

# #OTalk Transcript

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

Tue, May 17th 2022, 8:00PM – Fri, May 20th 2022, 8:15AM (Europe/London).

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



**#OTalk @OTalk\_**

Good evening and welcome to tonights [#OTalk](#) .... Please say hello!!!!!! Who is here tonight?



**Katie Moffat @Katie\_Moffat**

@OTalk\_ @smileyfacehalo Hello!!!! 🙋 [#OTalk](#)



**Catherine McNulty @cathymc9781**

RT @OTalk\_ : [#OTalk](#) – Tuesday 17th May 2022 – Stabilising the flaky bridge of transition for newly qualified professionals <https://t.co/SGfX41tQnM>



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

@OTalk\_ Half lurking [#OTalk](#)



**Catherine McNulty @cathymc9781**

@OTalk\_ Hello [#OTalk](#) 🙋



**#OTalk @OTalk\_**

@musedNeuroOT Good evening!! [#OTalk](#)



**Anya de Jongh @anyadei**

@OTalk\_ Hello! I'm a newly qualified OT and big fan of [#OTalk](#) (although missed quite a few recently!), so I'm excited about this evening! 🙋



**Kadie Claire @kadielaire\_OT**

@OTalk\_ Good evening [#OTalk](#) ! Final year OT student @Hudds\_Uni\_OT here :)



**Katrina Baldry @KatrinaBaldryOT**

@OTalk\_ It's been a while [#OTalk](#) Hello from a Community OT!



**Ros French @RosFrench1**

@OTalk\_ [#OTalk](#) multi-tasking with youngest bedtime!



**Jay Webster (They/Them) @jwot77**

@OTalk\_ 🙋hello [#OTalk](#)



**Melissa Morris 🍀 @MelissaMorris\_**

@OTalk\_ Hi, OT student here interested in answers here tonight! [#OTalk](#)



**Leah Hammond @leah10408706**

@OTalk\_ Hello! I'm Leah I'm currently an occupational therapy student due to be an NQOT in the next few months! [#OTalk](#)



**Deborah Harrison 💙💚 @DebbiiHarrison**

@OTalk\_ Good evening [#OTalk](#), I'm lurking tonight 🙋



**Dee @OTinretirement**

@OTalk\_ Hello all. Looking forward to tonight's [#OTalk](#)

**Catherine McNulty** @cathymc9781

@musedNeuroOT @OTalk\_ Me too listening n lurking after full thinking day #OTalk

**Kirsty Stanley Occupation4Life** 🇬🇧 @Occ4LifeLtd

@HanRachellouis3 and @HannahleslieO one for you #OTalk



#OTalk @OTalk\_

@kadieclaire\_OT @Hudds\_Uni\_OT Hello!!!! #OTalk



#OTalk @OTalk\_

@KatrinaBaldryOT Hello!! #OTalk



#OTalk @OTalk\_

@MelissaMorris\_ Hello!!! #OTalk



#OTalk @OTalk\_

@RosFrench1 Hello #OTalk



#OTalk @OTalk\_

@leah10408706 Hello !! #OTalk

**Sharon@OT** @SharonOTUclan

#OTalk



#OTalk @OTalk\_

#OTalk handing over to you @drlisataylor and @ruth\_laws for our first question.....

**Dr Nikki Daniels** @NikkiDanielsOT

@jaynethill @OTalk\_ Hello #otalk

**Kaley Tong** @kaleytong\_OT

@OTalk\_ Good evening #OTalk! Half lurking here

**Ruth Laws** 🇬🇧 @ruth\_lawsThanks for joining us tonight. Let's kick things off with our first question: What do students, higher education institutes and employers need to know and be p to aid graduate transition into the workplace? #OTalk <https://t.co/ehyasdLJFw>**Catherine McNulty** @cathymc9781

@ruth\_laws @drlisataylor I hope @Theresa50863389 is here somewhere and @OT\_PetraKI #OTalk



#OTalk @OTalk\_

Q1. #OTalk <https://t.co/3Y2aKEQOFF>**Dr Lisa Taylor** @drlisataylor

@ruth\_laws Evening everybody - looking forward to the next hour with you all #OTalk

**Jay Webster (They/Them)** @jwot77

@ruth\_laws I think students need to know that they cannot know everything as a #NQOT and that's okay. The real learning starts in the first job imo. #OTalk

**Nora Dempsey** 🇬🇧 Occupational Therapist (she/her) @NoraDempsey3

@ruth\_laws I think new grads need to accept critique for what it is: an opportunity to improve. Employers need to understand that this generation of graduate to speak up for themselves, and accept that as the improvement it is. #OTalk

**Anya de longh** @anyadei

@ruth\_laws The practical stuff (which form goes where... how to find things on the intranet etc) but also what the expectations are (ie how big a case load sh would be helpful! #OTalk

**Katrina Baldry** @KatrinaBaldryOT



**@ruth\_laws** Students need to be prepared to continue to ask lots of questions; don't be afraid to ask to shadow other OT's (and other HCP's); reflect reflect reflect [#OTalk](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

I think that is true to a certain extent but also [#NQOT](#) know more than they realise too [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@jwot77](#) [@ruth\\_laws](#) I really agree... but slightly unsure how we embrace that sentiment without feeling that the X years of 'learning' on the pre-registration is a waste of time!? I know it wasn't, because its about the foundations, but still need to value that in its own way too!? [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@jwot77](#) [@ruth\\_laws](#) Indeed this is difficult sometimes for students to get their head around as they think that they should be the finished product [#OTalk](#)



**Leah Hammond** [@leah10408706](#)

[@ruth\\_laws](#) I think as a student going in to the work place, it's about knowing where the support is and where and when its available. Also what things are expected of you [#OTalk](#)



**Sharon@OT** [@SharonOTUclan](#)

[@ruth\\_laws](#) [#OTalk](#) Q1 I would like to know support mechanisms for newly qualified OTs. Starting band 5 OT rotation [@LancsHospitals](#) soon and they have forums, peer support and preceptorship which made applying for the job attractive



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@ruth\\_laws](#) Employers need to give newly qualified OT's opportunities to speak up, challenge and allow them to bring fresh ideas and theories to the workplace



**Dee** [@OTinretirement](#)

[@KatrinaBaldryOT](#) [@ruth\\_laws](#) Yes very important to shadow others too [#OTalk](#)



**Helen Blomfield** [@helenblomfield8](#)

[@ruth\\_laws](#) [#OTalk](#) new grads will have fresh ideas which should be valued by employers. Supervision structures should be clear and offer of a range of learning support opportunities.



**Jay Webster (They/Them)** [@jwot77](#)

[@drlisataylor](#) [@ruth\\_laws](#) Is anyone ever really the finished product? I hope we can all keep learning new things forever. [#OTalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@jwot77](#) [@ruth\\_laws](#) 100%...I'm 8 years post qualified and learning just as much now, if not more, than I did when I first qualified [#OTalk](#)  
[#YouDontKnowWhatYouDontKnow](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

And colleagues need to be willing to respond, share, encourage and support and not feel challenged by the questions and enthusiasm [#OTalk](#)



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

[@ruth\\_laws](#) [#OTalk](#) what is expected from the role - the ideal v reality. Learning styles, experiences, recognise learning needs and strengths, support network, supervision and development opportunities available.



**Dr Lisa Taylor** [@drlisataylor](#)

[@jwot77](#) [@ruth\\_laws](#) Indeed - life long learning for us all [#OTalk](#)



**Kadie Claire** [@kadielaire\\_OT](#)

[@ruth\\_laws](#) Imposter syndrome has lurked on me in my final year and i've needed additional support from the uni throughout placements. I think reassurance that support as a NQOT as there are additional pressures and responsibility [#OTalk](#)



**Kadie Claire** [@kadielaire\\_OT](#)

RT [@KatrinaBaldryOT](#): [@ruth\\_laws](#) Students need to be prepared to continue to ask lots of questions; don't be afraid to ask to shadow other OT's (and other HCP's); reflect reflect reflect!!! [#OTalk](#)



**Yaz** [@Yazz\\_OT](#)

[@ruth\\_laws](#) Students need to know that it's okay to not know everything when starting and that it's a lifetime of learning we've all been a NQ OT so we understand. Employers need to give clinicians protected time to support NQ OTs based on what the NQ OT may need [#otalk](#)

**Ed Sum Occupational Therapist** 🇧🇷🇬🇧 @musedNeuroOT

@ruth\_laws Perhaps it is about several transitions in different areas? Not aiming for a product by a particular timescale? #OTalk

**Fono\_StudentOT** @Fono\_U

@OTalk Hello everyone, final year student @LSBU looking forward to tonight's discussion #OTalk

**PLU** Dr Lisa Taylor @drlisataylor

@helenhcomfield8 @ruth\_laws Indeed - I was saying to our 3rd year students the other day to bring new ideas into the workplace when they graduate - they something to offer from day one #OTalk

**Jay Webster (They/Them)** @jwot77

@anyadei @ruth\_laws Absolutely. Without the x years of learning, we'd never get that first job nor understand how to put all that theory into practice. It's all a rich tapestry... #OTalk

**Dr Nikki Daniels** @NikkiDanielsOT

@preston\_jenny And can teach us all a thing or two! I'm getting interested in the concept of reciprocal mentoring and perhaps there's a place for it here too?

**Emma O'Dwyer** @EmmaODwyer13

@ruth\_laws No one size fits all as every new employee brings with them their own skill set, experiences. New grads in many settings are not new so I'd say about the organisations and the supervisors skills e.g nurturing, effective supervision, setting objectives etc #OTalk

**Dr Lisa Taylor** @drlisataylor

@SharonOTUclan @ruth\_laws @LancsHospitals We have a question later that will hopefully help with that #OTalk

**Jayne Brown** @jaynethill

@kadieclaire\_OT @ruth\_laws Imposter syndrome 17 years later!! #otalk

**Catherine McNulty** @cathymc9781

RT @KatrinaBaldryOT: @ruth\_laws Students need to be prepared to continue to ask lots of questions; don't be afraid to ask to shadow other OT's (and other reflect reflect reflect!!! #OTalk

**OTRhiannon** @OTRhiannon

@ruth\_laws Having a graded approach with managing your own case-load is helpful as it can be a big leap from being a student maybe having 1 client to have Having regular supervision and group supervision with other newly qualified OTs. #OTalk

**Katrina Baldry** @KatrinaBaldryOT

@ruth\_laws I think we have to be honest with our students too...those first few months in the first NQOT job is HARD...so HARD and you're going to question yourself...BUT, you'll realise its the most rewarding career and it won't be long until you feel settled #OTalk

**Ros French** @RosFrench1

@preston\_jenny #OTalk I think this is true at all levels of experience and banding - learning and development is 2 way and lifelong and needs to be seen, undervalued

**Amie Jayne** 🍀 @Amie\_OT

So late to tonight's #OTalk as I've only just got in and sat down!

