

## Twitter Chats

---

### Introduction

For most of us Twitter is becoming an easy way to connect and meet other like minded Critical Care professionals be that nurses, doctors and or other allied health care professionals that we would never have been able to meet in real life. It allows us to share ideas, explore various / different practices across the spectrum of Critical Care medicine and in particular Critical Care Nursing.

With BACCN Twitter Chat we would like to invite you to take the leap into the world of social media and start using it on a professional manner. Some of you might be a bit apprehensive and or struggling to work out how to do it – fear no more we are here to help you set up your own Twitter account and get you started on a new exciting journey of discovery into the world of Twitter – as a Critical Care professional using an “ABC” approach:

#### **Awareness**

Make sure you are aware of the NMC Social Media Guidelines & your local institutions social media policy

#### **Ability**

Download Twitter to your phone, I-Pad or PC/Laptop

#### **Auspicious**

Use Twitter wisely, it's OK to disagree with someone – just be polite about it. Remember it's often not “what you said” rather “how it was said”!

**Be Engaging**

Talk to a variety of people.  
Maybe make it a challenge to talk to 2 new people every time you join us on a BACCN Twitter Chat

**Be Twitter Savvy**

Use pictures and links to relevant documents / websites

**Courage**

Be brave – jump into the world of Twitter to help facilitate your own learning

**CPD**

Use your Twitter Chat's towards your CPD. Reflect on their use and how they have / will impact on our practice

**Be Reflective**

Share your thoughts / learning with others

**Be Human**

Share stuff that's of interest to you!

**Be Consistent**

Whatever you do, do it regularly – that's how you learn

**Copy**

It's ok not to reinvent something! Save time and send a tweet to see if there's somebody willing to share their work with you!

Adapted from: @JennyTheM & @AgencyNurse

## **Tweet Chats made simple**

If you're new to the world of Twitter and or this is the first time you'll be taking part in a Twitter chat here are a few tips to help you:

- Join Twitter [www.twitter.com](http://www.twitter.com)
- Keep on eye out for when we are having a Twitter chat on our website [www.baccn.org](http://www.baccn.org)
- Follow @BACCNUK and use the specific Twitter chat # (hashtag)

## **Twitter Etiquette**

As professionals we always maintain a strong professional etiquette that we adhere to at all times, this include when taking part in the BACCN Twitter Chat. With this in mind here are some reminders:

- Remember your NMC code – you are a nurse regardless of where you find yourself
- Be polite to fellow participants
- Please don't use any swear words
- Respect each other's individual opinion's and view points
- Feel free to disagree – just do so politely
- Don't harass and or intimidate fellow users – this could lead to you being blocked by @BACCNUK
- Remember – if you cannot say something in front of everybody, then don't do so

If you feel someone had broken the NMC code while taking part in our Twitter Chat's then send a "direct message" to the Chat Co-ordinator, we will listen to your concerns and help in any way we can.

## **Top tips for Twitter chatting:**

- Twitter controls the speed of individual twitter streams, so it can be slow at times
- Watch the "chat" first, then put your toe in the water and take part

- Don't panic if you cannot keep up at first. Some chats are developing fast. Take your time, read the parts that is of interest to you and respond to those. You can always read the whole chat later on the catch-up summary
- Catch up summaries is not just there for those that felt that they missed out on something, take time to read them – you'll be surprised at what you've sometimes missed.
- Enjoy the experience – you're not being tested on it!! Chat and have fun sharing your individual views and or experience.

### **Use Twitter for CPD**

Twitter is increasingly being used to share practice debating relevant issues that we're dealing with on a daily basis within the field of Critical Care

So how can you use Twitter towards your revalidation? The NMC states you need to:

- keep up to date with new developments in practice
- think and reflect for yourself
- demonstrate that you're keeping up to date and developing your practice

The NMC states: "The learning activity which you undertake to meet the standard must be relevant to your practice. However, there is no such thing as approved CPD learning activities" Therefore if a Twitter Chat is relevant to your practice here, this is what you can do:

- Be prepared, read the various links attached to the Chat proposal, reflect on the content and time you've researched and be prepared to take part in the chat or just listen in at first
- Get involved during the chat by taking part in the discussion or at least "like" and or favourite some of the tweets that you found interesting or that made you think, to refer to later
- Take note of comments and or people that got you thinking – this will allow you to perhaps follow those that you think you might like to continue the discussion with, maybe you have very similar and or very contrasting ideas, both great reasons to follow each other on Twitter

- Read the post Twitter chat summary – this is a good time to go through the various tweets at your own pace and reflect on what you've missed.
- Write your own summary of the chat to aid your reflection on what you've learned. You can also add this to your portfolio
- It's clear from the NMC that you need to document your learning “You must document, in your profile, your relevant learning activity and the way in which it has informed and influenced your practice. Although there is no approved format for the profile and you can meet CPD standard in many different ways” so why not use Twitter??
- You might like to include the following:
  - Why did you think this chat would be relevant to you?
  - Did you pick up any ideas to discuss with your colleagues?
  - Do you think this will change your practice in any way?