













#OTalk Transcript

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

Tue, January 4th 2022, 8:00PM – Thu, January 6th 2022, 10:15PM

(Europe/London).

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

	#OTalk @OTalk_ Good evening everyone. A happy new year to you all. Welcome to the first #OTalk of 2022. A warm welcome to you all and to tonight's host @preston_jenny .	2 days ago	🗨️ ↻️ ❤️
	Dr Jenny Preston MBE @preston_jenny Thank you #OTalk delighted to be hosting the first research chat of 2022 with @NikkiDanielsOT	2 days ago	🗨️ ↻️ ❤️
	#OTalk @OTalk_ Before @preston_jenny starts us off with our questions, let us know if you are joining in #OTalk this evening so we can say Hello!	2 days ago	🗨️ ↻️ ❤️
	Tori the OT @Tori_Doll_ @OTalk_ @preston_jenny Hello - happy new year 🥳 #OTalk	2 days ago	🗨️ ↻️ ❤️
	The MoHO OT @themoho_ot @OTalk_ @preston_jenny Happy New Year @preston_jenny and the #OTalk team	2 days ago	🗨️ ↻️ ❤️
	Alicia Ridout @AliciaRidout @OTalk_ @preston_jenny Hello! 🙌🙌 #OTalk	2 days ago	🗨️ ↻️ ❤️
	Anya de longh @anyadei @OTalk_ @preston_jenny Hello! Looking forward to getting back into the swing of all things occupation (and of course, research!) in 2022, with #OTalk ! 🙌	2 days ago	🗨️ ↻️ ❤️
	#OTalk @OTalk_ Just a reminder of #OTalk rules. Polite, professional, supportive and of course....the all important hashtag #OTalk https://t.co/eO6dZaG6Gr	2 days ago	🗨️ ↻️ ❤️
	Dr Jenny Preston MBE @preston_jenny Question 1 #OTalk @NikkiDanielsOT https://t.co/xrr4UJP2vx	2 days ago	🗨️ ↻️ ❤️
	#OTalk @OTalk_ RT @ais_d : Great opportunity to learn about making research your business @UrsulaK65194260 @DermQ @emeromal @KarenRo92826306 @KarenMcQ5 @J...	2 days ago	🗨️ ↻️ ❤️
	#OTalk @OTalk_ Our first question of the night #OTalk	2 days ago	🗨️ ↻️ ❤️
	Alicia Ridout @AliciaRidout @preston_jenny @NikkiDanielsOT Not once in 30 yrs! 🤔 #OTalk	2 days ago	🗨️ ↻️ ❤️

**Ros French** @RosFrench1

2 days ago

@OTalk_ @preston_jenny #OTalk happy new year will try and dip in whilst getting ready for the start of term!

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

That's interesting! Is there potential to change that this year perhaps? # OTalk

**Anya de longh** @anyadei

2 days ago

@preston_jenny @NikkiDanielsOT I haven't started work (yet!), so haven't had these kind of reviews, but I do try and set goals for myself each year around this time of year (instead of resolutions!), and I try and include research-related things in those #OTalk

**Anya de longh** @anyadei

2 days ago

@preston_jenny @NikkiDanielsOT But when I do start having reviews when I start work, I am going to ASK for research related things within that review (wouldn't have thought to ask before this question was raised tonight, so thank you!) #OTalk

**Jackie Pottle** @JackiePottleOT

2 days ago

Bit late joining but keen to share experiences of research as an OT and AHP cancer lead happy new year to all #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Start as you mean to go on, good practice to consider all pillars of practice within reviews #OTalk

**Jess** @JessOT5

2 days ago

@OTalk_ @preston_jenny Hi! Newbie to #OTalk and 1st year pre-reg MSc student so am looking forward to seeing the chat and perhaps joining in a little where I feel confident!

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Happy New Year and thanks for joining us #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

@JessOT5 @OTalk_ Welcome to the chat. I'm sure it won't take you long to join in #OTalk

**Tori the OT** @Tori_Doll_

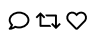
2 days ago

@preston_jenny @NikkiDanielsOT Q1) Yes. Although actually completing these have been a different story, particularly during the last 2 years. Fortunate enough to be supported by my trust in completing my Prof Doc so will be focusing on my research proposal this year #OTalk

**Ros French** @RosFrench1

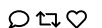
2 days ago

@preston_jenny @NikkiDanielsOT #OTalk sadly research has never been mentioned as part of my annual performance review in nearly 20 years. Looking forward to my next one and something I will ask to discuss and add into my review process

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

That sounds like a good plan #OTalk

**Anya de longh** @anyadei

2 days ago

@JessOT5 @OTalk_ @preston_jenny Hi! I'm a student on an MSc pre-reg course too, and find #OTalk so welcoming and useful as a student, so I hope you do too!

