2020-03-26: Social Distancing and Work Productivity: What Are Best Strategies?

The following links were shared during the chat:

- 6 Remote Work Equipment Must Haves https://remote.co/remote-work-equipment-must-haves/

**MedEd Chat @MedEdChat 9 hours ago**
Topic 1: What equipment (hardware, software) do you need?
Workspace? #MedEdChat #meded #socialdistancing

**Dan Skinner @danielrskinner 9 hours ago**
@MedEdChat Two weeks in, had to buy a proper chair. My back would not make it. #MedEdChat T1

**Monica van de Ridder @MvdRidder 9 hours ago**
@ciaralee @MedEdChat I love that international flavour #mededchat

**Alliance4ClinEd @Alliance4ClinEd 9 hours ago**
@MedEdChat T1 Found this brief list on this blog https://t.co/lvKi4qHGlE Most I have! #mededchat

**MedEd Chat @MedEdChat 9 hours ago**
RT @Alliance4ClinEd: @MedEdChat T1 Found this brief list on this blog https://t.co/lvKi4qHGlE Most I have! #mededchat

**Ciara Lee @ciaralee 9 hours ago**
@danielrskinner @MedEdChat Currently using a plastic garden chair covered in cushions - no shops open here to buy a new one! #mededChat

**Paul Haidet @myheroistrane 9 hours ago**
I need a damn cushion … my dining room chairs are hard! #MedEdChat

**Peds Endo Chick @PedsEndoChick 9 hours ago**
@MedEdChat T1: I use my computer, iPad, wireless headphones with a mic for hardware. Software I use predominately Office 365 for my work. My workspace is a card table from Walmart next to my couch. #MedEdChat
Monica van de Ridder @MvdRidder
T1. Very simple so far, only my laptop. What I miss most is being able to print. This made me realize how much I like paper. Not good for #environmentfriendly #mededchat

Gary Beck Dallaghan @GLBDallaghan
T1 We bought a new desk chair when we moved to North Carolina. That's taken care of fortunately! #mededchat

Sherine Salib @DrSherineSalib
My needs are simple: - a laptop - a source of electricity - a phone (logged out ofTwitter while I'm working :) - a paper & pen for my “to do” lists #Mededchat

Gary Beck Dallaghan @GLBDallaghan
T1 I tend to toggle back and forth between the dining room table (non-computer based work) and the home office (checking emails, typing stuff) #mededchat

Dan Skinner @danielrskinner
Preparing for this to be weeks or months instead of days means we should get comfortable now. T1 #MedEdChat

Monica van de Ridder @MvdRidder
T1 #mededchat so far I sit at different chairs, couch 🛋️(is that how you spell it?), and different tables. This is easy when you live by yourself.

Joon K. Shim MD, MPH @61juliet
T1 - comfortable chair, nice lighting, coffee nearby, snacks, internet access #mededchat

Monica van de Ridder @MvdRidder
My paper/pen are very important too. Ik Mike endless list with bigger and smaller chores...

Peds Endo Chick @PedsEndoChick
Oh! And my planner! When I'm not trying to keep up on inpatient, it helps keep me somewhat organized and gives me small goals to achieve. #MedEdChat
MedEdBot @MedEdBot 9 hours ago
RT @MedEdChat: We will assume that all of your tweets during #mededchat are your own during this hour unless otherwise stated #meded

MedEdBot @MedEdBot 9 hours ago
RT @MedEdChat: T1 about to come up in a few moments #meded #mededchat

MedEdBot @MedEdBot 9 hours ago
RT @MedEdChat: Topic 1: What equipment (hardware, software) do you need? Workspace? #MedEdChat #meded #socialdistancing

Monica van de Riddert @MvdRidder 9 hours ago
@61juliet1 @MedEdChat T1.I have a pot of coffee on till at least three pm. I really put quite a bit of effort in making it comfortable, a pleasure to work. The better the environment/physical space is, the more productive I am. #mededchat

MedEd Chat @MedEdChat 9 hours ago
T1 How have you managed to adjust to not having 2 computer screens? Co-workers have expressed discontent working at home because they lack that luxury #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @PedsEndoChick: @MedEdChat Oh! And my planner! When I'm not trying to keep up on inpatient, it helps keep me somewhat organized and give...

