

# #OTalk Transcript

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

Tue, December 6th 2022, 8:00PM – Thu, December 8th 2022, 9:00AM (Europe/London).

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

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

It's 8pm, time for the final research [#OTalk](#) of the year. Tonight's topic is Person-centred practice in occupational therapy within modern healthcare, with [@DrMalabikaDr](#). Its [@bevaturtle](#) on the [@OTalk\\_](#) account tonight. Who is joining us? Please say hello.

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

Hello everyone. Sad that Americans are already eliminated from the World Cup. [#otalk](#) <https://t.co/0B86vF7Dus>

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

Hello- really pleased to be hosting tonight's [#OTalk](#)

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

Now for the usual formalities [#OTalk](#) <https://t.co/l2DuCHNDE1>

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**Abi** [@Abi21643842](#)

[@OTalk\\_](#) [@bevaturtle](#) Hello there [#OTalk](#)

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nyadei  
OTalk turtle va tile Heilo! 🐢 #OTalk

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**OTBayArea** @otbayarea

RT @OTalk\_: It's 8pm, time for the final research #OTalk of the year. Tonight's topic is Person-centred practice in occupational therapy within modern health care. Hosted by @DrMalabikaDr. Its @bevaturtle on the @OTalk\_ account tonight. Who is joining us? Please say hello.

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**Dr Jenny Preston MBE** @preston\_jenny.  
@OTalk\_ @bevaturtle Hello #OTalk

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**#OTalk** @OTalk\_

@BillWongOT Glad to have you join us. At least you won't be distracted by any of the games tonight. #OTalk

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**Jay Webster (They/Them)** 🏳️‍🌈 @jwot77  
@OTalk\_ @bevaturtle Olah 🐢 #OTalk

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**#OTalk** @OTalk\_

RT @MalabikaDr: Hello- really pleased to be hosting tonight's #OTalk

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

@OTalk\_ Haha! I have 2 fantasy sports teams that I am battling my coworkers with nowadays. #otalk

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**Dr. Malabika Ghosh** @MalabikaDr

The first question this evening is: How are occupational therapists providing person-centred and occupation-focussed care in the current health care setting?

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**#OTalk** @OTalk\_

We've got our first question of the evening #OTalk

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 **Occupational Therapist** [@chaniedavies](#)

to talk about it <https://t.co/K75rGF54Gh>

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

[@MalabikaDr](#) I have seen it as a service user. When I was a patient at USC's OT Faculty Practice, I know I had input with my short and long term goals.

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

Is this in general or informed by evidence [@MalabikaDr](#) [#OTalk](#)

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**Abi** [@Abi21643842](#)

[@OTalk](#) We have been part of the transformation plan in mental health which has focused on developing the community and voluntary section (occupational activities, social groups etc.) [#OTalk](#)

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

[@MalabikaDr](#) I try to enquire around what matters to an individual in every conversation and discuss their occupational identity and participation (in less than 140 characters). [#OTalk](#)

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RT [@MalabikaDr](#) In my mental health assessment I try to remain holistic and use the bio-psycho-social model to develop person centred care plans [#OTalk](#)

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

[@MalabikaDr](#) By focusing on using tools in our assessments, to start with what matters to the person, and using things like occ analysis [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

We read about evidence based practice however what is our own experience from our workplace- are OTs struggling to provide person-centred, occupat care in the current constrained health settings? [#OTalk](#)

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

[@chaniedavies](#) [@MalabikaDr](#) We do have our own language and important to be mindful of that [#OTalk](#)

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

RT [@chaniedavies](#): [@MalabikaDr](#) I try to enquire around what matters to an individual in every conversation and discuss their occupational identity and (less jargony terms). [#OTalk](#)

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

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**TR/L. @BillWongOT**

RT @DrMalabikaDr: By focusing on using tools in our assessments, to start with what matters to the person, and using things like occ analysis #OTTalk

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**Abi @Abi21643842**

@DulcimaValenti1 @MalabikaDr It becomes very difficult to remain occupation due to service demands and a focus on discharge #OTTalk

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**#OTalk @OTalk\_**

RT @MalabikaDr: We read about evidence based practice however what is our own experience from our workplace- are OTs struggling to provide person-centred occupation-focussed care in the current constrained health settings? #OTalk

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**Occupational Therapy at University of Cumbria @OTCumbria**

#OTalk happening now!

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

@OTalk\_ @chaniedavies @MalabikaDr And speaking of that- I gave my thesis group students a talk on person first vs. identity first language when working with individuals. #otalk

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**Abi @Abi21643842**

@MalabikaDr OTs do provide community mental health groups which are often occupation focused #OTalk

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**Occupational Therapy at University of Cumbria @OTCumbria**

RT @OTalk\_: It's 8pm, time for the final research #OTalk of the year. Tonight's topic is Person-centred practice in occupational therapy within modern health settings. Hosted by @DrMalabikaDr. Its @bevaturtle on the @OTalk\_ account tonight. Who is joining us? Please say hello.