**Yaz** 🌈 @Yazz\_OT

@ruth\_laws Preceptorships and guided competencies are a game changer also I think they give some structure and guidance similar to university placements stepping stone. #otalk

**Anya de longh** @anyadei

@ruth\_laws Also recognise that if we've had limited patient contact because of new ways of placements working through Covid, we might be eager to just get stuck in! More so than previous cohorts?! But also less confident because of this too? #OTalk

**Dr Lisa Taylor** @drlisataylor

@leah10408706 @ruth\_laws Hi Leah! Indeed the support and supervision expectations need to be clear for all at the outset #OTalk

**Kadie Claire** @kadielaire\_OT

RT @anyadei: @ruth\_laws Also recognise that if we've had limited patient contact because of new ways of placements working through Covid, we might be get on and get stuck in! More so than previous cohorts?! But also less confident because of this too? #OTalk



#OTalk @OTalk\_

#OTalk wow it's a fast one tonight !!!!!!! <https://t.co/A4jUxfjUlo>

**Dr Jenny Preston MBE** @preston\_jenny

@OTalk @RosFrench1 @ruth\_laws Learning styles definitely exist IMO, we just need to recognise them and acknowledge differences and variance as a resource and an asset to any service. We must have a range of perspectives to develop and deliver services #OTalk

**Ruth Laws** @ruth\_laws

@musedNeuroOT Love this idea Ed. I think if you're rotational it's about you and those you work with being prepared and knowing how to help make smaller steps within a larger transition too #OTalk

**Dr Jenny Preston MBE** @preston\_jenny

@NikkiDanielsOT Absolutely they can @NikkiDanielsOT but only if we are willing to learn #OTalk

**Amie Jayne** @Amie\_OT

@RosFrench1 @preston\_jenny So true! I never stop learning but have found it difficult at times where my enthusiasm to learn has been mistaken as questioning someone's decisions and reasoning. I've had to learn how to phrase things better! #otalk

**Jayne Brown** @jaynethill

@OTRhiannon @ruth\_laws Diary management is often one of the most difficult things... we can help students but ultimately we often take the lead it's a big one some #otalk

**Anya de longh** @anyadei

@KatrinaBaldryOT @ruth\_laws Hard - but hard in different ways for each NQOT! I've found it hard in ways I wasn't expecting (and not hard in the ways everyone would) which adds to the whole rollercoaster of wondering if I've chosen the right career (I know I have... most days! ❤️) #OTalk

**Dr Nikki Daniels** @NikkiDanielsOT

@musedNeuroOT @ruth\_laws Consolidation and continuous development #otalk

**Dr Lisa Taylor** @drisataylor

@anyadei @ruth\_laws And having the confidence in your core occupational therapy skills and the transferability of those #OTalk

**OTRhiannon** @OTRhiannon

@jaynethill @ruth\_laws It is a very big jump! And something I found challenging when I first started out in the big wide world. But with experience and practice it's easier and not so overwhelming #OTalk

**deb\_OT** @dmay\_ot

@OTalk Evening #OTalk . Sorry I'm late!

**Dr Jenny Preston MBE** @preston\_jenny

@Amie\_OT @RosFrench1 Really good point #OTalk

**Amie Jayne** @Amie\_OT

@Yazz\_OT @ruth\_laws Preceptorships are great when managed well, I had one as a new band 5 but the mental health Trust said they didn't regularly do them seen as paperwork and not valued for its learning and development #otalk

**Leah Hammond** @leah10408706

@OTRhiannon @ruth\_laws Yes I would think every student might be at a different stage with this. Not all students get a chance to have a large case load which is daunting! #OTalk

**Ed Sum Occupational Therapist** @musedNeuroOT

RT @anyadei: @KatrinaBaldryOT @ruth\_laws Hard - but hard in different ways for each NQOT! I've found it hard in ways I wasn't expecting (and not hard in the ways everyone said I would) which adds to the whole rollercoaster of wondering if I've chosen the right career (I know I have... most days! ❤️) #OTalk

**Dee** @OTinretirement



@drlisataylor @helenblomfield8 @ruth\_laws Great point Lisa. Thoes new ideas are important and your more experienced colleagues will be able to support with you to how your ideas might be integrated. PQOTs are team members and can make important contributions. #OTalk



**Anya de longh** @anyadei

@OTRhannon @ruth\_laws And reviewing that with the NQOT so it is the 'just right challenge' for them (and appetite for challenge will change/grow/shrink!). supported like that, but fine line between being patronised... #OTalk



**Catherine McNulty** @cathymc9781

@ruth\_laws Oops apologies #OTalk



**Yaz** @Yazz\_OT

@preston\_jenny I agree people NQ come with new approaches & fresh ideas to loosen up a rigid service sometimes 💡 extremely valuable #otalk



**Amie Jayne** @Amie\_OT

@preston\_jenny @RosFrench1 It's hard to learn the balance and when to ask and when to wait and ask later or just observe, some people find questions m than others. I've learnt the hard way at times #OTalk



**Dr Lisa Taylor** @drlisataylor

@Yazz\_OT @ruth\_laws Indeed the structure that preceptor frameworks provide can be a real positive - but can also provide pressure for new graduates too Ruth's literature review #OTalk



**Ruth Laws** @ruth\_laws

Thanks for all your input so far, blown away by the response so far, thank you! Here we go with question 2: Based on your experiences, what resources, sup advice has helped graduates transition into the workplace? #OTalk <https://t.co/8jgMFcuOpx>



**Ros French** @RosFrench1

@OTalk @ruth\_laws #OTalk I would say personally yes. I am a very visual and reflective learner but I know others that learn by doing, lots of ideas. We all I preferred way of learning and it's how to adapt and work together



**Leah Hammond** @leah10408706

@anyadei @ruth\_laws Covid has definitely impacted the clinical side of placements which has its pro and cons. I think discussing this with your employer be could be a good idea #OTalk



**Sharon@OT** @SharonOTUclan

@OTalk @RosFrench1 @ruth\_laws Good point. I did a learning style questionnaire and scored equally in all learning styles!! This shows I don't have a spe style! So when I'm asked what my learning style is and give this response, its not what they expect to hear! #OTalk



**OTRhannon** @OTRhannon

@anyadei @ruth\_laws Absolutely! We all have different wants and needs within our role, and we all learn differently some people may prefer the challenge & may prefer a more gradual way of working which are both totally fine :) #OTalk



**#OTalk** @OTalk\_

Q2. #OTalk <https://t.co/aFNgggdW1G>



**Dr Lisa Taylor** @drlisataylor

@anyadei @ruth\_laws Yes the nuts and bolts of how the department runs - all the nuances in the locality are crucial to support graduates #OTalk



**Amie Jayne** @Amie\_OT

@ruth\_laws Don't be afraid to tell a patient or their family that you need to 'discuss with the team and get back to them' gives you some space to check your get back to them if you aren't 100% sure #OTalk



**Ursula MacFarlane OT** @UKMacFarlane

@OTalk @SYB\_ICs\_AHPs Apologies #OTalk 🙏



**Anya de longh** @anyadei

@ruth\_laws Helpful and honest managers but mostly keeping in touch with wonderful friends from uni who are also NQ! 😊 Although taking care not to com experiences too much as all our roles are so different, just like on placement! #OTalk

**Ruth Laws** @ruth\_laws





**@KatrinaBaldryOT** Managing expectations is so important. I knew it would be tough, but I'm around 3 months into my first job and first rotation and it's been important to have honest conversations and say when you are finding it tough and seek support [#OTalk](#)



**Dr Lisa Taylor @drlisataylor**

[@anyadei](#) [@KatrinaBaldryOT](#) [@ruth\\_laws](#) Which is why discussions such as these are important to enable sharing of the wide experiences that individuals I transition [#OTalk](#)



**Yaz @Yazz\_OT**

[@drlisataylor](#) [@ruth\\_laws](#) In my service we're designing our own competencies/ preceptorship with our NQ OTs. It's very early stages but we found the one: local hospital a bit too rigid. I agree we don't want something that feels daunting or challenging. It is a fine [#otalk](#)



**Ed Sum Occupational Therapist @musedNeuroOT**

[@ruth\\_laws](#) Provide honest feedback on expectations and performance when doing well; gentle exploration of areas which they may be finding challenging; their feelings when appropriate [#OTalk](#)



**Anya de longh @anyadei**

[@ruth\\_laws](#) I was given some advice about booking lots of 3 day weekends for the first few months - its worked really well so far for me! Feel like you get en break on those weekends, but don't loose the momentum of getting settled in the new role either! [#OTalk](#)



**Dee @OTinretirement**

[@Amie\\_OT](#) [@ruth\\_laws](#) Yes and remember it's not just PQOTs who do that. It will continue throughout your career as you develop but still need support of c [#OTalk](#)



**Katie Moffat @Katie\_Moffat**

[@ruth\\_laws](#) We are different to students in previous years, but different isn't bad. Covid disruption, global movements, digital learning has given us skills and that we might not have developed years ago. A lot of us are involved in changes that won't stop once we graduate. [#OTalk](#)



**Anya de longh @anyadei**

[@musedNeuroOT](#) [@ruth\\_laws](#) And informal supervision while walking around Glasgow Botanical Gardens sipping tea! ☺️ [#OTalk](#)



**Jayne Brown @jaynethill**

[@ruth\\_laws](#) Supervision both formal and informal, file full of useful resources, opportunities for joint work with senior therapists including physio, early appraisal learning needs (ie some students may have had v limited equipment experience), ongoing inservice training [#otalk](#)



**OTRhiannon @OTRhiannon**

[@ruth\\_laws](#) For me, having a supportive MDT to learn from and not being scared to ask any questions, again regular supervision, having regular contact with qualified OT's and preceptorship with regular opportunities for CPD, are all really important :) [#OTalk](#)



**Kadie Claire @kadielaire\_OT**

[@ruth\\_laws](#) We've had a selection of lectures [@Hudds\\_Uni\\_OT](#) such as change management, careers session and jobshop. We explored applying/interview through the transition. It was reassuring to have these sessions as there are a lot of nerves around eventually becoming NQOT [#OTalk](#)



**Katrina Baldry @KatrinaBaldryOT**

[@ruth\\_laws](#) I think supervision is massively underestimated...decent supervision, every week initially, is important. The importance of informal supervision to have to be structured, just an opportunity to talk, reflect and ask questions [#OTalk](#)



**Yaz @Yazz\_OT**

[@Amie\\_OT](#) [@ruth\\_laws](#) Ah that is a shame I'm sorry it wasn't used well with you. I think they need to be well planned and almost designed alongside the NQ should be more of a guide to provide individualised growth of the NQ OT as they come with a vast variety of amazing experiences. [#otalk](#)



**Ros French @RosFrench1**

[@ruth\\_laws](#) [#OTalk](#), be inquisitive remember we are all still learning, ask what support structure is in place, think about what you want and need from supervision kind to yourself don't be afraid to say I don't know but I'll find out. Remember it's a journey and the path isn't straight



**Dr Lisa Taylor @drlisataylor**

[@Katie\\_Moffat](#) [@ruth\\_laws](#) Absolutely Katie - there have been opportunities as well as challenges and a new normal exists [#OTalk](#)



**Helen Blomfield @helenblomfield8**

[@ruth\\_laws](#) [#OTalk](#) in the past I have shared caseload to start with then increase when ready [@MDTea\\_podcast](#) are great learning for team discussions. TIR complete relevant HEE e-learning. Coaching style supervision is important.