Paul Haidet @myheroistrane 8 hours ago
Background is important on zoom calls. Rather than one of the templates or a photo, I sit in front of the painting of the Buddy Bolden Band that was the official poster of the 2005 New Orleans Jazz and Heritage Festival... 3 months before Katrina hit. #MedEdChat https://t.co/E55IFAS8oh

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@PedsEndoChick @MedEdChat T1 I’m just getting ready to start working at home next week. I feel that my planner is what's going to keep my on task the most! #mededchat

Dr Kit Byatt @Laconic_doc 8 hours ago
@MedEdChat T1 ironically, at work I only had one screen in my office; at home I have two!! 😊 #MedEdChat #NHS
Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh8 hours ago
@MedEdChat #mededchat T1 we are using google classroom and google hang outs to deliver online lectures. Always I use desktop rather than laptop as I am comfortable with desktop. I also need speakers and webcam to deliver online lectures. #meded

Monica van de Ridder @MvdRidder8 hours ago
@GLBDallaghan I like how you make a distinction between your task and where you do them. #mededchat

JKandala @Jagkandala8 hours ago
Unacceptable!

Dan Skinner @danielrskinner8 hours ago
@MedEdChat T1 I don’t mean to sound snarky/glib, but I try to remember that frontline health care professionals are going without all sorts of stuff, so I can deal with most problem I have with teaching under these conditions. #MedEdChat.

Gary Beck Dallaghan @GLBDallaghan8 hours ago
@myheroistrane I have an Andy Warhol Dolly Parton on the wall behind me for those calls! :) #mededchat

Jen Williams 👩🏽⚕️ @DrJenWilliams8 hours ago
@MedEdChat T1 try the app duet that can make your iPad or phone a second screen. It’s great! #mededchat #workingfromhome @MedEdChat

Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE8 hours ago
T1 I am using my dining room table and sofa with the windows open to get some sun in! #MedEdChat #MedEd #SocialDistantacing

Paul Haidet @myheroistrane8 hours ago
@MedEdChat I have been surprised how little I miss that... thought I would much more than I do. #mededchat

Peds Endo Chick @PedsEndoChick8 hours ago
@MedEdChat I don’t have two computer screens at work, but I do have a wider monitor. It’s harder to do notes and charting at home bc of the smaller monitor #MedEdChat
**Monica van de Ridder @MvdRidder** 8 hours ago
RT @myheroistrane: Background is important on zoom calls. Rather than one of the templates or a photo, I sit in front of the painting of th...

---

**Peds Endo Chick @PedsEndoChick** 8 hours ago
@DrJenWilliams @MedEdChat Def gonna check this out! Thanks! #MedEdChat

---

**MedEd Chat @MedEdChat** 8 hours ago
Topic 2: What are your strategies to continue working with colleagues? #MedEdChat #meded #socialdistancing

---

**Kristina Dzara, PhD, MMSc @kristinadza** 8 hours ago
Kristina here checking in for #mededchat! How is everyone doing? @hur2buzzy @myheroistrane @GLBDallaghan @MvdRidder @DrSinhaEsq #Med

---

**Paul Haidet @myheroistrane** 8 hours ago
One issue is that my dining room table is too high for my computer; worried about getting carpal tunnel, but then I feel petty because, in these days of #COVID19, people are dying. #MedEdChat

---

**Gary Beck Dallaghan @GLBDallaghan** 8 hours ago
T2 My office mates and I have been using Microsoft Teams to chat during the day #MedEdChat

---

**Peds Endo Chick @PedsEndoChick** 8 hours ago
@GLBDallaghan @MedEdChat I'm still on the hunt for the *perfect* planner, but I found a couple that are good for doing to-do lists weekly and daily and give me a little space to reflect at the end of the day #MedEdChat

---

**Kristina Dzara, PhD, MMSc @kristinadzara** 8 hours ago
RT @MedEdChat: T1 How have you managed to adjust to not having 2 computer screens? Co-workers have expressed discontent working at home bec...