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21643842 @MalabikaDr OTs do provide community mental health groups which are often occupation focused #OTalk

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

@MalabikaDr I think the current pressures make it even more important that we use our limited resources effectively and informed by the evidence base must be person centred otherwise risk lack of engagement, DNA etc. #OTalk

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**Anya de longh** @anyadei

@MalabikaDr Sometimes, although lucky in my setting, it feels very occ focused! Systems generally allow person-centred care if you try and keep focus, #OTalk

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**Abi** @Abi21643842

@MalabikaDr @OTalk\_ Even OT tools like COPM lead to a focus on daily living skills rather than meaningful occupations #OTalk

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

@Abi21643842 @DulcimaValenti1 @MalabikaDr And in the US in nursing home setting, insurance payers may play a role. Sometimes patients only have that's it. #otalk

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**Susan Griffiths** @SusanGriffiths5

@MalabikaDr We're not. As much as we try and strive towards this, reality is that due to staff shortage, increasing referrals, decreasing funding and resources we can only provide the bare minimum #OTalk

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

RT @preston\_jenny: @MalabikaDr I think the current pressures make it even more important that we use our limited resources effectively and informed base. Absolutely must be person centred otherwise risk lack of engagement, DNA etc. #OTalk

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**#OTalk** @OTalk\_

@Abi21643842 @MalabikaDr I know, especially when individuals may not be used to articulating their goals in such a way. Important that the COPM does therapist-led tool #OTalk

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**h @MalabikaDr**

agree there are challenges in the acute/hyper acute setting. However, our MDTs depend on us for the occupational analysis- how we do it/write in our notes is in our hands. [#OTalk](#)

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**#OTalk @OTalk**

RT [@MalabikaDr](#): Agree there are challenges in the acute/hyper acute setting. However, our MDTs depend on us for the occupational analysis- how we do it/write in our notes is in our hands. [#OTalk](#)

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

RT [@OTalk](#): [@Abi21643842](#) [@MalabikaDr](#) I know, especially when individuals may not be used to articulating their goals in such a way. Important that not become a therapist-led tool [#OTalk](#)

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RT [@anyadei](#): [@MalabikaDr](#) Sometimes, although lucky in my setting, it feels very occ focused! Systems generally allow person-centred care if you try and find ways... [#OTalk](#)

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

[@Abi21643842](#) [@MalabikaDr](#) [@OTalk](#) I'm not sure that I entirely agree, sorry not meaning to be contentious but I wonder if it is sometimes how we interpret the tools that is the underlying challenge [#OTalk](#)

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**#OTalk @OTalk**

[@anyadei](#) [@MalabikaDr](#) What are these ways? [#OTalk](#)

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**#OTalk @OTalk**

RT [@preston\\_jenny](#): [@Abi21643842](#) [@MalabikaDr](#) [@OTalk](#) I'm not sure that I entirely agree, sorry not meaning to be contentious but I wonder if it is sometimes how we interpret and apply the tools that is the underlying challenge [#OTalk](#)

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

[@SusanGriffiths5](#) [@MalabikaDr](#) Is this not more of a case for person centredness, at least according to the evidence base? [#OTalk](#)

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dentot

@MalabikaDr I've found that using the OCAIRS has really helped to gain an accurate picture of many areas of a persons life. This helps me to tailor the meet service users needs and contribute to achieving occupational performance in areas that are meaningful to them. [#OTalk](#)

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**Abi** [@Abi21643842](#)

@MalabikaDr People expect OTs to complete personal care or cooking assessments but not everyone wants to cook, or has the same expectations around personal care eg. daily showers [#OTalk](#)

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

RT @soph\_studentot: @MalabikaDr I've found that using the OCAIRS has really helped to gain an accurate picture of many areas of a persons life. This tailor the intervention to meet service users needs and contribute to achieving occupational performance in areas that are meaningful to them. [#OTalk](#)

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

@MalabikaDr I now think and apply the principles of personalised care rather than person centred care. See so many people and professionals thinking person centred when they possibly could improve and frame conversations differently and not form assumptions [#OTalk](#)

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

@Abi21643842 @MalabikaDr So how are occupational therapists responding and challenging these underlying assumptions, or are we inadvertently being person centred? [#OTalk](#)

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

RT @chaniedavies: @MalabikaDr I now think and apply the principles of personalised care rather than person centred care. See so many people and professionals thinking person centred when they possibly could improve and frame conversations differently and not form assumptions [#OTalk](#)

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

@Abi21643842 @MalabikaDr And in some settings- that is not relevant. Yes, some nursing homes have kitchens for patients to work on related skills. But more useful for patients who will discharge to home vs. long term patients. [#otalk](#)

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**Susan Griffiths** [@SusanGriffiths5](#)

@preston\_jenny @MalabikaDr Yes, but it still does not change the fact that we can only do so much with the resources we have and hard decisions have to be made which is not always in line with the person centred approach [#OTalk](#)

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Don't forget to [@MalabikaDr](#) I like the OSA, helping clients develop their goals. MOHO tools are so useful in mental health, also outcomes to assess levels of change. We are using ReQol now as a service [#OTalk](#)

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

RT [@SusanGriffiths5](#): [@preston\\_jenny](#) [@MalabikaDr](#) Yes, but it still does not change the fact that we can only do so much with the resources we have and decisions have to be made which is not always in line with the person-centred approach [#OTalk](#)

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**Sophie** [@soph\\_studentot](#)

[@MalabikaDr](#) My third placement (early intervention within MAS) has been the only time I have truly seen person-centred occupation-focused care. Others have been more focused on discharge planning and providing equipment. [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

Fabulous discussions from you wonderful OTs. In my experience including the patient in guiding our assessments and interventions and informing the MDT the reason or focus of our actions often helps to uphold person-centred practice [#OTalk](#)

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

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

[@SusanGriffiths5](#) [@preston\\_jenny](#) [@MalabikaDr](#) In some nursing home settings in the US, some rehab gyms left me wondering- "This is a rehab gym? space and/or not much equipment available!" [#otalk](#)

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

[@SusanGriffiths5](#) [@MalabikaDr](#) Don't you think this is what we need to challenge though? Being person-centred doesn't use any more resource but argues scarce resource more effectively [#OTalk](#)