**Amie Jayne** @Amie\_OT

@anyadei @musedNeuroOT @ruth\_laws Sounds like a great way to relax and reflect on practice too! #OTalk

**Jayne Brown** @jaynethill

@anyadei @ruth\_laws Yes we always encourage booking of annual leave- people worry it creates a bad impression but it's really needed #otalk

**Ed Sum Occupational Therapist** @musedNeuroOT

@Yazz\_OT @drlisataylor @ruth\_laws Or like being a student again!! You've studied hard so why have more coursework when you are learning the job role, having to adjust to long hours and new routines, may be living in a new area, etc. #OTalk

**Dr Jenny Preston MBE** @preston\_jenny

@SharonOTUclan @OTalk @RosFrench1 @ruth\_laws Or perhaps it means that you are flexible in how you learn. Different situations may require different styles. I think that's a positive #OTalk

**Anya de longh** @anyadei

@Amie\_OT @ruth\_laws Still trying to get better at doing this... that pressure to feel that you should resolve it there and then is real, and not wanting to seem most patients I've said that to haven't minded at all! I worry about it more than they do! #OTalk

**Dr Lisa Taylor** @drlisataylor

@helenblomfield8 @ruth\_laws @MDTea\_podcast There are great resources on the HEE e-learning website - bite size learning and easily accessible #OTalk

**Amie Jayne** @Amie\_OT

@OTinretirement @ruth\_laws 100% I still seek out advice when I need to and will be honest that I need to consult with someone and get back to them. I never learning #OTalk

**OTRhiannon** @OTRhiannon

@ruth\_laws Also having a safe and friendly work environment which allows you to be your true self, the more comfortable you are in your environment the better will give to your patients. Never be scared to speak up with any concerns #OTalk

**Nora Dempsey** Occupational Therapist (she/her) @NoraDempsey3

@ruth\_laws Still being in touch with my classmates has helped lots for a listening ear and swapping stories. I feel peer support is vital but in my local area we're struggling to engage #NQOTs #OTalk

**Ros French** @RosFrench1

@ruth\_laws #OTalk peer support networks, use informal and formal support. Take opportunities. Like all new things it takes time to feel confident and find you for help

**Jayne Brown** @jaynethill

@SharonOTUclan @OTalk @RosFrench1 @ruth\_laws Shows you need a variety of things to help you learn #otalk

**Anya de longh** @anyadei

@drlisataylor @ruth\_laws Esp if you haven't had a placement or any other work experience in the area (or are new to the area!) ... and it feels like everyone has worked there since day dot and knows everyone/every little random admin process! 🤔 #OTalk

**Ruth Laws** @ruth\_laws

@jaynethill All such important areas, perhaps there could be some benefit to a standardised approach to the ideas here as a kind of newly qualified essential list, then with the opportunity to have area specific info for each point #OTalk

**Yaz** @Yazz\_OT

@ruth\_laws One thing we have for anyone NQ is a buddy system where you are buddied up with someone. They tend to be an assistant as we have a vast workforce in my service just to support those for the day to day logistics which can be daunting. #otalk

**Katie Moffat** @Katie\_Moffat

@ruth\_laws Talking to peers on the course, meeting up online for chats while out on final placement, sharing learning with others. Greatest thing that happened was an impromptu chat in the library that ended up lasting 2 hours talking about the move to practice! #OTalk

**Sharon@OT** @SharonOTUclan

@ruth\_laws At @uclanot 4 of the previous years graduates in their 1st year of being a newly qualified OT participated on online teams discussion where fina





students could ask them questions about transitioning from students to newly qualified OT in the workplace [#OTalk](#)



**Amie Jayne** [@Amie\\_OT](#)

[@Yazz\\_OT](#) [@ruth\\_laws](#) I completely saw the potential of it and have seen it be effective in an acute setting, it was something that the trust did not provide as due to it not being a mental health 'thing'. I used it myself but it could have been used better as a tool [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@RosFrench1](#) [@ruth\\_laws](#) If you don't ask you don't get and everybody's needs will be different so is essential to articulate these. Sometimes a mentor as v to day official supervisor is useful for helping individualise things [#OTalk](#)



**Katie Moffat** [@Katie\\_Moffat](#)

[@drlisataylor](#) [@ruth\\_laws](#) I agree! I have digital skills I never would have dreamed of 4 years ago! [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@NoraDempsey3](#) [@ruth\\_laws](#) The WhatsApp group is great though Nora - really appreciate what you are doing! [#OTalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@ruth\\_laws](#) Never feel that you are on your own, although I can appreciate that it feels lonely. Turn to a supervisor or colleague (doesn't have to be an OT), twitter...write it down, whatever you're feeling, it would be great to read back on [#OTalk](#)



**Ed Sum Occupational Therapist** [@musedNeuroOT](#)

[@KatrinaBaldryOT](#) [@ruth\\_laws](#) When you have colleagues who are willing to share their reflections with you too [#OTalk](#)



**Amie Jayne** [@Amie\\_OT](#)

[@anyadei](#) [@ruth\\_laws](#) I find that a lot of people appreciate the time you take to find out and get back to them. It takes time to have the confidence to feel like need to sort things there and then, but it can really pay off. [#OTalk](#)



**KristinaB.OT** [@KristinaB\\_OT](#)

[@ruth\\_laws](#) Q1 I like to talk about the novice-to-expert curve and that it's normal to start out being somewhat rigid and sticking with limited things you know I you gain more experience you will branch out and also start becoming more intuitive- a natural progression [#OTalk](#)



**Ruth Laws** [@ruth\\_laws](#)

Some great discussions! Let's keep it going with question 3: How could placement-based learning experiences better prepare students for the transition into workplace? [#OTalk](#) <https://t.co/XeH6vLehq8>



**Ursula MacFarlane OT** [@UKMacFarlane](#)

[@SharonOTUclan](#) [@ruth\\_laws](#) [@uclanot](#) This sounds great. Was the feedback good? [#OTalk](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

[@BelgianBenny](#) [@NikkiDanielsOT](#) Absolutely [@BelgianBenny](#) [#OTalk](#)



**Katie Moffat** [@Katie\\_Moffat](#)

[@ruth\\_laws](#) Also- right here on twitter!! Recently I feel like there's been a shift towards sharing the honest ups and downs of student life, NQOT life and beyc found it SO helpful to see this and it's helped me stop being so hard on myself. [#OTalk](#)



**OTRhiannon** [@OTRhiannon](#)

[@NoraDempsey3](#) [@ruth\\_laws](#) So important!! We can all learn from eachother and break down any stigmas along the way :) [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@KristinaB\\_OT](#) [@ruth\\_laws](#) Thats a great concept - and I'm guessing not a smooth curve?! Based on my own personal experience... [#OTalk](#)



**Amie Jayne** [@Amie\\_OT](#)

I really personally struggled with the transition, I put pressure on myself for it to be as good as I had found placements, I wanted to be perfect, to hit the group and initially it worked, but I soon started to burn out from the pressure I put myself under [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@Katie\\_Moffat](#) [@ruth\\_laws](#) This also provides an opportunity to link people more than ever before to help with the flaky bridge - especially those in smaller t

**Ruth Laws** 🇬🇧 @ruth\_laws

@KatrinaBaldryOT I'm finding just keeping little snippets regularly in just my day to day diary really helpful to prompt me to go back and then write fully and have the time and energy to then do #OTalk

**KristinaB.OT** @KristinaB\_OT

@ruth\_laws #OTalk Q1: also every new job will have some sense of not knowing- getting comfortable with that feeling. I worked in US 6 yrs as an OT then moved and mentally prepped myself that I would feel "new" all over again and it's ok and I got through it before! 1/2

**Dr Lisa Taylor** @drlisataylor

@Amie\_OT What hints and tips would you suggest to avoid this Amie? #OTalk

**#OTalk** @OTalk

Q3. #OTalk

**Sharon@OT** @SharonOTUclan

@UKMacFarlane @ruth\_laws @uclanot It was brilliant & would recommend this approach. The uni teachers introduced new OT graduates 🎓 then left the meeting and let us benefit from peer support #OTalk

**Ros French** @RosFrench1

@drlisataylor @ruth\_laws #OTalk yes mentoring or coaching can be really helpful again at all stages in someone's career and others understanding what they aren't... changing the view that you only need coach or a mentor if you have a problem or struggling which isn't the case

**Chantelle Martin** 🟢 @chaniedavies

Reading this some similarities of feelings going into any new areas. I feel like a permanent NQOT! Practicalities, support, leadership, mentoring has value in transition but the more you do the more resourceful you become. That said we need to be available to NQOTs #OTalk

**Em** 💙 @DobboEm

@OTalk Hi #otalk, sorry bit late

**Amie Jayne** 💚 @Amie\_OT

@NoraDempsey3 @ruth\_laws I missed out on the peer support as I took a non-traditional OT role straight out of uni working for @theRCOT, so when I went I found it harder #otalk

**Dr Lisa Taylor** @drlisataylor

@OTRhannon @NoraDempsey3 @ruth\_laws Sharing is the first part of support - what channels of communication can be used to best support this community that we can support each other? #OTalk

**Nora Dempsey** 💙 Occupational Therapist (she/her) @NoraDempsey3

@ruth\_laws Being honest about expectations of what they would expect a #NQOT to be able to do in terms of clinical reasoning, caseload management etc