---

**Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE** 8 hours ago
T1 I have two laptops that I am using. One to manage emails and work and the other to manage class zoom recordings to post for students in Canvas. It has worked well for the most part, but miss having two screens. #MedEdChat
Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh 8 hours ago
@MedEdChat #mededchat T1 we are using go to meeting for all meetings. Very happy with this platform #meded

Joon K. Shim MD, MPH @61juliet18 hours ago
@MedEdChat T2 - Bb collaborative, Microsoft Team, Zoom, Webex, Pilot. “Virtual Happy Hour” also helps. #mededchat

Peds Endo Chick @PedsEndoChick 8 hours ago
@MedEdChat T2: Frequent text messages with my office buddy, and at least weekly check-ins with the rest of the fellows. I’m trying to start other times to meet too, but it’s hard knowing what everyone’s schedule is at home. #MedEdChat

Paul Haidet @myheroistrane 8 hours ago
I have very much taken to zoom; it is so much nicer to see faces than the old conference calls. #MedEdChat

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
@MedEdChat T1: I am dual monitors all the way - it is an absolute must have. I have had an extra monitor at home for years, and used it often. Now I use it every day! #MedEdChat #MedEdChat

Ciara Lee @ciaralee 8 hours ago
@MedEdChat Our head of Dept has scheduled daily tea break Zoom meeting where we can all check-in for a few minutes and let the team know how we are doing/raise questions. Really proactive approach and means you don’t feel so isolated #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@ArjaSateesh @MedEdChat T2 We’re sort of bipolar here. Encouraged to use WebEx but most prefer Zoom for meetings and small group teaching. I like Zoom a lot more #mededchat

Monica van de Ridder @MvdRidder 8 hours ago
#mededchat T1

MedEd Chat @MedEdChat 8 hours ago
RT @ciaralee: @MedEdChat Our head of Dept has scheduled daily tea break Zoom meeting where we can all check-in for a few minutes and let th...
Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE
8 hours ago
T2 My team is using Skype for Business to chat throughout the day and using @zoom_us for our morning and afternoon team check-ins. Skype for business doesn’t work well for more than 2 people for video. Zoom is much better for team meetings.

Sherine Salib @DrSherineSalib
8 hours ago
@MedEdChat T2. I make a conscious effort to check in “face to face” (remotely) with my students on a regular basis. It adds that extra element of connection that is missing in email communication... #Mededchat

Gary Beck Dallaghan @GLBDallaghan
8 hours ago
@ciaralee @MedEdChat I love this idea. I'm going to suggest it to the director of our office of meded #MedEdChat

Dr. Samantha Lemus-Martinez @DrLemusMartinez
8 hours ago
RT @MedEdChat: T1 How have you managed to adjust to not having 2 computer screens? Coworkers have expressed discontent working at home bec...

Ciara Lee @ciaralee
8 hours ago
@kristinadzara @MedEdChat Lucky enough to have two monitors in my office. When the national lockdown was announced I was able to move my desk equipment home which I think will make things a lot easier! #mededchat

Gary Beck Dallaghan @GLBDallaghan
8 hours ago
@ciaralee @kristinadzara @MedEdChat That's fantastic. Not too many places would allow that #mededchat

Gary Beck Dallaghan @GLBDallaghan
8 hours ago
@DrSherineSalib @MedEdChat How many students do you have? If you were dealing with year 1 classes that are enormous would you recommend it for small group leaders to do regularly? #mededchat