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

RT [@MalabikaDr](#): Fabulous discussions from you wonderful OTs. In my experience including the patient in guiding our assessments and interventions and informing the MDT the reason or focus of our actions often helps to uphold person-centred practice [#OTalk](#)

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**h @MalabikaDr**

Q1 best or 2. Are occupational therapists good at articulating the value of person centred, occupation-focussed care. How do we communicate these to the multidisciplinary teams we work with? [#OTalk](#)

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**Abi @Abi21643842**

[@preston\\_jenny](#) [@MalabikaDr](#) I like your thinking, my experience was from placement but your right we should challenge assumptions [#OTalk](#)

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**#OTalk @OTalk**

Time is running away from us already, Q2: [#OTalk](#)

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

[@soph\\_studentot](#) [@MalabikaDr](#) So glad you've had a positive learning experience. It breaks my heart to hear about this focus on discharge planning an [#OTalk](#)

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

[@MalabikaDr](#) Funny you ask this question- as a TEDx organizer who frequently invites OT folks to speak, I know I got to be an expert because I have to speakers! [#otalk](#)

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**Abi @Abi21643842**

[@MalabikaDr](#) Since the pandemic more interventions have been delivered online or by telephone, despite patient preference. There are demands for inc but we prioritise groups to better manage resources [#OTalk](#)

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**RSG @Tigercatgirl**

[#OTalk](#) we've re-focussed on rehab with a relationship centred and person centred approach. Goals set by individual as the benefits often transfer to other anyway.

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**#OTalk @OTalk**

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

RT [@Tigercatgirl](#): [#OTalk](#) we've re-focussed on rehab with a relationship centred and person centred approach. Goals set by individual as the benefits of other areas anyway.

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nyadei

RT chaniedavies: MalabikaDr Totally, real risk of psuedo-person centredness, where we do the things that are hashtags and on lanyards, but not fundam values #OTalk

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

RT @anyadei: @chaniedavies @MalabikaDr Totally, real risk of psuedo-person centredness, where we do the things that are hashtags and on lanyards, fundamentally based in values #OTalk

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

@Abi21643842 @MalabikaDr Yeah, right answer 😊 #OTalk

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**Dulcie Lilly OT** @DulcimaValenti1

@MalabikaDr I think we tend to undersell ourselves #OTalk

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**Abi** @Abi21643842

@MalabikaDr I think we are often the people in MDT advocating for choice eg. To not take meds or disengage, however we could be better. MH is ruled model and a focus on medication and diagnosis, rather than meaningful intervention #OTalk

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[nyadei](#)

[@Abi21643842](#) [@MalabikaDr](#) personal care and cooking assessments can be person-centered, if that is what is important to the person? Or can be way occupation to gain insight into impact for other occupations that are harder to practice on the ward? [#OTalk](#)

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**Abi** [@Abi21643842](#)

[@MalabikaDr](#) Presenting case studies, models of practice and findings/ outcomes from groups or individual work is helpful [#OTalk](#)

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

[@Abi21643842](#) [@MalabikaDr](#) Really good point and so important that we take notice of this. Of course there are benefits in online approaches but must individual's needs and abilities [#OTalk](#)

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**Sherlyn** 🧐⭐ (she/her) [@sherlynmelody](#)

[#otalk](#) I work in Adult care services, Enablement team. The focus of the team is to help people regain independence. Its about what the client wants to achieve, as I try & find ways to help people achieve those goals. In the community u get the privilege to work in their homes

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

RT [@sherlynmelody](#): [#otalk](#) I work in Adult care services, Enablement team. The focus of the team is to help people regain independence. Its about what the client wants to achieve, as an OT I try & find ways to help people achieve those goals. In the community u get the privilege to work in their homes

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**Anyadei** [@anyadei](#)

[@preston\\_jenny](#) [@Abi21643842](#) [@MalabikaDr](#) Can become a self-fulfilling prophecy if we don't articulate the clinical reasoning and analysis in these tasks

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

RT [@Abi21643842](#): [@MalabikaDr](#) Presenting case studies, models of practice and findings/ outcomes from groups or individual work is helpful [#OTalk](#)

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

@TigerCatgirl Great news 🙌 #OTalk

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**#OTalk** @OTalk

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**Chantelle Martin** 🟢 Occupational Therapist @chaniedavies

@MalabikaDr I have shifted to using occupational formulation. Not had many reports but like the headings for clinical notes and 'ticks' goal setting #OTalk

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

@Abi21643842 @MalabikaDr Speaking of case studies- I have heard that we got to be more aware of the case studies we present to our students. Academics be mindful of what can be presented in today's clinical environments. #otalk

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**Dr. Malabika Ghosh** @MalabikaDr

The pandemic has opened a world full of hybrid working. Many of the outpatients I work with sometimes prefer the digital platform for repeated interventions to be discerning about when we use digital and when not. #OTalk

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

@DulcimaValenti1 @MalabikaDr Ever so slightly 😊 #OTalk so how do we change this?

