you x



Jay Webster (They/Them) @jwot77

2 days ago

<u>@OT_rach</u> Loved this tonight Rachel. Thank to everyone who participated and look forward to reading through tomorrow. <u>#OTalk</u>.



#OTalk @OTalk

2 days ago

The Transcript from tonights Chat will be added to the Blog post for you look over. #OTalk https://t.co/2p7mP6Xv2t



Georgia Vine @Georgia VineOT

2 days ago

@jwot77 @OT_rach Me too! What a absolutely fabulous #OTalk Rach deffo in my top 5!



Jess @JessOT5

2 days ago

@OT_rach Great topic to look at and great company to explore it with epiper #OTalk



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

#otalk 10 Performance Requirements intrapersonal demands? Answers https://t.co/9I2GjSpcUm



Thomas Williams @ThomasW OT

2 days ago

<u>@OTalk_@OT_rach</u> We just started looking at activity analysis (and occupational analysis) at uni and I would love to share the summary of this with my peers. Where will I be able to find the transcript after tonight's <u>#OTalk</u>? Thank you! :)



OT Sophie @OTSophie

2 days ago

@OTalk_ @RCOT_Suzy Oh guys, I'm IOVING this strategic, systems led package you've done here! Getting my brain ticking for sure and a deeper, longer engagement #OTalk



 $\textbf{david houghton} \ \underline{@} \underline{davyboy1994}$

2 days ago

RT @OT_rach: Activity Analysis of #OTalk 5. Explain what preparation, is needed to engage in an #OTalk https://t.co/HUrS5G1lqn



david houghton @davyboy1994

2 days ago

RT <u>@OT_rach</u>: Activity Analysis of <u>#OTalk</u> 8. Performance requirements What are the Cognitive demands? <u>https://t.co/JpOcMxu1cH</u>



david houghton @davyboy1994

2 days ago

RT <u>@OT_rach</u>: <u>#otalk</u> 10 Performance Requirements intrapersonal demands? Answers <u>https://t.co/9l2GjSpcUm</u>



david houghton @davyboy1994

2 days ago

 $\label{eq:constraint} \mbox{RT}\ \underline{@\mbox{OT_rach}}\ \mbox{Activity Analysis of}\ \underline{\mbox{\#OTalk}}\ \mbox{9. Performance requirements, interpersonal demands?}\ \underline{\mbox{https://t.co/oVJB0Rnb2l}}\ \mbox{0.5}$



david houghton @davyboy1994

z days ag

RT <u>@OT_rach</u>: Activity Analysis of <u>#OTalk</u> 4. What do we need to think about with regards to underling the appropriateness of engaging in a...



david houghton @davyboy1994

2 days ago

RT @OT_rach: Activity Analysis of #OTalk 10. Performance Requirements intrapersonal demands? https://t.co/CEVGCKRbqK



david houghton @davyboy1994

2 days ago

RT @OT_rach: Activity Analysis of #OTalk 6. What precautions, might you need to think out, put in place? https://t.co/ZDoHaykzJt



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

Thanks all I'm off to bed now - really enjoyed tonights chat. #OTalk https://t.co/1KRH2RkIAV



david houghton @davyboy1994

2 days ago

RT <u>@OT_rach</u>: Activity Analysis of <u>#OTalk</u> 7. Moving in to the performance requirements needed to engage in <u>#OTalk</u> What are the Physical dem...



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

<u>@ThomasW_OT @OTalk_</u> Hi there everything gets loaded on the the blog post (link in <u>@OTalk_</u> bio). A few days after the chat but everything you need to know is on the blog post, so go check it out. https://t.co/AGvD9BePp8 #otalk



OT Sophie @OTSophie

2 days ago

@WhoaaTheOTOT @OT rach Well that's another topic in itself too! #OTalk



#OTalk @OTalk_

2 days ago

#OTalk Night all stay safe https://t.co/eCDIA4dlrM



Thomas Williams @ThomasW_OT

2 days ago

@OT_rach @OTalk_ Thank you! I will check back in a couple of days. I really enjoyed "lurking" tonight... I arrived late by accident, and keep forgetting to show up. I've now added a calendar reminder for future #OTalk evenings.



OT Sophie @OTSophie

2 days ago

@OTalk_ Thanks Rachel for an interesting #OTalk, really great experience of joint activity analysis to a level I've not done since uni o, really inspiring!