**Rhiannon Hales** @RhiannonMck44

2 days ago

@OTalk_ @preston_jenny Hello! Good evening #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

I think that is fairly common and hopefully tonight is about encouraging each of us to take some responsibility for making this happen. It would be great to hear how everyone gets on #OTalk





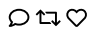
Dr Jenny Preston MBE @preston_jenny
Question 2 [#OTalk](#) @NikkiDanielsOT <https://t.co/n0eLwmBsol>

2 days ago



#OTalk @OTalk_
If you are just joining us, welcome, and here is a reminder of our first question [#OTalk](#)

2 days ago



Anya de longh @anyadei
@preston_jenny And to you! Thank you for hosting! 😊 [#OTalk](#)

2 days ago



Dr Jenny Preston MBE @preston_jenny
How interesting! Do you think that view is common place [#OTalk](#)

2 days ago



Tori the OT @Tori_Doll_
@preston_jenny @NikkiDanielsOT Q2) I am keen to focus on writing up the findings from the Post COVID19 functional assessments completed in @Mersey_Care over the last 2 years to demonstrate the impact of this project & to also focus on the role of Occupational Therapy in reducing Long Term Segregation. [#OTalk](#)

2 days ago



Dr Jenny Preston MBE @preston_jenny
Fabulous! Look forward to reading about your work [#OTalk](#)

2 days ago



Jackie Pottle @JackiePottleOT
Would advise linking with an experienced researcher to bounce ideas -I had wonderful support from a palliative care consultant who nurtured my questions and fine tuned my ideas [#OTalk](#)

2 days ago



Anya de longh @anyadei
@preston_jenny @NikkiDanielsOT Yes... but the trick is in how SMART (or any other similar theory!) I am able to make them, and how I hold myself account to achieve them! Setting the goal is only the start of it! 😊 [#OTalk](#)

2 days ago



Dr. Hortensia Gimeno @HortensiaGimeno
@preston_jenny @NikkiDanielsOT Absolutely!! I am hoping I can encourage others in my new organisation to do so too. Perhaps having some examples could help people? It doesn't need to be a grant application to NIHR HTA. Could be small [#OTalk](#)

2 days ago



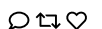
Beverley Turtle, PhD @bevaturtle
@preston_jenny @NikkiDanielsOT When I worked clinically, alongside my research role, my lead always included research goals. but the department was actively involved in research too [#OTalk](#)

2 days ago



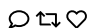
Dr Jenny Preston MBE @preston_jenny
Excellent point @anyadei and one we will pick up on [#OTalk](#)

2 days ago



The MoHO OT @themoho_ot
@OTalk_ No, but I would like to start doing so, just not sure where to start [#otalk](#)

2 days ago



Dr. Hortensia Gimeno @HortensiaGimeno
@preston_jenny I think it's changing slowly but a struggle for many still [#OTalk](#)

2 days ago



Dr Jenny Preston MBE @preston_jenny
Completely agree! It will be good to get a feel for everyone's ideas tonight too [#OTalk](#)

2 days ago



Dr Jenny Preston MBE @preston_jenny
Do you think that combined role helped to develop research goals [#OTalk](#)

2 days ago

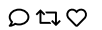


Anya de longh @anyadei
@HortensiaGimeno @preston_jenny @NikkiDanielsOT I think those small steps into research make it feel much more accessible and part

2 days ago



of all of our collective professional responsibilities - would love to hear some examples of those small examples! [#OTalk](#)



#OTalk @OTalk

2 days ago

Next question, tell us about your personal research goals for 2022 [#OTalk](#)



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

[@anyadei](#) [@preston_jenny](#) [@NikkiDanielsOT](#) A lot of what I started with was service evaluation that then I analysed and wrote up for publication. We underuse big time routine collected data and we do a lot of it and really well. [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

It can be small steps, really depends on what is important for you and/or your organisation. The trick is not to make it too challenging at first [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

RT [@anyadei](#): [@HortensiaGimeno](#) [@preston_jenny](#) [@NikkiDanielsOT](#) I think those small steps into research make it feel much more accessible and...