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

RT @MalabikaDr: The pandemic has opened a world full of hybrid working. Many of the outpatients I work with sometimes prefer the digital platform for repeated interventions. OTs have to be discerning about when we use digital and when not. #OTalk

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**Dr Malabika Dr** The pandemic has opened a world full of hybrid working. Many of the outpatients I work with sometimes prefer the digital platform for interventions. OTs have to be discerning about when we use digital and when not. [#OTalk](#)

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**#OTalk @OTalk**

[@BillWongOT](#) [@Abi21643842](#) [@MalabikaDr](#) What do you mean by this? [#OTalk](#)

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**Anya de longh @anyadei**

[@MalabikaDr](#) I think we need to be really aware however here of "marking our own homework". Who is the judge of whether we are practicing in a person-centred way? It should not be us the OT, it should be the person - how often/meaningfully do we get feedback on this? [#OTalk](#)

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**#OTalk @OTalk**

RT [@anyadei](#): [@MalabikaDr](#) I think we need to be really aware however here of "marking our own homework". Who is the judge of whether we are practicing in a person-centred way? It should not be us the OT, it should be the person - how often/meaningfully do we get feedback on this? [#OTalk](#)

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

[@MalabikaDr](#) And I will add students too! At the beginning of the pandemic, there were some of our own who publicly posted about their anti-vax status - their decisions. [#otalk](#)

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

Great point [@anyadei](#) [#OTalk](#)

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

[@anyadei](#) [@MalabikaDr](#) And in academia- I think students will tell us whether we are students-centered or not. [#otalk](#)

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**Dulcie Lilly OT @DulcimaValenti1**

[@preston\\_jenny](#) [@MalabikaDr](#) As a newly qualified OT I think finding my tribe and sharing best practice, will boost my confidence to articulate it to my team [#OTalk](#)

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

RT [@DulcimaValenti1](#): [@preston\\_jenny](#) [@MalabikaDr](#) As a newly qualified OT I think finding my tribe and sharing best practice, will boost my confidence to my team [#OTalk](#)

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**h @MalabikaDr**

Agree- OTs need to be more vocal. Also need to support each other and our practice. [#OTalk](#)

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**#OTalk @OTalk**

Moving on to Q3. Are occupational therapists good at articulating the value of their ability to provide person-centred care? How can we better communicate teams and services we work within? [@MalabikaDr](#) [#OTalk](#)

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

RT [@MalabikaDr](#): Agree- OTs need to be more vocal. Also need to support each other and our practice. [#OTalk](#)

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**#OTalk @OTalk**

RT [@MalabikaDr](#): Agree- OTs need to be more vocal. Also need to support each other and our practice. [#OTalk](#)

---

**Anya de longh @anyadei**

[@OTalk](#) [@MalabikaDr](#) The people who determine our ability to provide person-centred care are the persons our care is centred around - so patients are key to this! I think there is a fear of outcome measures, but these aren't mutually exclusive of person-centred care [#OTalk](#)

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

[@DulcimaValenti1](#) [@MalabikaDr](#) Just be careful about how you identify your tribe, important to find your true identity and belonging [#OTalk](#)

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

[@MalabikaDr](#) Ironically, that is why I get involved as a TEDx organizer. Unfortunately, I don't think many OT academics ever think my way. They don't know they could have made a difference when TEDx is first a thing in 2009. [#otalk](#)

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

RT [@anyadei](#): [@OTalk](#) [@MalabikaDr](#) The people who determine our ability to provide person-centred care are the persons our care is centred around - key to this! I think there is a fear of outcome measures, but these aren't mutually exclusive of person-centred care [#OTalk](#)

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**Anya de longh @anyadei**

[@BillWongOT](#) [@MalabikaDr](#) Exactly! [#OTalk](#)

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**MBE** [@preston\\_jenny](#).

[@MalabikaDr](#) create the evidence to support our practice [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

The next question- Can you share examples of how you have provided person-centred, occupation-focussed care/intervention recently. [#OTalk](#)

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

RT [@anyadei](#): [@OTalk](#) [@MalabikaDr](#) The people who determine our ability to provide person-centred care are the persons our care is centred around - key to this! I think there is a fear of outcome measures, but these aren't mutually exclusive of person-centred care [#OTalk](#)

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

RT [@anyadei](#): [@OTalk](#) [@MalabikaDr](#) The people who determine our ability to provide person-centred care are the persons our care is centred around - key to this! I think there is a fear of outcome measures, but these aren't mutually exclusive of person-centred care [#OTalk](#)

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

RT [@MalabikaDr](#): The next question- Can you share examples of how you have provided person-centred, occupation-focussed care/intervention recently?

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

[@preston\\_jenny](#) [@DulcimaValenti1](#) [@MalabikaDr](#) Yes- and this takes time! For me, I realized academia is my long term home. But, I intentionally try to grow by trying to engage in a variety of experiences. [#otalk](#)

---

**Abi** [@Abi21643842](#)

[@MalabikaDr](#) Yes, it's all about starting with what's important to the person to lead assessment and intervention [#OTalk](#)

---

**Anyadei** [@anyadei](#)

[@preston\\_jenny](#) [@DulcimaValenti1](#) [@MalabikaDr](#) be more ambitious as a profession (ambition isn't a dirty word!), embrace data (to talk the language of without losing our OT core) and stop the underselling narrative becoming self-fulfilling! It was one of the first things I heard as a student [#OTalk](#)

---

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

[@OTalk](#) [@MalabikaDr](#) I think from some of tonight's post people are finding this difficult. How might we help with this within the profession? [#OTalk](#)

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RT @anyadei: @preston\_jenny @DulcimaValenti1 @MalabikaDr be more ambitious as a profession (ambition isn't a dirty word!), embrace data (to talk the system without losing our OT core) and stop the underselling narrative becoming self-fulfilling! It was one of the first things I heard as a student #OT

---

**Anyadei** @anyadei

@preston\_jenny @DulcimaValenti1 @MalabikaDr And if your tribe doesn't really exist yet, bring people together to create it! #OTalk

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**#OTalk** @OTalk

RT @preston\_jenny: @OTalk @MalabikaDr I think from some of tonight's post people are finding this difficult. How might we help with this within the pro #OTalk

---

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

RT @anyadei: @preston\_jenny @DulcimaValenti1 @MalabikaDr be more ambitious as a profession (ambition isn't a dirty word!), embrace data (to talk the system without losing our OT core) and stop the underselling narrative becoming self-fulfilling! It was one of the first things I heard as a student #OT