**KristinaB.OT** @KristinaB\_OT

@ruth\_laws 2/2 Q1: For me, getting comfortable asking for and receiving help was a big thing being a newly qualified practitioner and then used this skill when moving into other roles. #OTalk

**Dee** @OTinretirement

#OTalk

**Jayne Brown** @jaynethill

@ruth\_laws Diary management.... Taking the lead on cases (with supervision of course) Graded approach with increasing autonomy on final placements #OTalk

**Anya de longh** @anyadei

@ruth\_laws Oh good question! Hard to know within the confines of being a student, but I think there is something more about juggling a caseload and that feeling of going out by yourself that you aren't really prepared for! Normalising that you can't prepare for everything perhaps!? #OTalk

**Dr Lisa Taylor** @drlisataylor

@SharonOTUclan @UKMacFarlane @ruth\_laws @uclanot This sounds like a great idea and certainly one for the HEI #OTalkers to consider #OTalk

**Katrina Baldry** @KatrinaBaldryOT

@ruth\_laws With every placement, I always asked to take part/ complete a small service improvement project in order to give me some responsibility and re



can make a difference non-clinically too. Recognising the importance of moving a service forward [#OTalk](#)



**KristinaB.OT** [@KristinaB\\_OT](#)

[@anyadei](#) [@ruth\\_laws](#) Might not be a curve so much as kind of a ladder but you'll go up and down based on situation, if something is completely novel you r a bit though your experience underlying core skills will obviously help [#OTalk](#)



**Leah Hammond** [@leah10408706](#)

[@ruth\\_laws](#) I have sometimes found on placement colleagues not disclosing the truths about the negativities of their workplace or trust on fear of making a t impression or worrying the student. But I would rather know these things so I can prepare for when I do make that transition [#OTalk](#)



**Amie Jayne** [@Amie\\_OT](#)

[@drlisataylor](#) For me it was learning that I didn't need to be perfect and I wasn't expected to know everything. It took a long time to really be able to identify v know and ask for support when I needed it. I felt I needed to prove myself and my worth. [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@jaynethill](#) [@ruth\\_laws](#) That also depends on what prior experience students have... MSc students might be more adept at that if they have had other jobs b all NQOT have the same 'work' experience, so needs to be tailored. [#OTalk](#)



**Dr Jenny Preston MBE** [@preston\\_jenny](#)

Giving students appropriate responsibility on placement and enabling them to learn in a safe way. None of us get it right all the time ... and never will [#OTalk](#)



**Em** [@DobboEm](#)

[@ruth\\_laws](#) [#otalk](#) appreciate shouldn't need to spoon feed, but maybe appreciate that NQ are overwhelmed with info in first weeks so really help with some seemingly obvious stuff - e.g. really clear instructions where to go day 1 rather than them having to find location



**Dr Lisa Taylor** [@drlisataylor](#)

[@KristinaB\\_OT](#) [@ruth\\_laws](#) Relationships are key for feeling comfortable to do this - what would you suggest as a top tip to build confidence to ask for help'



**Anya de longh** [@anyadei](#)

[@leah10408706](#) [@ruth\\_laws](#) And how to learn to sit with those frustrations is essential... I'm all for OTs at any banding driving change, but we need to pick c and somethings we (read: I) just need to learn to accept while challenging other things! 😊 [#OTalk](#)



**OTRhiannon** [@OTRhiannon](#)

[@ruth\\_laws](#) More autonomy with case-load, students being able to manage a larger case-load if they feel comfortable. Leading MDM's of clients working wit



**Amie Jayne** [@Amie\\_OT](#)

[@drlisataylor](#) Best bit of advice, learn to have the confidence to ask for support and learn from others. You are still there to learn as a NQ OT and you don't r yourself, you did that in your interview and they employed you for a reason [#OTalk](#)



**Chantelle Martin** [@chaniedavies](#)

[@preston\\_jenny](#) Yep [#OTalk](#) 🙄



**Anya de longh** [@anyadei](#)

[@KristinaB\\_OT](#) [@ruth\\_laws](#) I feel the analogy of snakes and ladders coming on here! [#OTalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@leah10408706](#) [@ruth\\_laws](#) We are doing an injustice by not being truthful with you. Just because we find a job hard, it doesn't mean we hate our career. F difficult, shows that we are growing and developing and trying to make sense of what's going on around us [#OTalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@leah10408706](#) [@ruth\\_laws](#) It's okay to love a job and hate a job at the same time [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@NoraDempsey3](#) [@ruth\\_laws](#) How do we make sure that the busyness of daily working do not preclude making sure that this is acknowledged articulated a [#OTalk](#)

**Jess Newill** [@jessie24x](#)

[@ruth\\_laws](#) [#OTalk](#)

**Emma O'Dwyer** @EmmaODwyer13

@ruth\_laws Carrying case load on last placement to prioritise, show autonomy, recognise inappropriate referrals. Basic skills ie. making phone calls! Attending meetings and being the voice for yr profession often being the only OT. Role emerging placements are great for this #OTalk

**Ros French** @RosFrench1

@ruth\_laws #OTalk, placements are enabling the student to start developing the skills and confidence they need in practice maybe it's looking at services, up the persons expectations and understanding of the role and how they match in ideal and reality?

**Amie Jayne** @Amie\_OT

@KatrinaBaldryOT @leah10408706 @ruth\_laws Couldn't have said it better myself!!! #OTalk

**Jayne Brown** @jaynethill

@anyadei @ruth\_laws Yes absolutely... finding out from the student what they need to learn/ practice. If a student has lots of experience they may be able to earlier than final placement but if it's difficult we can safely support before being thrown into the deep end! #otalk

**KristinaB.OT** @KristinaB\_OT

@drlisataylor @ruth\_laws I think my issue was independent streak. Don't think I know everything but was raised to look on my own and figure it out when I finally understand sometimes I just need input and that's ok! Reflection was major in this. Been lucky with supportive teams too #OTalk

**Yaz** @Yazz\_OT

@ruth\_laws Really hard question! I would love to ask my students after they qualified what I could have done better to support this. For me my placements led up to my first job. I think they gave me the right responsibilities and exposure in their given contexts #otalk

**Dr Jenny Preston MBE** @preston\_jenny

@OTRhannon @NoraDempsey3 @ruth\_laws I was on a joint visit last week with a NQ Nurse. Theoretically the least experienced alongside the most experienced team. Goes without saying that's not how it was in practice. I was given a real run for my money and I loved the experience. So refreshing #OTalk

**Nora Dempsey** Occupational Therapist (she/her) @NoraDempsey3

@DobboEm @ruth\_laws Yup. And insisting they use CPD/supervision time. Investing the time today to be a better OT in future isn't valued enough when we're overwhelmed. #otalk

**Ursula MacFarlane OT** @UKMacFarlane

@SharonOTUclan @ruth\_laws @uclanot Thanks you. In @SYB\_ICES\_AHPs we're looking at how we can link better with final year students to ease the transition start the preceptorship process #OTalk

**Dr Lisa Taylor** @drlisataylor

@preston\_jenny There is something here about everybody having vulnerabilities and that being shown to students when on placements - being realistic role #OTalk

**Em** @DobboEm

@ruth\_laws #otalk maybe this is what reality of new role too, but really frustrating as a student to have to wait for access to IT systems, left feeling like a lemming excluded from so much

**Catherine McNulty** @cathymc9781

@OTalk Encourage independence & taking responsibility #OTalk even with small tasks / roles such as student reps linking with RCOT regions etc also include groupwork as part Curriculum

**KristinaB.OT** @KristinaB\_OT

@drlisataylor @ruth\_laws Perhaps also I would say being able to look up what you can and articulate what you do understand or have figured out can show initiative/learning and help guide the type of help you need to whomever you are asking. #OTalk

**Anya de longh** @anyadei

@chaniedavies So glad you said this... Only just started, so not looking to change yet, but aware that I'm going to feel like this all over again as and when I do and gosh, that's daunting! #OTalk

**Amie Jayne** @Amie\_OT

@ruth\_laws I think educators need to have honest and open discussions about their transition from uni into work, we all have moments of imposter syndrome



difficult at times for different reasons, but hiding it puts additional pressure on those who are feeling unsure [#OTalk](#)



**#OTalk @OTalk\_**

[#OTalk](#) 15 minutes left !!!! <https://t.co/4m6RrNNemh>



**Dr Jenny Preston MBE @preston\_jenny**

[@anyadei](#) [@KristinaB\\_OT](#) [@ruth\\_laws](#) And that curve will continue forever, or at least for 30+ years [#OTalk](#)



**Emma O'Dwyer @EmmaODwyer13**

[@anyadei](#) [@jaynethill](#) [@ruth\\_laws](#) Many BSc students are mature so disagree MSc are more 'adept'. But yes all NQOTs bring their own experience and it's applied clinically that's important. [#OTalk](#)



**Ros French @RosFrench1**

[@smileyfacehalo](#) [@preston\\_jenny](#) [@OTalk\\_](#) [@ruth\\_laws](#) [#OTalk](#) thank you I will watch that later



**Dr Lisa Taylor @drlisataylor**

[@dmay\\_ot](#) [@leah10408706](#) [@ruth\\_laws](#) How do you think the honesty can be best shared with students to facilitate a positive response and action for them



**Anya de longh @anyadei**

[@Katie\\_Moffat](#) [@ruth\\_laws](#) Well said! I agree! [#OTalk](#)



**Catherine McNulty @cathymc9781**

[@OTalk\\_](#) Being as clear as possible about re focus of occupational philosophy [#OTalk](#)



**Dee @OTinretirement**

[@preston\\_jenny](#) [@anyadei](#) [@KristinaB\\_OT](#) [@ruth\\_laws](#) Or more 😊 [#OTalk](#)



**Nora Dempsey 🧡 Occupational Therapist (she/her) @NoraDempsey3**

[@preston\\_jenny](#) [@OTRhannon](#) [@ruth\\_laws](#) And wonderful that you are gracious enough to admit that [#otalk](#)



**Ruth Laws 🇬🇧 @ruth\_laws**

[@UKMacFarlane](#) [@SharonOTUclan](#) [@uclanot](#) [@SYB\\_ICS\\_AHPs](#) This sounds fantastic! So pleased to see this is being done in practice, this is similar to a came up with for a service improvement project while at uni! [#OTalk](#)



**Ruth Laws 🇬🇧 @ruth\_laws**

Time is whizzing by! Let's crack on with our next question. Question 4: What experiences do you have of preceptorship or Flying Start NHS? How can this be maximised for all involved? [#OTalk](#) <https://t.co/ME8XqSHT1X>