Monica van de Ridder @MvdRidder
8 hours ago
#mededchat T2. I am using #zoom a lot, we are using #teams as well. With international people I use #skype a lot, and the video calls from #WhatsApp

Lonika Sood, MBBS, MHPE @sood lonika
8 hours ago
@GLBDallaghan @ciaralee @MedEdChat Lonika sood chiming In from Spokane wa #mededchat
Monica van de Ridder  @MvdRidder 8 hours ago
RT @DrSherineSalib: @MedEdChat T2. I make a conscious effort to check in “face to face” (remotely) with my students on a regular basis. I...

Michael Cosimini  @MichaelCosimini 8 hours ago
This!

Peds Endo Chick  @PedsEndoChick 8 hours ago
@MvdRidder I use Zoom a lot, but our organization is pushing Teams. It's hard right now because a lot of us are having IT issues with Teams, but Zoom overall works much better #MedEdChat

Lonika Sood, MBBS, MHPE  @sood_lonika 8 hours ago
@GLBDallaghan @ciaralee @MedEdChat A2: schedule meetings via zoom for check in, strategize. Be mindful of everyone’s personal life bleeding into the professions life. Being honest that I may not be as fo used d/t toddler ;) #mededchat

Sherine Salib  @DrSherineSalib 8 hours ago
@GLBDallaghan @MedEdChat I do that for my clerkship students. For larger groups, colleagues have used “chat rooms” on Zoom to break things up & allow small group conversations #mededchat

Sateesh Arja, M.B.B.S., MHPE, MSPH  @ArjaSateesh 8 hours ago
@MedEdChat #mededchat T2 using go to meeting for meetings. It allows participants up to 26 I believe. Other ways of communication are still emails and phone calls. One problem is working with co-authors as we are working on few manuscripts. But that is understandable in current situation

MedEd Chat  @MedEdChat 8 hours ago
RT @DrSherineSalib: @GLBDallaghan @MedEdChat I do that for my clerkship students. For larger groups, colleagues have used “chat rooms” on Z...

Monica van de Ridder  @MvdRidder 8 hours ago
@GLBDallaghan @ciaralee @kristinadzara @MedEdChat T2. We were lucky @SHHealthBeat @SpectrumHealth did allow this as well. It helps with staying productive #mededchat
**MedEd Chat** @MedEdChat 8 hours ago
Topic 3: How do you manage distractions like family, friends, or pets? #MedEdChat #meded #socialdistancing

**Peds Endo Chick** @PedsEndoChick 8 hours ago
@MedEdChat T3: It’s so hard. My pup is content to be left alone much of the day, but when I’m home, she expects to go out every 3-4 hours (she can go a full 8 when I’m away), which often interferes with meetings and such #MedEdChat

**Sherine Salib** @DrSherineSalib 8 hours ago
@MedEdChat T3. I like the concept of “Deep Work”: - limit distractions as much as possible - carve out specific time periods for specific tasks - pre-planning each day/ block of time - keep myself accountable!! #mededchat

**Gary Beck Dallaghan** @GLBDallaghan 8 hours ago
T3 Isn’t this the question of the hour? My cats demand attention. They are the biggest distractions for me #mededchat

**Lonika Sood, MBBS, MHPE** @sood_lonika 8 hours ago
A3: I have stopped worrying about them.. my toddler will be curious about who is on the screen this time and you will often find her on the foreground .. low expectations #MedEdChat

**Paul Haidet** @myheroistrane 8 hours ago
Can’t wait to hear folks ideas about THIS one! #mededchat

**MedEd Chat** @MedEdChat 8 hours ago
RT @DrSherineSalib: @MedEdChat T3. I like the concept of “Deep Work”: - limit distractions as much as possible - carve out specific time...