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

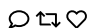
[@anyadei](#) [@preston_jenny](#) [@NikkiDanielsOT](#) Getting involved with people who do research. I sometimes have funding to employ someone for a little bit of research but it is really difficult to find people interested. [#OTalk](#)



Anya de longh @anyadei

2 days ago

[@bevaturtle](#) [@preston_jenny](#) [@NikkiDanielsOT](#) So your individual professional goals can then feed into the wider organisational priorities/goals - that must help with creating an enabling environment for this stuff! [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Thank you for sharing. That's a great tip [#OTalk](#)



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

[@anyadei](#) [@preston_jenny](#) [@NikkiDanielsOT](#) Scoping reviews. Priority setting with patients (Ppie), what are the occupational priorities for our population [#otalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

And another great suggestion. Sometimes it is about knowing what you might need some help with too [#OTalk](#)



Aisling Durkin @ais_d

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) Depends on the year but would always try to have the four pillars structure my appraisals so should be included [#OTalk](#)



The MoHO OT @themoho_ot

2 days ago

[@preston_jenny](#) [#OTalk](#) I'd love to do some research with our new OTs that we have in post about their transition to working in the NHS from over seas. Any pointers of where to start?



Anya de longh @anyadei

2 days ago

[@HortensiaGimeno](#) [@preston_jenny](#) [@NikkiDanielsOT](#) Thats really helpful - thanks! So much potential with data already gathered (ethically of course!) [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Excellent example. So many people seem to find it hard to include a research goal. Any ideas or suggestions to help overcome this [#OTalk](#)



Ros French @RosFrench1

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) [#OTalk](#) absolutely, Ive started my dissertation and need to complete my ethics application. I need to set myself very clear research goals for the next 9months. Thursdays job writing a very detailed plan and timescale and then sticking to it. Not easy with work and family life!

#OTalk @OTalk

2 days ago

RT [@anyadei](#): [@bevaturtle](#) [@preston_jenny](#) [@NikkiDanielsOT](#) So your individual professional goals can then feed into the wider



organisational p...



Dr Jenny Preston MBE @preston_jenny

2 days ago

It would be great to hear what they think, no substitute for lived experience after all [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Moving naturally to Question 3 [#OTalk](#) @NikkiDanielsOT <https://t.co/SdgJWCKnJa>



Beverley Turtle, PhD @bevaturtle

2 days ago

@anyadei @preston_jenny @NikkiDanielsOT Definitely, its great if you can work somewhere where that can be supported and viewed as beneficial [#OTalk](#)



#OTalk @OTalk_

2 days ago

Question 3 [#Otalk](#)



Anya de longh @anyadei

2 days ago

@preston_jenny It is only a part of the research process, so might be part of a bigger goal, but I think signing up as a peer reviewer to review others research for publication in journals is a really useful activity - I've found my experiences as a peer reviewer very valuable [#OTalk](#)



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

@anyadei @preston_jenny I learn a lot from reviewing papers. [#otalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Another great example thank you. Learning about research as a reviewer is an excellent opportunity [#OTalk](#)



#OTalk @OTalk_

2 days ago

Good suggestion for a development activity from @anyadei [#Otalk](#)



The MoHO OT @themoho_ot

2 days ago

@OTalk_ Maybe deciding what the best/most appropriate research method to use will be and submit an ethics application??? [#OTalk](#)



#OTalk @OTalk_

2 days ago

RT @preston_jenny: Another great example thank you. Learning about research as a reviewer is an excellent opportunity [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Some fantastic and very meaningful research goals in there [#OTalk](#)



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

Q3: goals this year for me will be about enabling others to start in research and if course that painful fellowship application, especially after failing one 😞 [#OTalk](#)



Anya de longh @anyadei

2 days ago

@preston_jenny @NikkiDanielsOT For me, part of the goal is trying to make the most of the 'journey of research', and not just focus on the end point of publication, since publication is all too easy to make as a goal but so much less within my control! [#OTalk](#)



OT-whatsyourfocus @farrah_money

2 days ago

@preston_jenny @NikkiDanielsOT Having experienced nearly half of my degree during the pandemic & needing to adapt to new learning/placement methods. Followed by entering the work force during a pandemic I feel there is a unique opportunity to set a research goal around this [#otalk](#) 😊



Jackie Pottle @JackiePottleOT

2 days ago

Managers in teams should support combined roles as both areas can inspire each other and raise awareness of OT roles -i have always loved doing g both [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Consider one of the journals that you access regularly and feel confident in their style. Then contact them to say that you would be interested in reviewing for them. Most offer training in the review process [#OTalk](#)

**Dr. Hortensia Gimeno** @HortensiaGimeno

2 days ago

@preston_jenny I also starting by reviewing papers together with a more experienced reviewer to see how it was done #otalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Good practice, and always keeping it real and meaningful for your own learning and development #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Definitely #OTalk