**Dr Jenny Preston MBE @preston\_jenny**

[@OTinretirement](#) [@anyadei](#) [@KristinaB\\_OT](#) [@ruth\\_laws](#) I was trying to make myself appear younger Dee [@OTinretirement](#) 😊 [#OTalk](#)



**KristinaB.OT @KristinaB\_OT**

[@ruth\\_laws](#) Q2: I found having a dedicated mentor/supervision time weekly where I could bring and discuss cases or do some additional observations as a i on the job very helpful [#OTalk](#)



**Sharon@OT @SharonOTUclan**

[@ruth\\_laws](#) Let students get involved in complex challenging clients with support ...it may be tempting for practice educators to let students work with 'easier' them to demonstrate skills on placement documentation, build knowledge & confidence etc [#OTalk](#)



**Jayne Brown @jaynethill**

[@anyadei](#) [@ruth\\_laws](#) Difficult... we don't allow students to do unaccompanied visits for safety reasons/ governance. We try to allow patients autonomy where eg in care homes but agree can make a massive jump! [#otalk](#)



**K-OT (she, her) 🧡 @kalessandram**

[@OTalk\\_](#) I'm more lurking, so I can listen and learn [#OTalk](#)

**Anya de longh @anyadei**



@EmmaODwyer13 @jaynethill @ruth\_laws Absolutely! My fault for using MSc as short hand for mature without recognising that many BSc students are ma had years/experience in the workplace already! Apologies! #OTalk



**Ros French** @RosFrench1

@OTalk\_ #OTalk parenting fail 101 child asleep on me on the sofa but no longer need to multitask as I'm stuck!



**#OTalk** @OTalk\_

Q4. #OTalk <https://t.co/syWPc4I1Je>



**Chantelle Martin** @chaniedavies

@anyadei Sorry but your inner light shines through and it is easier each time because you trust more in yourself to find a way through, articulate needs and better and built up support ##OTalk



**Ursula MacFarlane** OT @UKMacFarlane

@ruth\_laws @SharonOTUclan @uclanot @SYB\_ICS\_AHPs Very early days but this is our ambition to progress this link #OTalk



**KristinaB.OT** @KristinaB\_OT

@ruth\_laws Q2: from a teaching perspective, I think being honest and open discussing some feelings and workplace concerns people may run into as newly and front loading while still being positive is hopefully helpful for transition to start working with eyes open a little #OTalk



**Amie Jayne** @Amie\_OT

@ruth\_laws From my experience, the preceptorship could have been used better as a tool to develop my skills, reflect on my experiences and build confidence celebrate those things that were going well to help with the imposter syndrome #OTalk



**Katrina Baldry** @KatrinaBaldryOT

@ruth\_laws I remember very little from my preceptorship; it must have made very little impact on me. @OxfordHealthNHS have got a fab preceptorship prog enables NQ's to meet other NQ's which is a huge advantage too 🙌 #OTalk



**Dr Jenny Preston** MBE @preston\_jenny

@NoraDempsey3 @OTRhannon @ruth\_laws Thank you but it was true! It was so exhilarating that she was not in the least bit inhibited by it. But why would had a more than equal contribution to make #OTalk



**Anya de longh** @anyadei

@ruth\_laws Doing Flying Start... lovely having a mentor to work out how to make reflections helpful (what to reflect on when so much happens as NQOT), as enough to make it work for you. Feels like a step up from uni CPD stuff, which is important #OTalk



**Leah Hammond** @leah10408706

@drlisataylor @dmay\_ot @ruth\_laws That's difficult as each student will be in a very different place with their work experience. I think I'm supervision this co to go through. Educators could identify their biggest challenges and how they cope with them #OTalk



**Jayne Brown** @jaynethill

@anyadei @EmmaODwyer13 @ruth\_laws Equally I have had younger students flourish at time management and older students struggle or need more support diary. Both MSc and BSc.... What is important is we find out and offer support on areas needed... not presume anything #otalk



**Ed Sum** Occupational Therapist @musedNeuroOT

@ruth\_laws I'm quite cynical about these programmes. They may focus on content as easy to tick off but not always on developing supportive relationships ;



**Kadie Claire** @kadielaire\_OT

RT @anyadei: @ruth\_laws Doing Flying Start... lovely having a mentor to work out how to make reflections helpful (what to reflect on when so much happen and loose enough to make it work for you. Feels like a step up from uni CPD stuff, which is important #OTalk



**Ros French** @RosFrench1

@ruth\_laws #OTalk, many years ago I attended preceptorship training and actioned what I learnt for newly qualified Band 5 OTs in my workplace - this was a trust program but very nursing focused and now feel that this is support and development for newly qualified IT is missing



**Dr Jenny Preston** MBE @preston\_jenny

@smileyfacehalo @OTalk\_ @RosFrench1 @ruth\_laws Great debate, thinking already I might need to change my stance 🤔 #OTalk

**Dr Lisa Taylor** @drlisataylor





**@KristinaB\_OT @ruth\_laws** Perhaps there could be frequent scenario collation with information on how individuals dealt with them - could show the graduates are not the first person to have to deal with it and also have some hints and tips? [#OTalk](#)



**Sharon@OT @SharonOTUclan**

**@ruth\_laws** Heard newly qualified OTs talk about it whilst I've been on placement...been told it's a lot of work but worth doing [#OTalk](#)



**Chantelle Martin @chaniedavies**

**@NoraDempsey3 @preston\_jenny @OTRhiannon @ruth\_laws** Learning 2 ways, so the hierarchies, all human beings and can learn from others [#OTalk](#). Being happens on equal collaborative human level irrespective of status: pt, student, nqot, experienced, leader or systems. Legends are givers of humility and open



**Anya de longh @anyadei**

**@jaynethill @EmmaODwyer13 @ruth\_laws** Well said! [#OTalk](#)



**Dee @OTinretirement**

**@musedNeuroOT @ruth\_laws** 🙌🙌🙌 and of course it's an NGS programme. What about other organisations what do they use that helps [#OTalk](#)



**Amie Jayne @Amie\_OT**

**@musedNeuroOT @ruth\_laws** It felt more of that when I used it, there really is potential for it to be used better but that requires time from both the NQ and a [#OTalk](#)



**OTRhiannon @OTRhiannon**

**@ruth\_laws** Nearly finished my preceptorship now. Love having a mixture of professionals within this, a time to reflect / learn from each other & having guest organised on most of the forums with different topics which are universal for each discipline [#OTalk](#)



**Nora Dempsey Occupational Therapist (she/her) @NoraDempsey3**

**@drlisataylor @ruth\_laws** Back to the 'spoon-fed' comment. I think for the first 6 months or so supervisors should insist [#NQOTs](#) attend pre-ordered sessions: 30mins a month to underline the importance of making time to consider your progress/areas for development [#OTALK](#)



**Dr Lisa Taylor @drlisataylor**

**@jaynethill @anyadei @EmmaODwyer13 @ruth\_laws** Individualised graduate centred approach [#OTalk](#)



**Lorian Mead @lm\_idot**

**@ruth\_laws** Q4 no personal experience of being a preceptee. Preceptorship is supported in our organisation by an AHP team and is really valued. Will now I Flying Start NHS! [#OTalk](#)



**KristinaB\_OT @KristinaB\_OT**

**@drlisataylor @ruth\_laws** I like this idea! [#OTalk](#)



**Helen Blomfield @helenblomfield8**

**@ruth\_laws** Way way back in time as a basic grade we had a group which included OTs across the city from different Trusts, great support and learning. Per Social services, Primary Care should be included [#OTalk](#)



**Ed Sum Occupational Therapist @musedNeuroOT**

**@jaynethill @anyadei @ruth\_laws** '...back in my day...' I did loads of visits by myself, didn't have mobile phones and walked to some visits. If there are high that is fine, I guess. [#OTalk](#)



**Dr Jenny Preston MBE @preston\_jenny**

**@smileyfacehalo @RosFrench1 @OTalk @ruth\_laws** My viewing after we are done here tonight [#OTalk](#)



**Jayne Brown @jaynethill**

**@ruth\_laws** Used to deliver preceptorship as part of a multi professional programme. Challenges involved AHP's started throughout year whereas nurses started times... often issues were different as could be a gap between starting a role and joining [#otalk](#)



**Janet @janetregan3**

**@ruth\_laws** Was discussing this at work (in a CMHT) today. Other professions in my MDT (MH nurses, social workers) get longer placements than OT. I think more, and longer, placements to build increased knowledge + experience before we qualify [#OTalk](#)

**Deborah Murphy @Murphlemurph**



@preston\_jenny @smileyfacehalo @OTalk\_ @RosFrench1 @ruth\_laws Studied lots of great articles re this on MSc. Largely revealed they've been oversimplificationist. I love your flexibility with your standpoint though 😊😊 #OTalk



**Ruth Laws** 🇨🇦 @ruth\_laws

Is it time for our final question already?! Thank you all for the great conversation so far. Question 5: How could an online peer assisted cross-professional support network/community for new graduates work in conjunction with the more formal individual preceptor packages? #OTalk <https://t.co/jmpK5pG9Xh>



**OTRhiannon** @OTRhiannon

@ruth\_laws We also have a booklet to fill out with areas we feel we have done well on and areas which we may need further support and practice with, also make smart goals over several months which I have found really helpful for my development and seeing myself grow. #OTalk



**Yaz** 🌈 @Yazz\_OT

@musedNeuroOT @drlisataylor @ruth\_laws Yeah I agree we're trying to make it more tactile, practical conversation based and reflective and not a paperwork exercise #otalk



**Katrina Baldry** @KatrinaBaldryOT

@helenblomfield8 @ruth\_laws I would love to see more rotations covering acute, community, social services, physical health, mental health, learning disabilities varied it is, the more NQ will gain #OTalk



**Amie Jayne** 🌟 @Amie\_OT

@musedNeuroOT @ruth\_laws It's really a case of the tools are only as good as you make them #OTalk



**Lorian Mead** 🌈💙🇧🇪 @lm\_ldot

@ruth\_laws Q2 regular supervision, work buddy, preceptorship, thorough induction, Band 5 support groups #OTalk



**KristinaB.OT** @KristinaB\_OT

@lm\_ldot @ruth\_laws In the US where I trained, in my programme the expectation was that by end of placement we held 80% of a newly qualified caseload independently/light supervision and I feel this really helped me as well to build up to that level. 12 wk placement though #OTalk



**Anya de longh** @anyadei

@janetregan3 @ruth\_laws I can really see the value in longer placements, having been in post for 3 months now (and how much you settle down to learn at time)... but gosh, as a student I was exhausted and so ready to finish after 6-8 weeks (even the placements I loved!) #OTalk



**Ruth Laws** 🇨🇦 @ruth\_laws

@OTRhiannon Sounds like a really structured approach to preceptorship which sounds great! Head space is so full as a newly qualified professional, I think I have that structure to help in a way #OTalk



**Ros French** @RosFrench1

@preston\_jenny @smileyfacehalo @OTalk\_ @ruth\_laws #OTalk definitely interesting, I look forward to listening and reading more. Maybe it's around my learning strategies and dyslexia rather than a learning style per say?