**Monica van de Ridder** @MvdRidder 8 hours ago
@DrSherineSalib @GLBDallaghan @MedEdChat Can’t agree more but I also think it affects your own #wellness as well. ‘Often, ‘caring’ in this way gives a lot of energy... #mededchat

**Alexis L. Rossi** @AlexisLRossi 18 hours ago
@MedEdChat T1 - besides my computer, preferably my good camera w/built in speaker/mic, notebook & pen for notes & to do lists, I need room for a big mug of tea & cup of water, blanket for my legs, warm socks/slippers and my dog #MedEdChat
Alliance4ClinEd @Alliance4ClinEd 8 hours ago
T3 The 15th tip in this blog is a great suggestion...communicate with others at home what you need to do! https://t.co/Bfu3WIUb7n #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @Alliance4ClinEd: T3 The 15th tip in this blog is a great suggestion...communicate with others at home what you need to do! https://t.co/…

Sherine Salib @DrSherineSalib 8 hours ago
@MedEdChat T3. Log off what’s not necessary.. (of course some things cannot be logged off ;) #Mededchat

Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE 8 hours ago
@MedEdChat T2 Weekly meetings with our leadership team have been gems. We check in to see how each unit is coping with the change and share ideas, tips, and resources to keep our teams engaged. #MedEdChat #MedEd #SocialDistancing

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
T3 My plan is to put in hours that mirror my husband’s since he will still have to work. That way I’m done when he gets home. #mededchat

Monica van de Ridder @MvdRidder 8 hours ago
@myheroistrane #mededchat T3 I make a picture in my mind, what I like to do when. I build some ‘empty’ times in during the day, an I communicate that. This is time when I let others distract me. But that does not work with pets.

Ciara Lee @ciaralee 8 hours ago
@MedEdChat I think its important to realise the uniqueness of the situation. Being flexible, using opportunities to work throughout the day/evening & not being too rigid with schedule. These are crazy times and it is ok to do things differently & to not be as productive as usual #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
T3 Dudley and Dolly present my biggest challenges working from home! #mededchat https://t.co/VVGC2nDOXL

MedEd Chat @MedEdChat 8 hours ago
RT @ciaralee: @MedEdChat I think its important to realise the uniqueness of the situation. Being flexible, using opportunities to work thro…
Monica van de Ridder @MvdRidder 8 hours ago
@GLBDallaghan T3. I often do this digitally with my friends. "Let's call each other in two hours, but before we call I want to have finished a, b and c." This helps me a lot in staying accountable... #mededchat

Peds Endo Chick @PedsEndoChick 8 hours ago
@Top_Gundersen @MedEdChat I have softened up a number of people when my dog jumps into my lap in the middle of a meeting. My co-fellows also share their infants in the same way :P #MedEdChat

Monica van de Ridder @MvdRidder 8 hours ago
RT @GLBDallaghan: T3 Dudley and Dolly present my biggest challenges working from home! #mededchat https://t.co/VVGC2nDOXL

Elizabeth Gundersen @Top_Gundersen 8 hours ago
@MedEdChat A3: I also keep dog treats near me to lob at my dog when he starts barking. Works short term although I'm probably undoing years of training. #mededchat

Michael S. Sinha MD, JD, MPH @DrSinhaEsq 8 hours ago
@kristinadzara @myheroistrane Beau is quite helpful when we work from home! #MedEd #MedEdChat https://t.co/LDE2Ux0FVi

Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh 8 hours ago
RT @ciaralee: @MedEdChat I think its important to realise the uniqueness of the situation. Being flexible, using opportunities to work thro...