**Jess** @JessOT5

2 days ago

@preston_jenny Brill, that's something I'd never considered before but definitely a goal for me! #OTalk

**#OTalk** @OTalk_

2 days ago

Good advice re your first steps into reviewing for a journal to develop research skills and knowledge #OTalk

**Anya de longh** @anyadei

2 days ago

@JessOT5 @preston_jenny If you've got a particular area of interest, find the relevant journal(s) and have a look on their websites, or contact their editors #OTalk

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

2 days ago

@OTalk_ @preston_jenny Sorry I'm late #Otalk

**Ros French** @RosFrench1

2 days ago

@preston_jenny @NikkiDanielsOT #OTalk my goals will be submitting my ethics proposal, writing my literature review, methodology, undertaking my research, analysing it and using the data to complete my dissertation and research paper. Also keeping my own research diary throughout as huge learning process

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Some wonderful ideas flowing tonight. So how do we turn these fantastic ideas into manageable steps. Now for Question 4 #OTalk @NikkiDanielsOT <https://t.co/STPzSXwHL1>**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Wow that's an impressive list. How are you going to structure and manage this? Do you have any tips to share? #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

Always a good idea to have short, medium and longer term goals #OTalk

**Beverley Turtle, PhD** @bevaturtle

2 days ago

@preston_jenny @NikkiDanielsOT A basic goal, but to set aside dedicated time to reading. I always have different articles bookmarked to read so no excuse #OTalk

**Dr. Hortensia Gimeno** @HortensiaGimeno

2 days ago

Q4. I always struggle with the R in SMART goals (both for myself and when working clinically) I mean is it realistic to publish something within a year? Well, it depends on the journal, reviewers, co-authors #OTalk

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

2 days ago

@JackiePottleOT I tried to embrace research in practice but differing needs! #otalk

**Alicia Ridout** @AliciaRidout

2 days ago

@bevaturtle @preston_jenny @NikkiDanielsOT 🤔 and time to think/be creative? #OTalk

**Dr Jenny Preston MBE** @preston_jenny

2 days ago

That's so encouraging. Keep us posted on your progress. #OTalk I feel a midway chat may be required to check in with all these incredible ideas.

**Aisling Durkin** @ais_d

2 days ago

@preston_jenny Doing yearly team objectives often identifies areas to explore further as does working with patients (and other professions). I also found that conferences enabled access to researchers looking for research sites & that can build skills & a research culture in our teams #otalk



#OTalk @OTalk_
Moving on to question 4 [#OTalk](#)

2 days ago



#OTalk @OTalk_
Another good suggestion [#OTalk](#)

2 days ago



Dr Jenny Preston MBE @preston_jenny

2 days ago

Absolutely! All the evidence supports the need for engagement at all levels within the organisation. Sometimes our managers need a wee helping hand too though [#OTalk](#)



Anya de longh @anyadei

2 days ago

[@bevaturtle](#) [@preston_jenny](#) [@NikkiDanielsOT](#) Oh I am so guilty of this! 🙄 How did we ever manage before tabbed web browsers?! [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

RT [@bevaturtle](#): [@preston_jenny](#) [@NikkiDanielsOT](#) A basic goal, but to set aside dedicated time to reading. I always have different articles b...



Rhiannon Hales @RhiannonMck44

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) Q4. I am more of a tactile and visual learner, therefore I find goal setting frameworks such as the SMART tool very dull and boring. Instead I would opt for a visual board and set smaller manageable goals. Which means I'm more likely to stick with it! [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Great tip, thank you [#OTalk](#)



Emma Laird (she/her) @EmmaLairdOT

2 days ago

As a novice to research, what is the best way of building knowledge, skills and experience? It's not accessible in practice setting and gate keepers can put blocks in the way... advice would be welcome [#otalk](#)



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

[@preston_jenny](#) There was a lovely infographic a while ago on tips of how to help managers get enthusiastic about research (or similar type title) will try and find [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Very true, but perhaps it is more about revising the goal to reflect the process of submitting for publication possibly? [#OTalk](#)



Anya de longh @anyadei

2 days ago

[@RhiannonMck44](#) [@preston_jenny](#) [@NikkiDanielsOT](#) I like the idea of a visual board! I find SMART useful, but when it sits in a file in a folder on my laptop, its out of sight and out of mind, so a visual board sounds really helpful as a visual prompt to keep me on track with the goals [#OTalk](#)