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

@MalabikaDr Well- technically when I coach non-OT speakers for TEDx talks, I must be speaker centered. When I showed my students a talk I produced last week, my co-instructor was amazed by how I used my OT skills in the TEDx context. #otalk

---

**Abi** @Abi21643842

@MalabikaDr If there is complexity, I will offer additional mental health assessment and intervention due to presenting symptom's rather than only risk. #

---

**Chantelle Martin** Occupational Therapist @chaniedavies

@MalabikaDr Depends on the audience and how receptive and interested they are 🌈 #OTalk

---

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

@anyadei @DulcimaValenti1 @MalabikaDr Absolutely! It's ok to be different and to stand up for your beliefs. Remember a leader is only a leader if they #OTalk

---

**Dr. Malabika Ghosh** @MalabikaDr

Yes- it's important to create allies in your workplace. That's why the multidisciplinary team is so powerful. Not only can they help the patient but also enhance #OTalk

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Dr Malabika Dr - it's important to create allies in your workplace. That's why the multidisciplinary team is so powerful. Not only can they help the patient, but they can also enhance our voice [#OTalk](#)

---

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

RT [@DulcimaValenti1](#): [@preston\\_jenny](#) [@MalabikaDr](#) As a newly qualified OT I think finding my tribe and sharing best practice, will boost my confidence to my team [#OTalk](#)

---

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

[@preston\\_jenny](#) [@MalabikaDr](#) Playing devils advocate here (sorry!) - create the evidence to support our practice, or research and discover evidence and develop/change our practice accordingly?! Cart before horse?! [#OTalk](#)

---

**Dr. Malabika Ghosh** [@MalabikaDr](#)

So important to include collateral information to support person centred care....especially with critically ill patients. [#OTalk](#)

---

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

[@MalabikaDr](#) However some of our greatest challenges can come from within our teams too, particularly in relation to expectations and perceptions as at tonight [#OTalk](#)

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

Don't forget [#OTalk](#)

---

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

[@preston\\_jenny](#) [@MalabikaDr](#) Agreed! [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

That's wonderful. Domestic violence can create a host of occupational disruptions that need remediating via person-centred care. [#OTalk](#)

---

**RSG** [@Tigercatgirl](#)

[@OTalk](#) [@MalabikaDr](#) We're not the only profession to provide person centred care so we need to show our unique contribution on top of this. [#OTalk](#)

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of our session : [@MalabikaDr](#) However some of our greatest challenges can come from within our teams too, particularly in relation to expectations perceptions as discussed earlier tonight [#OTalk](#)

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

RT [@MalabikaDr](#): So important to include collateral information to support person centred care....especially with critically ill patients. [#OTalk](#)

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

[@MalabikaDr](#) 1). Advocating for a child to access schooling in a graded way post COVID 2). Bathlift for RA pt and then advocating for medical investigation diagnosed. 3) Discussion with pt what she was looking for and thought I could do.refocused on her meaningful occupations [#OTalk](#)

---

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

[@anyadei](#) [@MalabikaDr](#) You know my thoughts on this one [@anyadei](#) 😊. Ideally creating the evidence first and influencing/changing practice in response

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

RT [@chaniedavies](#): [@MalabikaDr](#) 1). Advocating for a child to access schooling in a graded way post COVID 2). Bathlift for RA pt and then advocating for investigations as mis diagnosed. 3) Discussion with pt what she was looking for and thought I could do.refocused on her meaningful occupations [#OTalk](#)

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**Dulcie Lilly OT** [@DulcimaValenti1](#)

[@MalabikaDr](#) Taking a patient in a wheelchair out of the Stroke Ward and into the garden after 6 weeks of no daylight to feel the rain on his toes [#OTalk](#)

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

[@Tigercatgirl](#) [@OTalk](#) [@MalabikaDr](#) PEO [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

The final question of the evening- Does current research in occupational therapy focus enough on person centred practice? How can we enhance this further

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

[@gaunt\\_rebecca](#) [@MalabikaDr](#) This is definitely a different challenge but as you indicate it is still possible [#OTalk](#)

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**h @MalabikaDr**

it isn't true.

---

**#OTalk @OTalk**

RT [@MalabikaDr](#): The final question of the evening- Does current research in occupational therapy focus enough on person centred practice? How can it be taken further? [#OTalk](#)

---

**Anyadei @anyadei**

[@preston\\_jenny](#) [@MalabikaDr](#) Thats why I thought it was a safe bet to play devils advocate! [#OTalk](#)

---

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

[@MalabikaDr](#) For OT to do what I do in the TEDx organizing space, we are still miles behind. [#otalk](#)

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

[@DulcimaValenti1](#) [@MalabikaDr](#) What a lovely example, thank you for sharing [#OTalk](#)

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**#OTalk @OTalk**

RT [@DulcimaValenti1](#): [@MalabikaDr](#) Taking a patient in a wheelchair out of the Stroke Ward and into the garden after 6 weeks of no daylight to feel the sun. [#OTalk](#)

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

[@MalabikaDr](#) Perhaps it is the interpretation and application of the evidence to practice that is the greater challenge rather than the lack of evidence [#OTalk](#)

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

[@anyadei](#) [@MalabikaDr](#) 🤔🤔🤔🤔 [#OTalk](#)

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

[@MalabikaDr](#) At my uni, we are struggling to get folks to be thesis advisors. Many faculty now have to take more than 1, especially considering we also have multiple campuses. [#otalk](#)

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**uns She/Her @WardChrisi884**