Jayne (@WhoaaTheOTOT

2 days ago

I absolutely loved this <u>#OTalk</u> and engaging with our lovely OT community! I feel so lucky to be apart of such an amazing profession. Thanks to the <u>#OTalk</u> team for this fab resource.



david houghton @davyboy1994

2 days ago

RT <u>@OT_rach</u>: In totally there will be 10 parts to the Activity Analysis <u>#OTalk</u> 1 Name of activity 2 Timing 3 Environment: 4 Appropriateness...



david houghton @davyboy1994

2 days ago

RT @OT_rach: Q5 - preparation #OTalk answers https://t.co/eM24p7BITe



Professor Elizabeth McKay @OTProfBeth131

2 days ago

RT <u>@OT_rach</u>: In totally there will be 10 parts to the Activity Analysis <u>#OTalk</u> 1 Name of activity 2 Timing 3 Environment: 4 Appropriateness...



Glyn Blakey @saeboukglyn

2 days ago

RT <u>@OT_rach</u>: Activity Analysis of <u>#OTalk</u> 7. Moving in to the performance requirements needed to engage in <u>#OTalk</u> What are the Physical dem...



Ms Rachel Booth-Gardiner ♥ @OT_rach

2 days ago

RT <u>@WhoaaTheOTOT</u>: I absolutely loved this <u>#OTalk</u> and engaging with our lovely OT community! I feel so lucky to be apart of such an amazing...



$\textbf{david houghton} \ \underline{@} \underline{davyboy 1994}$

a day ago

RT <u>@OTSophie</u>: <u>@OT_rach</u> Adding the hashtag, that's worth a topic to analyse in itself!! How and why DO we still not put it?! Even those taki...



Occupational Therapy Writing Group @otwg_gcu

a day ago

RT <u>@KatrinaBannigan</u>: and this is where our <u>#OccupationalTherapy</u> skills come in setting goals, adapting our environment;etc can all help us...

Occupational Therapy Writing Group $@otwg_gcu$

a day ago

RT <u>@KatrinaBannigan</u>: One of the things <u>@murray_rowena</u> reassures us is - "it may not simply be about finding 'more time to write' but



about...



#OTalk @OTalk_

a day ago

The blog is now live for next weeks <u>#OTalk</u> with <u>@RCOT_Suzy</u> & <u>@Kirstie_OT</u>. We shall be chatting Data Literacy which links in well with <u>#NewRCOT #RCOTDatastrategy</u>. Join us on Tuesday evening <u>@8pm</u> UK time <u>@theRCOT https://t.co/DCSvAvlhGv</u>



Kirstie @Kirstie_OT

a day ago

Have a read of the blog . Soin <u>@RCOT_Suzy</u> for next weeks <u>#OTalk</u> where we shall be talking Data Literacy. If youve had a read of the <u>#NewRCOT</u> Strategy you will have seen the <u>#RCOTDatastrategy</u> mentioned so this is a great op to join the discussion & learn more. <u>@theRCOT</u>



#OTalk @OTalk

a dav ago

RT <u>@Kirstie_OT</u>: Have a read of the blog <u>...</u> & Join <u>@RCOT_Suzy</u> for next weeks <u>#OTalk</u> where we shall be talking Data Literacy. If vouve had a...



Simon Hawker @SimonHawker16

a day ago

RT <u>@Kirstie_OT</u>: Have a read of the blog <u>\</u> & Join <u>@RCOT_Suzy</u> for next weeks <u>#OTalk</u> where we shall be talking Data Literacy. If youve had a...



a day ago

Occupational Therapists Check out the blog below and join #OTalk with @RCOT_Suzy and @Kirstie_OT next week to explore data literacy, outcome measures and how it all links with the new @theRCOT Strategy and Data Strategy. See tweet for details #QITwitter https://t.co/29eUt1Zkxk



RCOT Branches Manager @RCOT_Louise

a day ago

RT @Kirstie_OT: Have a read of the blog . Soin @RCOT_Suzy for next weeks #OTalk where we shall be talking Data Literacy. If vouve had a...



Joanne @jomadav39

a day ago

RT @hoffiOT: Occupational Therapists Factor Check out the blog below and join #OTalk with @RCOT_Suzy and @Kirstie_OT next week to explore data...



#OTalk @OTalk_

a day ago

RT @hoffiOT: Occupational Therapists F Check out the blog below and join #OTalk with @RCOT_Suzy and @Kirstie_OT next week to explore data...



Jessika Lack @JessikaLack_OT

a day ago

RT <u>@OTalk</u>: The blog is now live for next weeks <u>#OTalk</u> with <u>@RCOT_Suzy</u> & <u>@Kirstie_OT</u>. We shall be chatting Data Literacy which links in wel...