Alexis L. Rossi @AlexisLRossi 18 hours ago
@MedEdChat T3: Giving each other some flexibility and grace during this challenging time is also important. Open communication too, cause life happens right now. It is ok to say - need to go to the store for tp or kids let the dogs out have to run. #MedEdChat

MedEd Chat @MedEdChat 8 hours ago
RT @TyresejSPACE Replying to @MedEdChat T3 The pets are on a schedule also. They love that we are home, but they can definitely be a distraction. As soon as I log out, weather permitting, everyone goes out for a walk and get some fresh air. #mededchat

MedEd Chat @MedEdChat 8 hours ago
Topic 4: How do you keep yourself accountable? Or keep motivated to stimulate productivity? #MedEdChat #meded #socialdistancing

#MedEdChat Transcript produced by the Alliance for Clinical Education
Monica van de Ridder @MvdRidder 8 hours ago
T3. In a way this is one of the ‘wins’ (the word does not sound good) of this situation, I get to know my coworkers circumstances a little better #mededchat

Gary Beck Dallaghan @GLBDallaghan8 hours ago
@MedEdChat T4 Checklists and to do lists. Plan to have tasks to complete daily #mededchat

Kristina Dzara, PhD, MMSc @kristinadzara8 hours ago
RT @GLBDallaghan: @MedEdChat T4 Checklists and to do lists. Plan to have tasks to complete daily #mededchat

Paul Haidet @myheroistrane8 hours ago
I have found that our cats and dog steal the show when they photo bomb my zooms... #mededchat https://t.co/99zxRklHys

Peds Endo Chick @PedsEndoChick8 hours ago
@MedEdChat T4: I'm hoping some others have some good ideas here. I'm going to set daily goals over the next week to work on my productivity. Problem is, some of my projects are stalled due to #socialdistancing #MedEdChat

Kristina Dzara, PhD, MMSc @kristinadzara8 hours ago
@GLBDallaghan @MedEdChat I will admit to doing this and then having my plans fall by the wayside as the day progresses. #MedEdChat

Kristina Dzara, PhD, MMSc @kristinadzara8 hours ago
RT @MedEdChat: Topic 4: How do you keep yourself accountable? Or keep motivated to stimulate productivity? #MedEdChat #meded #socialdistantc...

Kristina Dzara, PhD, MMSc @kristinadzara8 hours ago
RT @DrSinhaEsq: @kristinadzara @myheroistrane Beau is quite helpful when we work from home! #MedEd #MedEdChat https://t.co/LDE2Ux0FVi

Gary Beck Dallaghan @GLBDallaghan8 hours ago
@kristinadzara @MedEdChat That does happen to me at work as well. I roll with it, but will probably be able to do better being at home with only the cats distracting me #mededchat
Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @Top_Gundersen: @MedEdChat T3: I also keep dog treats near me to lob at my dog when he starts barking. Works short term although I’m pro...

Monica van de Ridder @MvdRidder 8 hours ago
@DrSherineSalib @MedEdChat #mededchat T3 and T4 I can very much relate to that. I have these three types of lists to and I fine tune and update them daily, and weekly. I need to see my progress, especially under these circumstances and it also helps me with #accountability

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @GLBDallaghan: @kristinadzara @MedEdChat That does happen to me at work as well. I roll with it, but will probably be able to do better...

Monica van de Ridder @MvdRidder 8 hours ago
RT @AlexisLRossi1: @MedEdChat T3: Giving each other some flexibility and grace during this challenging time is also important. Open communi...

Sherine Salib @DrSherineSalib 8 hours ago
@MedEdChat T4. I try to push myself a bit with “stretch goals” …then I’m really happy if I complete 80% of the goals for the day :) #Mededchat

Kerrie L. Quirk @KLQuirk 8 hours ago
@MedEdChat I’m actually finding I am more productive and putting in longer hours. Have been since March 9. Motivation and productivity aren’t a concern for me. Burnout is though. #MedEdChat

Paul Haidet @myheroistrane 8 hours ago
Hard to define productivity right now... running flat out to get classes online, chip in clinically. Scholarship on hold right now, hopefully not long. Feels like there’s opportunity in that realm. #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @KLQuirk: @MedEdChat I’m actually finding I am more productive and putting in longer hours. Have been since March 9. Motivation and prod...