**#OTalk** @OTalk\_

Q5. #OTalk wow last question and 5 mins left!!!! Superb!!! 🌈



**Dee** @OTinretirement

@ruth\_laws Worth looking at @ElizabethCasso1 resources too The picket guides were drawn together by PQOTs #OTalk Find them here <https://t.co/1mKuh>



**Jayne Brown** @jaynethill

@ruth\_laws Our preceptorship focused on reality of autonomous practice, making decisions, reality shock- moving onto leadership etc. another challenge with numbers of AHPs but we used to put people in groups for support with similar professions. #otalk



**Dr Lisa Taylor** @drlisataylor

@ruth\_laws Thanks for your great discussions so far - Ruth and I are trying to keep up! Sorry if we have not replied to you all - it is a busy night tonight on #OTalk



**Leah Hammond** @leah10408706

@KatrinaBaldryOT @helenblomfield8 @ruth\_laws I also think this could be useful, especially for NQOTs who don't know where they wish to specialise in. As we have less placement experience due to Covid #OTalk

**OTRhiannon** @OTRhiannon



**@ruth\_laws** I think this would be really beneficial to connect with OT's you may not normally be able to connect with within other trusts who may have different working and we can learn from one another and share ideas [#OTalk](#)



**Rachael Grand** [@RachaelGrand](#)

[@OTalk](#) bit late to the chat but also a nearly NQ OT keen to learn how preceptorship can be undertaken in a private setting with no clear framework in place Rachael!! [#OTalk](#)



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

[@chaniedavies](#) [#OTalk](#) definitely agree for any new area, setting or role!



**Amie Jayne** [@Amie\\_OT](#)

[@ruth\\_laws](#) Having a space for new graduates to come together and talk about their experiences could be great, it would depend on how this works with time home demands. [#otalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@ruth\\_laws](#) Online peer supported networks enables NQOT's to reach wider audiences across different professional and specialities which is great for learning however, we cannot underestimate the power of face:face support/ supervision/ preceptorship [#OTalk](#)



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

[#OTalk](#)



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

Absolutely superb [#OTalk!!!](#)



**Dee** [@OTinretirement](#)

[@OTRhannon](#) [@ruth\\_laws](#) Look across to other organisations too particularly social care. Vital to build bridges and understand each other's roles [#OTalk](#)



**OTRhannon** [@OTRhannon](#)

[@ruth\\_laws](#) It's been really helpful as being a student you get so used to having that written feedback to reflect on as such, so having that transition into a quality really helpful [#OTalk](#)



**Helen Blomfield** [@helenblomfield8](#)

[@ruth\\_laws](#) [#OTalk](#) Q5. Action learning set, but to do this well it has to have clear structure, groundrules and psychological safety.



**Dawn Blenkin** [@OTBLENKIN](#)

[@ruth\\_laws](#) I think it would be more valuable if preceptorships were less prescriptive and focused on developing professional relationships within the organisation across the ICS- supported by regular mentoring and coaching conversations. [#OTalk](#)



**Jayne Brown** [@jaynethill](#)

[@ruth\\_laws](#) Alongside a formal preceptorship programme support in practice was essential... supervision not just focused on caseload management but on and needs is essential [#otalk](#)



**Katrina Baldry** [@KatrinaBaldryOT](#)

[@leah10408706](#) [@helenblomfield8](#) [@ruth\\_laws](#) We don't know what we like until we try it...there will be areas of OT's that people don't realise they love because they've never had the opportunity to try it out [#OTalk](#)



**KristinaB.OT** [@KristinaB\\_OT](#)

[@Im\\_Idot](#) [@ruth\\_laws](#) It honestly helped me so much. I learned it as a student and clung to it in times where I felt like I didn't know what I was doing/was anxious could soothe myself by knowing this is a normal process to learning something new! [#OTalk](#)



**Dee** [@OTinretirement](#)

[@OTalk](#) Great session [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@ruth\\_laws](#) Not sure, but I like the idea of it being multi-disciplinary... so much of my NQOT CPD has been OT focused, which is great for my sense of professional identity, but as HCPs we have 'more in common than professionally distinguishes us' [#OTalk](#)

**Ed Sum Occupational Therapist** [@musedNeuroOT](#)

[@NoraDempsey3](#) [@drlisataylor](#) [@ruth\\_laws](#) Dr Mary Morley's research (00s) identified how supervision can be viewed as needing to appear you are doing



the supervisor to check all is okay. I wouldn't be surprised if this is still the case in some settings; I hope it is less often [#OTalk](#)



**Leah Hammond** [@leah10408706](#)

[@OTalk](#) This would be a great way to connect to other OTs in other areas and a way to share experiences and ideas [#OTalk](#)



**Amie Jayne** [@Amie\\_OT](#)

[@RachaelGrand](#) [@OTalk](#) Hi Rachael, I would say take a look at the framework, see if there is someone that can act as your mentor and use it to guide what you are doing. Try to avoid it being a tick-box exercise and use it as a tool of reflection and personal development (hope that makes sense) [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@anyadei](#) [@ruth\\_laws](#) It is a tricky balance isn't it? [#OTalk](#)



**Chantelle Martin** [@chaniedavies](#)

[@helenblomfield8](#) [@ruth\\_laws](#) Love a properly run action learning set....so much more than a gathering [#OTalk](#)



**Dee** [@OTinretirement](#)

[@OTBLENKIN](#) [@ruth\\_laws](#) Do agree. Helps not to work in organisational silos [#OTalk](#)



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

[@ruth\\_laws](#) [#OTalk](#) provision of different opportunities and learning reflections - others in similar / different roles with shared experiences and knowledge ratl / role based



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

[#OTalk](#) nearly time!!!! <https://t.co/UFtcmY134w>



**Sharon@OT** [@SharonOTUclan](#)

[@ruth\\_laws](#) Think this would be beneficial as with increase in teams/zoom/Skype meetings during Covid-19 more people can attend and benefit [#OTalk](#)



**Anya de longh** [@anyadei](#)

[@drlisataylor](#) [@ruth\\_laws](#) Yup! I guess that the more confident I feel in what we do as OTs, the easier (less intimidated?!) I might feel in MDTs? [#OTalk](#)



**Back In My Day** [@backinmydaybot](#)

RT [@musedNeuroOT](#): [@jaynethill](#) [@anyadei](#) [@ruth\\_laws](#) '...back in my day...' I did loads of visits by myself, didn't have mobile phones and walked to some are high risks then that is fine, I guess. [#OTalk](#)



**Ruth Laws** [@ruth\\_laws](#)

[@musedNeuroOT](#) [@NoraDempsey3](#) [@drlisataylor](#) I hope so too! Perhaps we need to try and re-frame supervision? Acknowledge and celebrate when thing importance of speaking up and OK not to be OK too. Such valuable work by Dr Mary Morely, spent a lot of time with it when writing my dissertation :) [#OTalk](#)




**Katie Moffat** [@Katie\\_Moffat](#)

[@ruth\\_laws](#) I would say in final placements having a focus on balance, managing everything you need to do within work ours and being supported in not spe every night doing extra work. Of course we will, but to prepare for NQOT life I think its important to avoid burnout. [#OTalk](#)



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

[#OTalk](#) Time!!!! Wow thanks to [@drlisataylor](#) [@ruth\\_laws](#) and everyone who tweeted, super fast super content [#OTalk](#) !!! This is [@smileyfacehalo](#)  signing <https://t.co/rV2Cf4DT8D>



**Sharon@OT** [@SharonOTUclan](#)

[@OTRhannon](#) [@ruth\\_laws](#) I agree and would love this [#OTalk](#)



**Dr Lisa Taylor** [@drlisataylor](#)

[@OTinretirement](#) [@OTRhannon](#) [@ruth\\_laws](#) That is a good point Dee - support for each other but also recognition and understanding of different roles etc ;



**Leah Hammond** [@leah10408706](#)

[@OTalk](#) Q5- also on one of my placements there was a online support network for the speciality I was in, where Any SI practitioner could attend to share C were struggling with. I found this useful [#OTalk](#)

**Ed Sum Occupational Therapist** 🇧🇪🇬🇧 @musedNeuroOT

@Yazz\_OT @drlisataylor @ruth\_laws But is this healthy?? If you focus on the road ahead of you, will you notice the scenery? #OTalk

**Dawn Blenkin** @OTBLENKIN

@ruth\_laws I think it's important as students transition to graduates not to lose sight of the ideals and always be aspirational in their approach. Come in and practice and never be afraid to suggest improvements! #OTalk

**Dee** @OTinretirement

Great session #OTalk

**Chantelle Martin** 🇬🇧 @chaniedavies

Random thought. Had to do so much additional work to gain role when finishing off as student. Presentation planning for interview in viva week. Never had to since but have prepared around my needs. Should recruitment also be looked at with shortage #OTalk

**Anya de longh** @anyadei

@Katie\_Moffat @ruth\_laws Yes, everyone talks about how busy you will be / the NHS is, so it is really hard to not feel super guilty when not working late or too busy! #OTalk

**Amie Jayne** 🇬🇧 @Amie\_OT

@musedNeuroOT @NoraDempsey3 @drlisataylor @ruth\_laws I definitely felt the pressure to prove myself in supervision, it took a long time to realise I did it and I could talk about what I was struggling with too! #OTalk

**Ed Sum Occupational Therapist** 🇧🇪🇬🇧 @musedNeuroOT

@CPD\_RCOT

**Nora Dempsey** 🇬🇧 Occupational Therapist (she/her) @NoraDempsey3

@ruth\_laws I'm sure someone will correct me if I am wrong but I don't think we have Perceptorship in Scotland? Have dabbled with Flying Start but still to do facilitator. #OTalk

**Anya de longh** @anyadei

@OTalk Seriously, where does the hour go during #OTalk!? It just flies by!