Alison Lester-Owen @alesterowen

a day ago

RT <u>@hoffiOT</u>: Occupational Therapists R Check out the blog below and join <u>#OTalk</u> with <u>@RCOT_Suzy</u> and <u>@Kirstie_OT</u> next week to explore data...



dyah saraswati @Saraswati_dee

18 hours ago

RT @hoffiOT: Occupational Therapists Factor Check out the blog below and join #OTalk with @RCOT_Suzy and @Kirstie_OT next week to explore data...



Professional Adviser Suzy @RCOT_Suzy

13 nours ago

RT <u>@hoffiOT</u>: Occupational Therapists <u>RT @hoffiOT</u>: Occupational Therapists <u>RT @Kirstie_OT</u> next week to explore data...



Professional Adviser Suzy @RCOT_Suzy

5 110di 3 dg

For data to be powerful, we need to think about why we are collecting it - if you like "so what"? Join our tweet chat, sign up to <u>othercorrections</u> events and complete our survey #RCOTDatastrategy https://t.co/L1P1Xx1WhS #QITwiter



Professional Adviser Suzy @RCOT_Suzy

9 hours ago

To get you thinking about your data literacy learning and development needs before the <u>#OTalk</u> consider completing our survey - takes 20 minutes <u>#RCOTDatastrategy</u> https://t.co/zBtsSsvms



Professional Adviser Suzy @RCOT_Suzy

9 hours ago



PRSB @ProfRecordSB

9 hours ago

RT <u>@RCOT_Suzy</u>: To get you thinking about your data literacy learning and development needs before the <u>#OTalk</u> consider completing our survey...

Michael A @AdamsM_J

8 hours ago



RT <u>@OTalk</u>: The blog is now live for next weeks <u>#OTalk</u> with <u>@RCOT_Suzy</u> & <u>@Kirstie_OT</u>. We shall be chatting Data Literacy which links in wel...



#OTalk @OTalk_

8 hours ago

Get those learning/reflecting thoughts flowing before Tuesdays #OTalk on #DataLiteracy by completing the survey 8pm UK time.

@RCOT_Suzy #RCOTdatastrategy #NewRCOT



#OTalk @OTalk_

8 hours ago

Like all our <u>#OTalk</u> topics, this chat is open to all. Know a little about <u>#DataLiteracy</u>? Know alot? Have exp or dont. It doesnt matter. Come, learn, share & ask questions. Tuesday 8pm with <u>@RCOT_Suzy #RCOTdatastrategy #NewRCOT</u>



Kirstie @Kirstie_OT

8 hours ago

Ive got some cracking Gifs lined up for this one Some on Tuesday @ 8pm for an #OTalk on #DataLiteracy with @RCOT_Suzy. #NewRCOT #RCOTDataStrategy



dyah saraswati @Saraswati_dee

8 hours ago

RT <u>@OTalk</u>: Like all our <u>#OTalk</u> topics, this chat is open to all. Know a little about <u>#DataLiteracy</u>? Know alot? Have exp or dont. It doesnt...



The MoHO OT @themoho_ot

8 hours ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat....



Ruth Campbell @RuthC_OT

8 hours ago

RT <u>@hoffiOT</u>: Occupational Therapists R Check out the blog below and join <u>#OTalk</u> with <u>@RCOT_Suzy</u> and <u>@Kirstie_OT</u> next week to explore data...



Ruth Campbell @RuthC_OT

8 hours ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat....



Nazia @TheNaziaAhmad

8 hours ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat



DigitalAHP (@DigitalAhp

6 hours ago

RT <u>@RCOT_Suzy</u>: To get you thinking about your data literacy learning and development needs before the <u>#OTalk</u> consider completing our survey...



Sharon Campana @SharonAIO

6 hours ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat....



Professional Adviser Suzy @RCOT Suzy

6 hours ago

RT <u>@OTalk</u>: Like all our <u>#OTalk</u> topics, this chat is open to all. Know a little about <u>#DataLiteracy</u>? Know alot? Have exp or dont. It doesnt...



Professional Adviser Suzy @RCOT_Suzy

6 hours ago

RT <u>@Kirstie_OT</u>: Ive got some cracking Gifs lined up for this one in Join me on Tuesday @ 8pm for an <u>#OTalk</u> on <u>#DataLiteracy</u> with <u>@RCOT_Suzy....</u>



Kirstie @Kirstie_OT

6 hours ago



Anne Keen @annekeen55

an hour ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat....



#OTalk @OTalk_

an hour ago

 $RT \ \underline{@RCOT_Suzy} : To get you thinking about your data literacy learning and development needs before the \\ \underline{\#OTalk} \ consider completing our survey...$



#OTalk @OTalk_

an hour ago

RT <u>@RCOT_Suzy</u>: Theres no stupid question at this event. If your scared and overwhemled about data or a data geek - come and join the chat....

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