Sateesh Arja, M.B.B.S., MHPE, MSPH @ArjaSateesh 8 hours ago
@MedEdChat #mededchat T4 I keep listening music while working. it keeps me away from distractions. I fully take the responsibility and accountability to finish the work to be done. Even though there is no restriction on work schedules, still try to finish work as per the timelines.

#MedEdChat Transcript produced by the Alliance for Clinical Education
Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@myheroistrane There is most definitely that opportunity. I'm curious to see what long lasting changes occur with #meded delivery as a result of this #mededchat

Dr Kit Byatt @Laconic_doc 8 hours ago
@MedEdChat T3 I use them as inspiration for ideas about what I'm working on. If I'm engrossed in what I'm doing, I don't notice them. However, a break every now and then is good! NB we all have different approaches, & that's normal. Find what suits *you* (& your deadline)! #MedEdChat

Monica van de Ridder @MvdRidder 8 hours ago
@MedEdChat T4. I make sure I have easy and 'hard' tasks on my lists. When I don't have a good day, I know that at least I get my easy tasks accomplished. Hard tasks (writing for me) I dearly in the morning #mededchat.

Lonika Sood, MBBS, MHPE @sood lonika 8 hours ago
@MedEdChat A4: keep closely connected with tasks, to do list #MedEdchat

Paul Haidet @myheroistrane 8 hours ago
@GLBDallaghan Maybe we should do a #mededchat to brainstorm the scholarly opportunities and get some collaborative projects going....

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@myheroistrane Funny you should say that as we were emailing about it amongst the @SDRME_MedEd leadership today. May be setting up a google doc to start collecting ideas. #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT Joan St. Onge @StOngeMiami Replying to @MedEdChat It is tough. Frequent meetings to check in, meeting with colleagues helps. Don’t get isolated- the rabbit hole is deep. #mededchat

Peds Endo Chick @PedsEndoChick 8 hours ago
@myheroistrane One of the educational sessions I'm most sad was canceled due to COVID was a session on how to get educational scholarship out of things you were already doing. #MedEdChat

Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE 8 hours ago
@MedEdChat T4 I created a weekly template that outlines all the work that I am doing for the week. It allows me to check things off and then keep track of things I did not complete to move to the next week. Been very helpful! Happy to share! #MedEdChat #MedEd #SocialDistantacing https://t.co/xzQAXIyRML
RT @TyresejSPACE: @MedEdChat T4 I created a weekly template that outlines all the work that I am doing for the week. It allows me to check...

@DrSherineSalib T4. So true! Tackle difficult tasks early.. As Mark Twain once said “If it's your job to eat a frog, it's best to do it first thing in the morning.” #Mededchat

ooo--fancy #MedEdChat

I work a lot with #rewards as well. When I have done task 1, 2 and 3 I am allowed to have my next coffee with a toasted slice of raisin bread. It triggers the creative element in me. What type of rewards can I give myself to make my day more fun.

I work a lot with #rewards as well. When I have done task 1, 2 and 3 I am allowed to have my next coffee with...

I am trying to concentrate my meetings on two days a week, that helps me to stay more focused during the 'empty' days in the week.

They are slowly learning the keyboard is off limits. But frequently pop up behind me in video conferences. #UnofficialMascots #MedEdChat #MeetRosey https://t.co/HZgD0iTuIY

That is true. If you can reserve a day or two to focus on research and writing it really helps. #MedEdChat
Gary Beck Dallaghan @GLBDallaghan
8 hours ago
@MvdRidder T4 That’s a great idea. I’ve been doing that at work so no sense changing that rule while working from home #mededchat

MedEd Chat @MedEdChat
8 hours ago
We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #mededchat

Monica van de Ridder @MvdRidder
8 hours ago
#mededchat T4. I share my goals and tasks of the day with friends on WhatsApp, and we both app each other when we have checked certain tasks and goals. This brings me very far as well, especially when I share them with a competitive frien

Monica van de Ridder @MvdRidder
8 hours ago
RT @DrSherineSalib: @MvdRidder @MedEdChat T4. So true! Tackle difficult tasks early.. As Mark Twain once said “If it’s your job to eat a...