**Chantelle Martin** 🇬🇧 @chaniedavies

@anyadei @drlisataylor @ruth\_laws You may like a retweet I did earlier from Kier on pros and cons of OT @anyadei #OTalk

**Dr Jenny Preston MBE** @preston\_jenny

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo Thank you all so much. Great discussion. Off to catch up on learning styles now 🙄 #OTalk

**Yaz** 🇬🇧 @Yazz\_OT

@OTRhannon @ruth\_laws I agree I feel like I'm a bit boxed off without Twitter as to what others are doing! It would be really helpful to have a pool of resources NQ OTs just based on their learning style and preferences gathered from a range of OTs. #otalk

**Lorian Mead** 🇬🇧🇪🇺 @lm\_idot

@ruth\_laws Q1 students: embrace all opportunities, learning is continuous and none of us know everything! HEI: preparing students with the knowledge of what there is in regards to support so they know what to ask Employers: offer a range of support e.g. mentoring, preceptorship #OTalk

**Anya de longh** @anyadei

@chaniedavies @drlisataylor @ruth\_laws Oh thanks - will go back and find it... #OTalk

**Amie Jayne** 🇬🇧 @Amie\_OT

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo THANK YOU! #OTalk

**Jay Webster (They/Them)** @jwot77

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo Thanks for a smashing #OTalk everyone. Some really thought provoking discussions to look back on.

**Jayne Brown** @jaynethill

@musedNeuroOT @anyadei @ruth\_laws Doesn't mean that was right just because it happened 🙄🙄 Would argue sending a student to a house without a would def not be good practice... we all carry lone worker devices for a reason! We equally don't throw our NQ staff straight out there either. #otalk

**Janet @janetregan3**

@anyadei @ruth\_laws It is true that placements were really, really tiring, but I always seemed to find that just as I felt like I was finding my feet, the placement was over. Maybe longer placements would be less tiring in a way - not having to cram it all into a short time [#OTalk](#)

**Yaz @Yazz\_OT**

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo That's guys this has been my first [#OTalk](#) in ages and it's been great. Well done Ruth on hosting 🥰

**Kadie Claire @kadielaire\_OT**

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo Thank you! Really insightful thread [#OTalk](#)

**Anya de longh @anyadei**

@NoraDempsey3 @ruth\_laws I'm doing Flying Start and lots of other B5 support offered... but not sure how formal it needs to be to be called a preceptorship

**Kadie Claire @kadielaire\_OT**

RT @OTinretirement: @ruth\_laws Worth looking at @ElizabethCasso1 resources too The picket guides were drawn together by PQOTs [#OTalk](#) Find them here <https://t.co/1mKuhB0eQi>

**Dawn Blenkin @OTBLENKIN**

@ruth\_laws Oh I'm so interested in all the responses to this. NENC ICS AHP Faculty is in the process of developing an AHP network for preceptees across East and North Cumbria. Follow @NENCAHPFaculty - for updates and developments [#OTalk](#) @janet\_folland

**Ros French @RosFrench1**

@preston\_jenny @OTalk @drlisataylor @ruth\_laws @smileyfacehalo [#OTalk](#) yes thank you and same for me, well now I have been freed from the sofa that the teenager responding to my call for assistance 🤔

**Sharon@OT @SharonOTUclan**

@OTalk @drlisataylor @ruth\_laws @smileyfacehalo Thank you to you all for facilitating and hosting tonight's [#OTalk](#)

**Katie Moffat @Katie\_Moffat**

@ruth\_laws A place for peer support would be so important in addition to any mentoring, a place to share without fear of judgement with people in a similar position [#OTalk](#)

**Dr Jenny Preston MBE @preston\_jenny**

@NoraDempsey3 @ruth\_laws You are correct Nora, we don't have preceptorship in Scotland [#OTalk](#)

**Dawn Blenkin @OTBLENKIN**

@ruth\_laws The power of collaboration outside of your own organisation is so powerful and we should all work to develop and support these networks and for

**Anya de longh @anyadei**

Massive well done and thank you to the brilliant @ruth\_laws and @drlisataylor for hosting this evening's [#OTalk](#) - really enjoyed it, and as always, lots to think

**Amie Jayne @Amie\_OT**

@RachaelGrand @OTalk If you have a non OT supervisor, it may be worth seeing if there is someone within the workplace or outside in a similar role that they can provide more OT specific supervision and support from, just to support you from that perspective too! [#OTalk](#)

**Nora Dempsey Occupational Therapist (she/her) @NoraDempsey3**

@musedNeuroOT @drlisataylor @ruth\_laws I have been super lucky and have always felt able to be honest about the good, the bad and ugly in supervision and how that could be the case! [#OTalk](#)

**Ed Sum Occupational Therapist @musedNeuroOT**

@NoraDempsey3 @ruth\_laws Flying Start is NHS Scotland's Preceptorship Scheme across the nation. In England there is an expectation to have preceptorship in place but organisations set up their own programmes. Returners to Practice and people trained abroad are expected to do preceptorship too [#OTalk](#)

**Lorian Mead @lm\_idot**

@OTalk A late entry from me! Hopefully all caught up now [#OTalk](#)

**Katie Moffat @Katie\_Moffat**

@anyadei @ruth\_laws Yes! And I think it's really important we get that right for students. I found it really hard to set that boundary for myself on this final placement





for the first time ever I didnt work until 1am! 😊 #OTalk



**Anya de longh** @anyadei  
@janetregan3 @ruth\_laws That actually makes a lot of sense! #OTalk



**Dawn Blenkin** @OTBLENKIN  
@anyadei @ruth\_laws I also like the idea of AHPs collaborating - adds a richness to the discussions and networks #otalk



**Jayne Brown** @jaynethill  
@Amie\_OT @musedNeuroOT @NoraDempsey3 @drlisataylor @ruth\_laws Sometimes hard balance... NQ who feel the need to prove themselves so must NQ who are lacking in confidence so need to check everything and feel you have every answer... I'd quite like NQ to be somewhere down the middle 😊 #otalk



**OT\_socialpresc\_students** @ot\_students  
RT @OTalk\_: #OTalk needs you. We have some free dates at the end of the month and in June. So get your applications in to host an chat <https://t.co/joeET>  
Dates we have free include 31/05/2022 21/06/2022 28/06/2022 <https://t.co/x95ucULjVx>



**Amie Jayne** ❤️ @Amie\_OT  
@jaynethill @musedNeuroOT @NoraDempsey3 @drlisataylor @ruth\_laws 100%, it's such a balance. For me I needed to learn to ask question. I am sure th others who need to learn that they have the skills and need to learn to be more confident in themselves #OTalk



**Dawn Blenkin** @OTBLENKIN  
@OTinretirement @ruth\_laws @ElizabethCasso1 I agree these are a fabulous set of resources and presented in a lovely format. Would highly recommend t



**Jayne Brown** @jaynethill  
@Amie\_OT @musedNeuroOT @NoraDempsey3 @drlisataylor @ruth\_laws Maybe coming up with ideas/ reasoning but accepting it could be wrong (both sr supervise) No expectation to be right/prove self but equally helping themselves to develop and not doubt themselves #otalk



**Dee** @OTinretirement  
@OTBLENKIN @ruth\_laws @ElizabethCasso1 TY Dawn. It was a great piece of work by a group of PQOT. @ElizabethCasso1 is very proud of them. I think been downloaded 000s of times across the world #OTalk



**Chantelle Martin** 🟢 @chaniedavies  
With increased demands over the years feel services and systems have lost time and focus on wider aspects of role beyond caseload. Feel lucky to have exp strong nurturing by experienced OTs of all bandings. Now I owe it to others coming through #OTalk



**Ruth Laws** 🇧🇷 @ruth\_laws  
Wow! Thank you so much to everyone who joined and made tonight's #OTalk so great! Looks like we've got some great ongoing conversations. @drlisataylc go through the questions and do out best to reply as much as possible over the next few days. Huge thanks to @OTalk\_ <https://t.co/hGjc49RyDh>



**Dr Lisa Taylor** @drlisataylor  
@jwot77 @OTalk\_ @ruth\_laws @smileyfacehalo Thank you for engaging with our #OTalk questions & to @smileyfacehalo for your support. @ruth\_laws & I this for the last hour 😊 We will go through the @OTalk responses over the coming days & respond with suggestions for any themes we identify - watch this s <https://t.co/NQL8pJtnXh>



**KristinaB.OT** @KristinaB\_OT  
@ruth\_laws Resource note RE: novice-to-expert: is a concept from nursing by Dr. Patricia Benner which was developed from other sources like Dreyfus in o people would like to do further reading :) likely exists criticisms of this in literature too but interesting model #OTalk



**Chantelle Martin** 🟢 @chaniedavies  
Support with appropriate stretch for all on individual need basis whatever your banding. Give up and down...in it together, learn together #OTalk



**Ruth Laws** 🇧🇷 @ruth\_laws  
Thanks so much @smileyfacehalo for your support with tonight's @OTalk\_ , and thank you @OTalk\_ for the opportunity. I've never known an hour go so fast lye down! #OTalk



**ElizabethCassonTrust** @ElizabethCasso1  
RT @OTBLENKIN: @OTinretirement @ruth\_laws @ElizabethCasso1 I agree these are a fabulous set of resources and presented in a lovely format. Would recommend them. #OTalk

**KristinaB.OT** @KristinaB\_OT

@chaniedavies @anyadei Love this 'you trust more in yourself to find a way through' - this is the key 100% #OTalk

**Dr Lisa Taylor** @drlisataylor

@jaynethill @NikkiDanielsOT @preston\_jenny I said that to our 3rd years the other day - but I don't think they really believed me! #OTalk

**Jayne Brown** @jaynethill

@OTinretirement @ruth\_laws @ElizabethCasso1 We signposted our NQ to these... and I used them to help me structure our preceptorship. Fab resource #OTalk

**Dee** @OTinretirement

RT @jaynethill: @OTinretirement @ruth\_laws @ElizabethCasso1 We signposted our NQ to these... and I used them to help me structure our preceptorship resource #otalk

**KristinaB.OT** @KristinaB\_OT

@musedNeuroOT @KatrinaBaldryOT @ruth\_laws Oooh I \*really\* like this idea! I think I'm a big proponent for people not feeling like they're the only ones with thought or experience, so this would definitely be a nice support for some people! #OTalk

**Jayne Brown** @jaynethill

@drlisataylor @NikkiDanielsOT @preston\_jenny A lot of the new learning they need and is systems and processes... it's hard at any level- just higher up you have confidence you have and less overwhelmed you might feel (sometimes 😊) #otalk

**Dr Jenny Preston MBE** @preston\_jenny

@jaynethill @drlisataylor @NikkiDanielsOT True, but also less inclined to feel able to ask when people think you have around long enough you should know

**Ed Sum Occupational Therapist** 🇬🇧🇨🇦 @musedNeuroOT

@KristinaB\_OT @KatrinaBaldryOT @ruth\_laws Dr Morley provides an example in one of her articles of how sharing reflections enhanced the learning experience of newly qualified occupational therapist #OTalk

**Dr Lisa Taylor** @drlisataylor

@preston\_jenny @jaynethill @NikkiDanielsOT Graduates don't ask because they think they should know and more experienced clinicians don't ask because they should know! #OTalk

**Dr Lisa Taylor** @drlisataylor

@OTinretirement @ruth\_laws @OTalk There could be some suggestions for future funding considerations/support for @ElizabethCasso1 as a result of this #OTalk discussions Dee!