Dr Jenny Preston MBE @preston_jenny

2 days ago

Sometimes it can feel very separate but perhaps it just requires smaller steps in the first instance? [#OTalk](#)



Emma Laird (she/her) @EmmaLairdOT

2 days ago

[@RosFrench1](#) [@preston_jenny](#) [@NikkiDanielsOT](#) I am on the same journey and going through same processes. Got ethics approval so now working on the rest before starting recruitment. It's a huge learning experience! [#OTalk](#)



Ros French @RosFrench1

2 days ago

[@preston_jenny](#) [#OTalk](#) that's my job for Thursday to write a very detailed plan and timeframe month by month to what I need to achieve and when. Definitely using experience and expertise from other colleagues and my research supervisor to make sure it's achievable. Setting small goal everyday!



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

[@preston_jenny](#) Yes. I suppose it's just to show how it can be out of your control. It took me almost 3y to get one of my best papers out and like a month for another one I thought wasn't as good 🙄 [#OTalk](#)



#OTalk @OTalk_

2 days ago

RT [@RhiannonMck44](#): [@preston_jenny](#) [@NikkiDanielsOT](#) Q4. I am more of a tactile and visual learner, therefore I find goal setting frameworks s...

Dr Jenny Preston MBE @preston_jenny

2 days ago



Perhaps thinking about the skills that you want to develop in the first instance. Or it may be to try to influence a change in attitudes/culture and setting some meaningful goals around that. Don't expect too much at first. Culture change definitely takes time [#OTalk](#)



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

RT [@anyadei](#): [@RhiannonMck44](#) [@preston_jenny](#) [@NikkiDanielsOT](#) I like the idea of a visual board! I find SMART useful, but when it sits in a fi...



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

RT [@HortensiaGimeno](#): [@preston_jenny](#) There was a lovely infographic a while ago on tips of how to help managers get enthusiastic about resea...



Ros French [@RosFrench1](#)

2 days ago

[@EmmaLairdOT](#) [@preston_jenny](#) [@NikkiDanielsOT](#) [#OTalk](#) well done [@EmmaLairdOT](#) one step ahead of me any tips for research ethics?



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

Indeed it is, but it brings tremendous rewards [#OTalk](#)



Emma Laird (she/her) [@EmmaLairdOT](#)

2 days ago

[@preston_jenny](#) Agree, want to run before I can walk and I know change doesn't happen over night but it's great to know what's out there to support with career progression! [#otalk](#)



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

And just before we run out of time here is Question 5 [#OTalk](#) [@NikkiDanielsOT](#) <https://t.co/EZlyrQt1Ms>



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

Speak to your R&D Manager, they are so helpful [#OTalk](#)



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

RT [@EmmaLairdOT](#): [@preston_jenny](#) Agree, want to run before I can walk and I know change doesn't happen over night but it's great to know wha...



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

Very impressive [#OTalk](#)



Ros French [@RosFrench1](#)

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) [#OTalk](#), more bite size chunks with clear timeframes of what, why and when for each section of the research process. Use of wall planners, mind splats and post it notes!



Emma Laird (she/her) [@EmmaLairdOT](#)

2 days ago

[@preston_jenny](#) I'm hoping so, it started off as a phd which had to be reined in and now feel I'm moving forward. I understand this will help me in developing my research skills which I can talk forward... [#OTalk](#)



#OTalk [@OTalk_](#)

2 days ago

And already we have reached our final question [#OTalk](#)



Dr. Hortensia Gimeno [@HortensiaGimeno](#)

2 days ago

[@HazelRoddam1](#) [@baat_org](#) [@BDA_Dietitians](#) [@musictherapyuk](#) [@CollegeODP](#) [@FollowBIOS](#) [@NCOR_uk](#) [@ParamedicsUK](#) [@thecsp](#) [@RoyColPod](#) [@BAPO2](#) [@theRCOT](#) [@RCSLT](#) [@RCSLTResearch](#) [@SCoRMembers](#) [@OfficialCAHPR](#) [@amk762](#) Have been so excited about this that I don't even know if I registered already 😊. Very timely as discussion around research tonight [#Otalk](#) [@OTalk_](#)



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago

It's always so I predictable and definitely makes goal setting more challenging [#OTalk](#)



Dr Jenny Preston MBE [@preston_jenny](#)

2 days ago


















Sounds like the perfect plan [#OTalk](#)



Emma Laird (she/her) [@EmmaLairdOT](#)

2 days ago

[@preston_jenny](#) I can understand why you mention this [#otalk](#)