Deb Simpson @debsimpson3
8 hours ago
And the girls - now 8 this week - are wondering when I’m going back to work. They are worn out!! Reminds us that TP shortage shortage all a matter of perspective. #MedEdChat https://t.co/BfhyJ2WYn4

Kerrie L. Quirk @KLQuirk
8 hours ago
@MedEdChat I’m tired. I’m stressed. I’m worried about my colleagues. And I’ve never been more proud to be a member of the #MedEd community. #MedEdChat

Tyrese Hinkins-Jones, M.Ed, Ed.S @TyresejSPACE
8 hours ago
My final thoughts....BALANCE! I am finding that I am working many more hours than if I were in the office because of the fact that home is my "office" now. Separating the two is a MUST if we are going to stay sane during these times! SHUT OFF from work!

MedEd Chat @MedEdChat
8 hours ago
RT @KLQuirk: @MedEdChat I’m tired. I’m stressed. I’m worried about my colleagues. And I’ve never been more proud to be a member of the #Med...

MedEd Chat @MedEdChat
8 hours ago
Thanks again to @MvdRidder for tonight’s topic! Join us again next week at 9 pm Thursday. Don’t forget to suggest topics by DM or email #meded #mededchat
That's a wrap...I will post the #mededchat transcript tomorrow morning on https://t.co/mJivoKroXx on the Resources page. Thanks everyone for participating! #meded

@DrSherineSalib T4. #mededchat but often it helps when you explain to people why you are doing it. For me it really makes me more productive and it enhances the quality of my work. When people understand that piece, in general they don't mind switching a meeting.

@KLQuirk @MedEdChat Thank you for sharing. #mededchat I wish we could all come up with one quote line or citation to encourage each other in these difficult times. I will think about one.

@MvdRidder @MedEdChat A favorite of mine. #Dumbledore #MedEdChat https://t.co/LxoN66UjQs

RT @MedEdChat: Thanks again to @MvdRidder for tonight's topic! Join us again next week at 9 pm Thursday. Don’t forget to suggest topics by...

RT @MedEdChat: That's a wrap...I will post the #mededchat transcript tomorrow morning on https://t.co/mJivoKroXx on the Resources page. Tha...

RT @KLQuirk: @MvdRidder @MedEdChat A favorite of mine. #Dumbledore #MedEdChat https://t.co/LxoN66UjQs

I admire that structured approach. But even if you don't do it all, it gives so much guidance...

T1 haha! I have been so overwhelmed with contingency plans and a whiteboard that o haven't done any big reports yet...but we have plenty of monitors here at the house #mededchat
The #MedEdChat Influencers

Top 10 Influential

@MedEdChat 100
@myheroistrane 61
@MvdRidder 58
@GLBDallaghan 57
@kristinadzara 38
@PedsEndoChick 38
@DrSherineSalib 36
@ciaralee 36
@TyresejSPACE 28
@Top_Gundersen 23

Prolific Tweeters

@MvdRidder 27
@MedEdChat 21
@GLBDallaghan 17
@PedsEndoChick 12
@kristinadzara 10
@myheroistrane 9
@DrSherineSalib 7
@TyresejSPACE 6
@ArjaSateesh 5
@MedEdBot 5

Highest Impressions

@MedEdChat 165.0K
@kristinadzara 53.6K
@GLBDallaghan 25.3K
@myheroistrane 13.8K
@MedEdBot 9.2K
@Laconic_doc 7.0K
@danielrskinner 5.8K
@MvdRidder 4.6K
@DrSinhaEsq 4.5K
@PedsEndoChick 3.9K

#MedEdChat Transcript produced by the Alliance for Clinical Education