👋 Abi21643842 @MalabikaDr #OTalk oops naughty step for me

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**Anyadei @anyadei**

@preston\_jenny @MalabikaDr I still struggle with interpreting and applying evidence in a meaningful way to my practice! But difficulty accessing evidence mean it can feel like a 'lack' of evidence in the first place #OTalk

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**#OTalk @OTalk**

@WardChrisi884 @Abi21643842 @MalabikaDr You're already on the case! #OTalk

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**#OTalk @OTalk**

#OTalk

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**#OTalk @OTalk**

RT @anyadei: @preston\_jenny @MalabikaDr I still struggle with interpreting and applying evidence in a meaningful way to my practice! But difficulty accessing evidence (paywalls etc) mean it can feel like a 'lack' of evidence in the first place #OTalk

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**#OTalk @OTalk**

RT @preston\_jenny: @anyadei @MalabikaDr You know my thoughts on this one @anyadei 😊. Ideally creating the evidence first and influencing/changing response #OTalk

---

**Dee @OTinretirement**

@preston\_jenny @MalabikaDr Been multi tasking keeping one eye on this fab chat. 🙌🙌 You won't be surprised Jenny that I agree. It's perhaps one of the challenges our profession faces. What can we do to help therapists translate and apply evidence. So important #OTalk

---

**Dulcie Lilly OT @DulcimaValenti1**

@MalabikaDr @OTalk My dissertation was on spirituality in Occupational Therapy, definitely more that could be done to support individuals explore this wellbeing. Plenty of research but lack of confidence in broaching the subject #OTalk

---

**Dr. Malabika Ghosh @MalabikaDr**

Sometimes research funders may prefer tangible benefits such as reduced length of stay or a functional/medical outcome. Quality based information about choice, satisfaction, locus of control etc we can make the tangible benefits even more appealing in research #OTalk

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**uns She/Her @WardChrisi884**

OTalk #OTalk We work as an mdt and the professional in the team who meets the need completes the next aspect of their care. Diagnosis isn't a prim more about interventions and meeting the presenting need

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**#OTalk @OTalk**

RT @preston\_jenny: @MalabikaDr Perhaps it is the interpretation and application of the evidence to practice that is the greater challenge rather than the evidence #OTalk

---

**#OTalk @OTalk**

RT @DulcimaValenti1: @MalabikaDr @OTalk My dissertation was on spirituality in Occupational Therapy, definitely more that could be done to support explore this aspect of their wellbeing. Plenty of research but lack of confidence in broaching the subject #OTalk

---

**#OTalk @OTalk**

RT @MalabikaDr: Sometimes research funders may prefer tangible benefits such as reduced length of stay or a functional/medical outcome. Quality bas about patient choice, satisfaction, locus of control etc we can make the tangible benefits even more appealing in research #OTalk

---

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

@anyadei @MalabikaDr Useful to link with library services where they exist. We have a wonderful local service @NHSAAALibrary #OTalk

---

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

RT @MalabikaDr: Sometimes research funders may prefer tangible benefits such as reduced length of stay or a functional/medical outcome. Quality bas about patient choice, satisfaction, locus of control etc we can make the tangible benefits even more appealing in research #OTalk

---

**Chrisi Ward Pronouns She/Her @WardChrisi884**

@MalabikaDr #OTalk I think a large problem is practice is changing faster than those who complete research or write books can possibly comprehend. C unrecognisable to three years ago and the service we offer and the skilled clinicians are developing all the time

---

**RSG @Tigercatgirl**

@MalabikaDr Supporting visits with reps enabling self-purchase of bespoke chair in order to participate in a variety of activities including socialising, eati resting, watching TV, entertaining etc #OTalk

---

**#OTalk @OTalk**

Just less than 10 minutes to go! #OTalk

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[nyadei](#)

[@MalabikaDr](#) Need to do more to extrapolate the person-centred findings to system-centred findings. The 'so what' question the system asks when v  
an improvement in X occupational/person-centred measure (health economics almost?) [#OTalk](#)

---

**Dr. Malabika Ghosh** [@MalabikaDr](#)

Spirituality is being increasingly recognised within the medical model. [#OTalk](#)

---

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

[@OTinretirement](#) [@MalabikaDr](#) Is there a question there for [@ElizabethCasso1](#) I wonder 🤔 [#OTalk](#)

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

Always good to support your local library [#OTalk](#)

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

[@preston\\_jenny](#) [@MalabikaDr](#) [@NHSAAALibrary](#) Right, plan for the new year is to get friendly with [@NHSAAALibrary](#) - thanks for the tip! : ) [#OTalk](#)

---

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

RT [@MalabikaDr](#): Spirituality is being increasingly recognised within the medical model. [#OTalk](#)

---

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

RT [@Tigercatgirl](#): [@MalabikaDr](#) Supporting visits with reps enabling self-purchase of bespoke chair in order to participate in a variety of activities includi  
eating, sleeping, resting, watching TV, entertaining etc [#OTalk](#)

---

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

[@anyadei](#) [@MalabikaDr](#) [@NHSAAALibrary](#) Definitely [@anyadei](#) they are truly amazing [#OTalk](#)

---

**Dr. Malabika Ghosh** [@MalabikaDr](#)

The person at the centre is so important. Outcome measures are not always important in terms of value but perhaps good for communicating with other  
professions/service providers etc. Qualitative outcomes are also valuable. [#OTalk](#)

---

---

RT @preston\_jenny @MalabikaDr Been multi tasking keeping one eye on this fab chat. 🙌🙌 You won't be surprised Jenny that I agree one of the biggest challenges our profession faces. What can we do to help therapist translate and apply evidence. So important #OTalk

---

**#OTalk @OTalk**

Only five minutes left of our final research #OTalk of 2022!