-  **Jess @JessOT5** 2 days ago
@preston_jenny @NikkiDanielsOT I have a felt board next to my desk with goals, self set deadlines and where I'd like to be by when. Those goals get visibly ticked off when achieved, and rearranged in order of importance. Feels great when the board is getting cleared! #OTalk
-
-  **Emma Laird (she/her) @EmmaLairdOT** 2 days ago
@JackiePottleOT We should be but in reality this doesn't happen #OTalk
-
-  **Dr Jenny Preston MBE @preston_jenny** 2 days ago
@EmmaLairdOT Apologies, my spelling is deteriorating with all my excitement tonight #OTalk
-
-  **#OTalk @OTalk_** 2 days ago
I think I might borrow this idea! #OTalk
-
-  **Dr Jenny Preston MBE @preston_jenny** 2 days ago
It's a wonderful feeling isn't it, and a great motivator into the bargain #OTalk
-
-  **Anya de longh @anyadei** 2 days ago
@RosFrench1 @preston_jenny @NikkiDanielsOT I find stationary always helps with managing (me and my...) goals! 😊 #OTalk
-
-  **Ros French @RosFrench1** 2 days ago
@HortensiaGimeno @preston_jenny @NikkiDanielsOT #OTalk a bit like a brainstorm I suppose way of getting thoughts and ideas onto a page, can add in questions, useful articles. Mine is always lots of colours bit like my brain works!
-
-  **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Goes without saying @anyadei 😂😂 #OTalk
-
-  **Anya de longh @anyadei** 2 days ago
@preston_jenny @NikkiDanielsOT Reflective diaries - to help recognise progress, when it doesn't feel like there has been much! #OTalk
-
-  **Dr. Hortensia Gimeno @HortensiaGimeno** 2 days ago
@anyadei @RosFrench1 @preston_jenny @NikkiDanielsOT I have a newly developed excel that auto automatically tells me if something is overdue or done and is colour coded 🥰🥰 in love with my excel. Let's see how long love lasts! #otalk
-
-  **Ros French @RosFrench1** 2 days ago
@anyadei @preston_jenny @NikkiDanielsOT #OTalk post in notes, plastic display folders, highlighters and coloured pens are a must!!
-
-  **Emma Laird (she/her) @EmmaLairdOT** 2 days ago
@preston_jenny @NikkiDanielsOT The use of lists can be helpful as well as prioritising what needs to be done. This question has actually got me thinking and something I need to consider deeper. #OTalk
-
-  **Dr Jenny Preston MBE @preston_jenny** 2 days ago
That's right up my street. Is that part of the standard excel package? #OTalk
-
-  **Dr Jenny Preston MBE @preston_jenny** 2 days ago
Do you think this is an #OccupationalTherapy thing 😊 #OTalk
-
-  **Ros French @RosFrench1** 2 days ago
@anyadei @preston_jenny @NikkiDanielsOT #OTalk definitely my reflection diary then ticking off my sections as they are completed.
-
-  **Dr. Hortensia Gimeno @HortensiaGimeno** 2 days ago
@preston_jenny I found it somewhere and added a couple of columns. It was one of those already available. Can one post a template here? #OTalk I have made different filters so I can see research activities, personal ones, etc and date to be completed 🥰🥰🥰
-
-  **Ros French @RosFrench1** 2 days ago
@preston_jenny #OTalk Apparently it's a newly qualified teacher thing as well! Can't go wrong with stationary!!

**#OTalk @OTalk_**

2 days ago

Well, that is our hour together up! Some great ideas shared tonight [#otalk](#) Thank you so much to our host [@preston_jenny](#) for a really useful, thought provoking and action prompting chat [#OTalk](#)

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

I can't believe how quickly the hour has gone tonight. What a fantastic start to [#OTalk](#) and some incredible sharing. Thank you all so much for engaging so positively and to [@NikkiDanielsOT](#) for keeping us on track.

**Anya de longh @anyadei**

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) Thank you for such a timely and motivating chat this evening! [#OTalk](#)

**Anya de longh @anyadei**

2 days ago

[@HortensiaGimeno](#) [@preston_jenny](#) I'd be so keen to see if you can share! [#OTalk](#)

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

I'm off to explore further, thank you so much [#OTalk](#)

**#OTalk @OTalk_**

2 days ago

Don't forget to do a quick reflection on your learning from [#otalk](#) tonight. Jot down your initial thoughts, learning points and actions

**Ros French @RosFrench1**

2 days ago

[@HortensiaGimeno](#) [#OTalk](#) think of R as realistic as well as resourced, I find that helps with goal setting as not everything is in your locus of control.