**Dr Jenny Preston MBE** @preston\_jenny

@drlisataylor @jaynethill @NikkiDanielsOT Something of a common theme there isn't there 😊 #OTalk

**#OTalk** @OTalk#OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>**Dee** @OTinretirement

@drlisataylor @ruth\_laws @OTalk @ElizabethCasso1 Ha ha well you know that @ElizabethCasso1 is always open to innovative projects that help the trust further OT. I'll look forward to hearing more. @ElizabethCassonTrust #OTalk

**Melissa Morris** 🍀 @MelissaMorris\_\_

Very excited about this next #OTalk #mentalhealth #Schizophrenia #OTmentalhealth #forensic #MentalHealthAwareness

**Dr Lisa Taylor** @drlisataylor

@preston\_jenny @jaynethill @NikkiDanielsOT We just need to work out how to address it 😊 #OTalk

**Hannah Spencer (they/them)** @hspenceruk

. @carol\_smith16 @GayleJarrett1 @ClareWoolley5 @Natalie26459428...

**HJenKOT** @OtJenK

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can



Spread Awareness <https://t.co/O6cmEs8sdE>



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

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



🇺🇰 **Kirsty Stanley Occupation4Life** 💙 🇺🇰 [@Occ4LifeLtd](#)

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



LecturerMish       She/Her/Hers @LecturerMish

RT @ruth\_laws: Thanks for joining us tonight. Let's kick things off with our first question: Thanks for joining us tonight. Let's kick things off with our first question: students, higher education institutes and employers need to know and be prepared for, to aid graduate transition into the workplace? #OTalk <https://t.co/ehys>



Nicole  @N\_\_Murphy

RT @OTalk\_: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



**Sharon@OT @SharonOTUclan**

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



**Catherine McNulty** [@cathymc9781](#)

@helenblomfield8 @ruth\_laws #OTalk working in community mental health team new graduate occupational therapists came to work with me for 6 months g extra input 4 people & I hosted monthly support group for approx 5 graduates, think it worked well..need ask the graduates though



**ElizabethCassonTrust** [@ElizabethCasso1](#)

@cathymc9781 @OTalk\_ There is #OTTimeOut @cathymc9781 which originally came from our 2020 COVID awards and continues on. It is peer support for meets monthly. Details here (below the pocket guides): [@OTTimeOut1](https://t.co/n1mj6YhE94) @OTinretirement #OTalk <https://t.co/2veEivd3X1>



**STUDENTS- OCCUPATIONAL THERAPY @StudentOTs**

RT @Amie\_OT: I really personally struggled with the transition, I put pressure on myself for it to be as good as I had found placements, I wanted to be perfect from the start and initially it worked, but I soon started to burn out from the pressure I put myself under #OTTalk



**Dr Nikki Daniels @NikkiDanielsOT**

RT @ElizabethCassot1: @cathymc9781 @OTalk\_ There is #OTTimeOut @cathymc9781 which originally came from our 2020 COVID awards and continues support for #NQOT and meets monthly. Details here (below the pocket guides): <https://t.co/n1mj6YhE94> @OTTimeOut1 @OTinretirement #OTalk <https://t.co/n1mj6YhE94>



OT4AII @OT4OTs

Could this be a #OTTalk topic, OTs being used as Gap fillers otherwise they're not seen as "Team Players" and what can we do to prevent this? #nOTGapFiller @theRCOT @OTTalk



**Catherine McNulty** [@cathymc9781](#)

@ElizabethCasso1 @OTalk\_ @OTTimeOut1 @OTinretirement All brilliant resources #OTalk..., # @Elizabeth Casson I..just need the proper tags to include I of helping out with this awesome work @LynneGoodacre



**Tai Frater** @tai the ot

RT @ElizabethCasso1: @cathymc9781 @OTalk\_ There is #OTTimeOut @cathymc9781 which originally came from our 2020 COVID awards and continues support for #NQOT and meets monthly. Details here (below the pocket guides): <https://t.co/n1mj6YhE94> @OTTimeOut1 @OTinretirement #OTalk <https://t.co/n1mj6YhE94>



**Catherine McNulty** [@cathymc9781](#)

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#HelloMyNameIs Carolyn @CeeCeeOT

I forgot yesterday was Tuesday 🤔 I also keep thinking today is Tuesday 😂

#HelloMyNamels Carolyn @CeeCeeOT



RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: [#OTalk](https://t.co/O6cmEs8sdE) – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



**Sam Pywell** @smileyfacehalo

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: [#OTalk](https://t.co/O6cmEs8sdE) – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



**Dr Jane Hibberd** @JaneHibberd20

RT @ruth\_laws: Thanks for joining us tonight. Let's kick things off with our first question: Thanks for joining us tonight. Let's kick things off with our first question: students, higher education institutes and employers need to know and be prepared for, to aid graduate transition into the workplace? [#OTalk](https://t.co/ehy2) <https://t.co/ehy2>



**Dr Jane Hibberd** @JaneHibberd20

RT @anyadei: @ruth\_laws The practical stuff (which form goes where... how to find things on the intranet etc) but also what the expectations are (ie how big should be) would be helpful! [#OTalk](https://t.co/ehy2)



**Dr Jane Hibberd** @JaneHibberd20

RT @drlisataylor: @anyadei @ruth\_laws Yes the nuts and bolts of how the department runs - all the nuances in the locality are crucial to support graduates ;



**Anya de longh** @anyadei

Thanks @NoraDempsey3 for organising @RCOTScotWest session this evening for newly qualified OTs. It was very useful - especially in light of [#OTalk](https://t.co/ehy2) last



**Jaime-Lee Knight** @JaimeLeeKnight1

RT @OTalk : #OTalk – Tuesday 24th May 2022 – World Schizophrenia Day: [#OTalk](https://t.co/O6cmEs8sdE) – Tuesday 24th May 2022 – World Schizophrenia Day: How You Can Spread Awareness <https://t.co/O6cmEs8sdE>



**Paul Howard** @PaulHoward\_IMIT

RT @TinyEYETherapy: The pandemic has taken a toll on students, increasing the demand for mental health professionals in schools. Our therapists are here to meet this need so no child is left behind! [#CMHA](https://t.co/Rqj0SWtq3H) [#specialeducation](https://t.co/Rqj0SWtq3H) [#SLPeeps](https://t.co/Rqj0SWtq3H) [#OccupationalTherapy](https://t.co/Rqj0SWtq3H) [#OTalk](https://t.co/Rqj0SWtq3H) [#MentalHealth](https://t.co/Rqj0SWtq3H) [#MentalHealthMatters](https://t.co/Rqj0SWtq3H) <https://t.co/Rqj0SWtq3H>



**Paul Howard** @PaulHoward\_IMIT

RT @TinyEYETherapy: Fresh and ready to go for another day at LRP's National Institute in Louisville, Kentucky. Swing by for a chat and a chance to win, we have a booth through the doors! [#specialeducation](https://t.co/q3EuNY5CP9) [#specialeducationlaw](https://t.co/q3EuNY5CP9) [#OTalk](https://t.co/q3EuNY5CP9) [#occupationaltherapy](https://t.co/q3EuNY5CP9) [#SLPeeps](https://t.co/q3EuNY5CP9) [#Mentalhealth](https://t.co/q3EuNY5CP9) <https://t.co/q3EuNY5CP9>



**Paul Howard** @PaulHoward\_IMIT

RT @TinyEYETherapy: Because every child deserves a voice. Here to learn, and connect at the LRP's National Institute in Louisville, Kentucky. Come say hi! [#specialeducation](https://t.co/y4b2Pst8Fs) [#specialeducationlaw](https://t.co/y4b2Pst8Fs) [#specialeducationteacher](https://t.co/y4b2Pst8Fs) [#OTalk](https://t.co/y4b2Pst8Fs) [#occupationaltherapy](https://t.co/y4b2Pst8Fs) [#SLPeeps](https://t.co/y4b2Pst8Fs) [#Mentalhealth](https://t.co/y4b2Pst8Fs) <https://t.co/y4b2Pst8Fs>



**Paul Howard** @PaulHoward\_IMIT

RT @TinyEYETherapy: In Kentucky! Come meet Carmen at the LRP's National Institute in Louisville. [#specialeducation](https://t.co/V96j5fjaX) [#specialeducationlaw](https://t.co/V96j5fjaX) [#specialeducationteacher](https://t.co/V96j5fjaX) [#OTalk](https://t.co/V96j5fjaX) [#occupationaltherapy](https://t.co/V96j5fjaX) [#SLPeeps](https://t.co/V96j5fjaX) [#Mentalhealth](https://t.co/V96j5fjaX) <https://t.co/V96j5fjaX>



**Ruth Hawley** @Ruth\_Hawley

@cathymc9781 @DrWMB @OTalk @SoteriaNetUK @rcolemanvoices @soteria @Mothermindful @joannamoncrieff Hi @cathymc9781. Thanks for sharing your thoughts and some pointers to educational resources for alternative opinions and ways of understanding these experiences. You're ahead of the game for quite this [#OTalk](https://t.co/ehy2).



**Ruth Hawley** @Ruth\_Hawley

@cathymc9781 @DrWMB @OTalk @SoteriaNetUK @rcolemanvoices @soteria @Mothermindful @joannamoncrieff The blog is not promoting an opinion of schizophrenia as a diagnostic label. It is introducing the topic for the [#OTalk](https://t.co/ehy2) on this day which I hope will promote discussion & critical thinking about the best ways to be engaging with & responding to this topic.



**Ruth Hawley** @Ruth\_Hawley

@cathymc9781 @DrWMB @OTalk @SoteriaNetUK @rcolemanvoices @soteria @Mothermindful @joannamoncrieff As said, I think you're ahead of the game. I hope you're able to join in on the night too to share your thoughts and perspectives during the [#OTalk](https://t.co/ehy2) chat. 😊

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