---

**#OTalk @OTalk**

RT @MalabikaDr: The person at the centre is so important. Outcome measures are not always important in terms of value but perhaps good for commur other professions/service providers etc. Qualitative outcomes are also valuable. #OTalk

---

**Dr. Malabika Ghosh @MalabikaDr**

It's often useful to Befriend your librarian... they are great at helping to navigate bundles of evidence base. #OTalk

---

**#OTalk @OTalk**

RT @anyadei: @MalabikaDr We need to do more to extrapolate the person-centred findings to system-centred findings. The 'so what' question the system we say we have an improvement in X occupational/person-centred measure (health economics almost?) #OTalk

---

**#OTalk @OTalk**

RT @MalabikaDr: It's often useful to Befriend your librarian... they are great at helping to navigate bundles of evidence base. #OTalk

---

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

@MalabikaDr And it is also important to empower and mentor clinicians with potential to do research. #otalk

---

**Physioralph 🌻💙 (he/him) @physioralph**

RT @MalabikaDr: The first question this evening is: The first question this evening is: How are occupational therapists providing person-centred and focussed care in the current health care setting? #OTalk

---

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

@MalabikaDr I sense a definite change of direction here with funders though #OTalk

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Thanks for a great evening. Thanks to [@MalabikaDr](#) for hosting this evenings. We hoped you all enjoyed it as much as us [#OTalk](#)

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**Dr. Malabika Ghosh** [@MalabikaDr](#)

Greater participation by OTs in research, clinical academic roles, spreading the research net wider so everyone can contribute eg research internships w to occupation based and focussed research. [#OTalk](#)

---

**Anyadei** [@anyadei](#)

[@OTalk](#) [@MalabikaDr](#) Thanks - haven't been to an [#OTalk](#) for a while, but good to get back in the swing of it!

---

**Dr. Malabika Ghosh** [@MalabikaDr](#)

Thanks [#OTalk](#) and all the participants for such an active discussion.

---

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

Don't worry if you were not able to keep up with the chat you can always check out the transcript [#OTalk](#) <https://t.co/py08aJexYz>

---

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

And don't forget to record your participation in [#OTalk](#) as part of your CPD! <https://t.co/U9LXXqQO7s>

---

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

RT [@MalabikaDr](#): Thanks [#OTalk](#) and all the participants for such an active discussion.

---

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

[@MalabikaDr](#) Thank you, I will have to do some reviewing myself of this evenings [#OTalk](#)

---

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

[@OTinretirement](#) [@MalabikaDr](#) [@ElizabethCasso1](#) I'll be keeping a close eye [@OTinretirement](#) [@ElizabethCasso1](#) [#OTalk](#)

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**e/her) @AimeeRobson4**

RT @MalabikaDr The first question this evening is: The first question this evening is: How are occupational therapists providing person-centred and focussed care in the current health care setting? [#OTalk](#)

---

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

[@OTalk](#) [@MalabikaDr](#) Sorry my phone rang just at the end of the chat. Thank you so much [@MalabikaDr](#) and [@bevaturtle](#) for managing the account s Christmas everyone [#OTalk](#) 🐼 🎄

---

**Dr Norma Clark @normaAHPMH**

well said Jenny we have a growing body of good quality robust evidence , the implementation should be a priority reducing the time lag between research implementation

---

**Dr. Malabika Ghosh @MalabikaDr**

Great example- also good for important to highlighting to the MDT that through the activity we worked on postural balance, tolerance to sustained trunk & limb function, eye hand coordination cognitive function etc etc etc 😊. [#OTalk](#)

---

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

[@OTinretirement](#) [@MalabikaDr](#) [@ElizabethCasso1](#) Always up for that [#OTalk](#)

---

**Rachel England @racheng1**

[@MalabikaDr](#) [@OTalk](#) Acute Hosp setting - pt not transferring "safely", fed up with MDT telling what she should do, OT able to hear what she wanted - indep, shared decision making on risks to facilitate this [#otalk](#)

---

**Rachel England @racheng1**

[@MalabikaDr](#) [@OTalk](#) Have to confess this was actually a team member, not me, but I'm proud of this in my setting, it's easy to be caught up in fast pace planning [#OTalk](#)

---

**BAMEOTUK @BAMEOTUK**

RT [@MalabikaDr](#): The first question this evening is: The first question this evening is: How are occupational therapists providing person-centred and focussed care in the current health care setting? [#OTalk](#)

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**BAMEOTUK @BAMEOTUK**

RT [@sherlynmelody](#): [#otalk](#) I work in Adult care services, Enablement team. The focus of the team is to help people regain independence. Its about what they want to achieve, as an OT I try & find ways to help people achieve those goals. In the community u get the privilege to work in their homes

---

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**MA @margaretOT360**

RT @MalabikaDr: Fabulous discussions from you wonderful OTs. In my experience including the patient in guiding our assessments and interventions and making the reason or focus of our actions often helps to uphold person centred practice [#OTalk](#)

---

**Margaret Spencer MA @margaretOT360**

RT @MalabikaDr: Agree- OTs need to be more vocal. Also need to support each other and our practice. [#OTalk](#)

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**Dr Norma Clark @normaAHPMH**

RT @OTinretirement: @preston\_jenny @MalabikaDr Been multi tasking keeping one eye on this fab chat. 🙌🙌 You won't be surprised Jenny that I agree one of the biggest challenges our profession faces. What can we do to help therapist translate and apply evidence. So important [#OTalk](#)

---

**PainResearchEducation @SanDiegoSummit**

RT @sherlynmelody: [#otalk](#) I work in Adult care services, Enablement team. The focus of the team is to help people regain independence. Its about what they want to achieve, as an OT I try & find ways to help people achieve those goals. In the community you get the privilege to work in their homes