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

RT [@OTalk_](#): Don't forget to do a quick reflection on your learning from [#otalk](#) tonight. Jot down your initial thoughts, learning points and...

**Jess @JessOT5**

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) Fab discussions, glad I came along! [#OTalk](#)

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

Thank you [@JackiePottleOT](#) it was a great discussion. Thank you for joining in [#OTalk](#)

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

2 days ago

[@preston_jenny](#) These opportunities would be great experience [#otalk](#) it's knowing the right people/networks and connections!!

**Anya de longh @anyadei**

2 days ago

[@RosFrench1](#) [@preston_jenny](#) [@NikkiDanielsOT](#) Oh the satisfaction of ticking off sections! 🥳 [#OTalk](#)

**Ros French @RosFrench1**

2 days ago

[@HortensiaGimeno](#) [@preston_jenny](#) [#OTalk](#) I would be interested in finding out more as well please

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

RT [@ais_d](#): [@preston_jenny](#) Doing yearly team objectives often identifies areas to explore further as does working with patients (and other p...

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

2 days ago

[@preston_jenny](#) [@NikkiDanielsOT](#) Hugely interesting discussion topic- thank you and apologise for any negativity, just trying to overcome barriers professionally [#OTalk](#)

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

RT [@RhannonMck44](#): [@preston_jenny](#) [@NikkiDanielsOT](#) Q4. I am more of a tactile and visual learner, therefore I find goal setting frameworks s...

**Dr Jenny Preston MBE @preston_jenny**

2 days ago

RT [@AliciaRidout](#): [@bevaturtle](#) [@preston_jenny](#) [@NikkiDanielsOT](#) 🤔 and time to think/be creative? [#OTalk](#)

Dr Jenny Preston MBE @preston_jenny

2 days ago



Great advice @BelgianBenny, it's exactly the same process whatever the goal. Thank you #OTalk



Emma Laird (she/her) @EmmaLairdOT

2 days ago

@OTalk_ Thanks for the reminder - will do! Thank you again #otalk



Dr Jenny Preston MBE @preston_jenny

2 days ago

Not at all negative Emma, the barriers are real and something we all experience at different stages #OTalk. Thanks for your contributions.



Ros French @RosFrench1

2 days ago

@preston_jenny @NikkiDanielsOT #OTalk thank you another interesting discussion



RCOT Neuro Practice @RCOT_NP

2 days ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

2 days ago

RT @preston_jenny: Great advice @BelgianBenny, it's exactly the same process whatever the goal. Thank you #OTalk



Dr. Hortensia Gimeno @HortensiaGimeno

2 days ago

.@OTalk_ @anyadei @preston_jenny @EmmaLairdOT I found the tweet with the suggestions for research enabling managers 😊😊 that took a while. Here it is 🙌 #OTalk



Dr Jenny Preston MBE @preston_jenny

2 days ago

RT @HortensiaGimeno: .@OTalk_ @anyadei @preston_jenny @EmmaLairdOT I found the tweet with the suggestions for research enabling managers 😊😊...



Dr Katrina Bannigan 🙄 #BlackLivesMatter @KatrinaBannigan

2 days ago

RT @HortensiaGimeno: @preston_jenny Yes. I suppose it's just to show how it can be out of your control. It took me almost 3y to get one of...



UoL_OT @UoL_OT

2 days ago

RT @OTalk_: Just a reminder of #OTalk rules. Polite, professional, supportive and of course....the all important hashtag #OTalk <https://t.c...>



Lorian Mead 🌈💙 @lm_idot

2 days ago

RT @preston_jenny: Consider one of the journals that you access regularly and feel confident in their style. Then contact them to say that...



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@EmmaLairdOT @preston_jenny You don't need the network to be like a huge Tesco like mine. 🙄 Quality is more important than quantity. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@JessOT5 @preston_jenny @NikkiDanielsOT I typically lay out my plans for the new year a month or two that. Unless deadlines are set in stone, I typically set soft deadlines. I find that works for me because sometimes opportunities come when I least expect it. So, I would try to accommodate rather than refuse. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@JessOT5 @preston_jenny @NikkiDanielsOT For example, I got invited to do 2 keynote addresses during the second half of last year. I could have refused knowing that I already was busy. But, because these experiences were hard to come by, I made myself making room for them. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@preston_jenny Or in my case as still a mostly full time clinician, finding an external mentor is helpful! #otalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @ais_d: @preston_jenny Doing yearly team objectives often identifies areas to explore further as does working with patients (and other p...