---

**Pete Moore @SelfMgtToolkit**

RT @anyadei: @MalabikaDr I think we need to be really aware however here of "marking our own homework". Who is the judge of whether we are practising person-centred way? It should not be us the OT, it should be the person - how often/meaningfully do we get feedback on this? [#OTalk](#)

---

**Aimee Robson (she/her) @AimeeRobson4**

RT @anyadei: @MalabikaDr I think we need to be really aware however here of "marking our own homework". Who is the judge of whether we are practising person-centred way? It should not be us the OT, it should be the person - how often/meaningfully do we get feedback on this? [#OTalk](#)

---

**Sue Parkinson @MOHOspark**

RT @soph\_studentot: @MalabikaDr I've found that using the OCAIRS has really helped to gain an accurate picture of many areas of a person's life. This helps tailor the intervention to meet service users' needs and contribute to achieving occupational performance in areas that are meaningful to them. [#OTalk](#)

---

**OT mini-me @OTminime**

RT @OTalk\_: This is your 30-minute warning for tonight's [#OTalk](#). Join @MalabikaDr tonight at 8pm for a research chat about delivering person-centred, evidence-based care within an ever-changing world of healthcare. See the blog for details: <https://t.co/qbC3SY0BXN>

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**Dickie @DickEDastardly**



RT @MalabikaDr: The first question this evening is: How are occupational therapists providing person-centred and occupationally focussed care in the current health care setting? [#OTalk](#)

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coming for the last [#OTalk](#) of 2022 – Tuesday 13th December 2022 8pm – "Patient and public involvement in research and in practice - how can we get people more involved?" hosted by [@jwot77](#) <https://t.co/vOvmKxST8I> via [@OTalk](#)

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**Hannah Spencer (they/them)**   [@hspenceruk](#)  
.[@jwot77](#) was about to tag you 🎉👤 [#OTalk](#)

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**Jemerry Christmas** 🎄 [@JemChanOT](#)

RT [@OTalk](#): Join us for the last [#OTalk](#) of 2022 – Tuesday 13th December 2022 8pm – "Patient and public involvement in research and in practice - how can we get people more involved?" hosted by [@jwot77](#) <https://t.co/vOvmKxST8I> via [@OTalk](#)

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**CHITINProject** [@CHITINProject](#)

RT [@OTalk](#): Join us for the last [#OTalk](#) of 2022 – Tuesday 13th December 2022 8pm – "Patient and public involvement in research and in practice - how can we get people more involved?" hosted by [@jwot77](#) <https://t.co/vOvmKxST8I> via [@OTalk](#)

---

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

Just a little Festive Fun from [#OTalk](#) with a Santa hat added to our logo!!!! <https://t.co/4jNh1mgSHU>

---

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

Let's talk about [#PPI](#), [#PatientAndPublicInvolvement](#) in [#OccupationalTherapy](#) practice and [#Research](#) next week. See you there?

---

**Pamela Bennett** [@pamela1981](#)

[@jwot77](#) Fantastic Jay! Not sure if I'll make it, but will definitely catch up on the chat later [#OTalk](#) 🎉

---

**Lucy Chambers she/her** ❤️   [@luckyot](#)

RT [@OTalk](#): Join us for the last [#OTalk](#) of 2022 – Tuesday 13th December 2022 8pm – "Patient and public involvement in research and in practice - how can we get people more involved?" hosted by [@jwot77](#) <https://t.co/vOvmKxST8I> via [@OTalk](#)

---

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

RT [@jwot77](#): Let's talk about [#PPI](#), [#PatientAndPublicInvolvement](#) in [#OccupationalTherapy](#) practice and [#Research](#) next week. See you there?

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RT @jwot77: Let's talk about [#PPI](#), [#PatientAndPublicInvolvement](#) in [#OccupationalTherapy](#) practice and [#Research](#) next week. See you there?

---

**Paul Howard** [@PaulHoward\\_IMIT](#)

RT [@PaulHoward\\_IMIT](#): TINYEYE IS HELPING CHANGE THE WORLD 🌍 US CA NL FOR KIDS . [#telehealth](#) [#teletherapy](#) [#onlinetherapy](#) [#virtualtherapy](#) [#specialeducation](#) [#speechtherapy](#) [#mentalhealth](#) [#occupationaltherapy](#) [#SLPeeps](#) [#OTalk](#) [#TinyEYESTories](#) [#mentalhealthmatters](#) [#TinyEYE](#) [#TinyEYE](#)

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**OT History Matters** [@HistoryOt](#)

[@OTalk](#) [@JemChanOT](#) [@jwot77](#) Check out the Australian Journal - a special issue on partnering - this topic specially for [#OTalk](#) <https://t.co/GBB48Vd>

---

**Katie thomson** [@Katiethomson9](#)

RT [@jwot77](#): Let's talk about [#PPI](#), [#PatientAndPublicInvolvement](#) in [#OccupationalTherapy](#) practice and [#Research](#) next week. See you there?

---

**Pro Service 155** [@inc\\_intrigue](#)

Great! Design looks amazing. We are in phase 1 only, but so far I'm very satisfied. 🙌 [#boxinglife](#) [#boxingmedia](#) [#garciagesta](#) [#3kingsboxing](#) [#museuma](#) [#pablocicasso](#) [#otalk](#) [#usmnt](#) <https://t.co/XGhLyICItE>

---

**Ms Rachel Booth-Gardiner** ❤️ [@OT\\_rach](#)

RT [@OTalk](#): Just a little Festive Fun from [#OTalk](#) with a Santa hat added to our logo!!!! <https://t.co/4jNh1mgSHU>

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