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@ais_d @preston_jenny In my case, I actually reflect upon what I see clinically every day is helpful. Yes, I interact a bit differently in such environments than autistic elders living there 24/7/365. But, the experiences are still valid and helpful to some degree. #otalk

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

2 days ago

@preston_jenny Yes, for me having a couple meaningful research partnerships in place now was something I set as a 5-10 year goal when I traveled to OT conferences abroad beginning in 2014. Glad to see it is coming to fruition. [#otalk](#)

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

2 days ago

@anyadei @JessOT5 @preston_jenny I will also add- I actually am making pilgrimages to Australia every other year now as soon as restrictions are lifted for good. I am doing that because I know it is beneficial to keep these relationships. [#otalk](#)

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

2 days ago

@anyadei @preston_jenny @NikkiDanielsOT Just like teaching, my goal is to establish some meaningful two way collaborative relationships. When both sides have something to offer, that is how you can tell such relationships are keepers. I personally take my time on this because quality is always > quantity. [#otalk](#)

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

2 days ago

@preston_jenny Meaning is so key! I know I am engaging in autistic elderly research because I know 50 will hit me before I know it... especially considering how long it takes research to translate into evidence. [#otalk](#) <https://t.co/1W4MeolzXF>

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

2 days ago

@anyadei @preston_jenny I do conferences too. I do CAOT, AOTA, and WFOT. I do recommend that having certain number of years of experience under your belt is crucial. [#otalk](#)

**Wendy Juner** @WendyJuner
@ssahpf

2 days ago

**Chantelle Martin** @chaniedavies

2 days ago

@OT_Expert @LGBTQIAOTUK @AbleOTUK @DisruptOT @BAMEOTUK Venturing into the crazy uncharted world of primary care...as an OT! Helping lead @theRCOT primary care drop ins, completing a leadership course and knowing myself and presenting at the rcot conference (20 years after first time)...oh and student support and [#OTalk](#)

**OT_Expert** ❤️ [#StopTheShock](#) @OT_Expert

2 days ago

RT @chaniedavies: @OT_Expert @LGBTQIAOTUK @AbleOTUK @DisruptOT @BAMEOTUK Venturing into the crazy uncharted world of primary care...as an...

**RCOT CYPF** @RCOT_CYPF

2 days ago

RT @HortensiaGimeno: .@OTalk_ @anyadei @preston_jenny @EmmaLairdOT I found the tweet with the suggestions for research enabling managers 🤔🤔...

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

a day ago

Really inspiring discussion by [#OTalk](#) on research. Inspiration to drive forward research in practice.

**MSU OT** @msu_ot

a day ago

RT @OTalk_: Good advice re your first steps into reviewing for a journal to develop research skills and knowledge [#OTalk](#)

**MSU OT** @msu_ot

a day ago

RT @OTalk_: Well, that is our hour together up! Some great ideas shared tonight [#otalk](#) Thank you so much to our host @preston_jenny for a r...

**MSU OT** @msu_ot

a day ago

RT @OTalk_: Just a reminder of [#OTalk](#) rules. Polite, professional, supportive and of course....the all important hashtag [#OTalk](#) <https://t.c...>

**MSU OT** @msu_ot

a day ago

RT @OTalk_: 15 minute countdown. Still time to read the blog and get settled down, ready for our first [#OTalk](#) of the year - how you can mak...

**Ms Rachel Booth-Gardiner** ❤️ @OT_rach
@OT_rach [#OTalk](#)

a day ago

**Ms Rachel Booth-Gardiner** ❤️ @OT_rach

a day ago

Currently hosting a session with @OTchampAli786 on how to use twitter and how to join in [#OTalk](#)

Hamza Ali @OTchampAli786
@OT_rach [#OTalk](#)

a day ago

**Julia Scott** @JuliaScott01

a day ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**OT_Expert** ❤️ #StopTheShock @OT_Expert

a day ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**Dietitians NUH** @NUHDietitians

16 hours ago

RT @HortensiaGimeno: .@OTalk_ @anyadei @preston_jenny @EmmaLairdOT I found the tweet with the suggestions for research enabling managers 🤔🤔...

**Zoe Merchant OT** @ZoeMerchantOT

12 hours ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**Pauline Robinson** @Ability_OT

11 hours ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**Emma Bolton** @emmacbolton1985

11 hours ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**Dr Clare Taylor** @ClareTaylorBU

8 hours ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

**claire stewart** @claires32596534

7 hours ago

RT @Aisling_neuroOT: 🙌 fellow Neuro OTs! Can anyone recommend cognitive assessments suitable for remote video sessions? Many thanks @neuro...

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