

## 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/>
- How to Work From Home: 20 Tips From People Who Do It Successfully <https://blog.hubspot.com/marketing/productivity-tips-working-from-home>



**MedEd Chat** @MedEdChat9 hours ago

Topic 1: What equipment (hardware, software) do you need?  
Workspace? #MedEdChat #meded #socialdistancing



**Dan Skinner** @danielrskinner9 hours ago

@MedEdChat Two weeks in, had to buy a proper chair. My back would not make it. #MedEdChat T1



**Monica van de Ridder** @MvdRidder9 hours ago

@ciaralee @MedEdChat I love that international flavour #mededchat



**Alliance4ClinEd** @Alliance4ClinEd9 hours ago

@MedEdChat T1 Found this brief list on this blog <https://t.co/lvKi4qHGIE> Most I have! #mededchat



**MedEd Chat** @MedEdChat9 hours ago

RT @Alliance4ClinEd: @MedEdChat T1 Found this brief list on this blog <https://t.co/lvKi4qHGIE> Most I have! #mededchat



**Ciara Lee** @ciaralee9 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** @myheroistrane9 hours ago

I need a damn cushion ... my dining room chairs are hard! #MedEdChat



**Peds Endo Chick** @PedsEndoChick9 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** [@MvdRidder9](#) 9 hours ago

[@MedEdChat](#) 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** [@GLBDallaghan9](#) 9 hours ago

T1 We bought a new desk chair when we moved to North Carolina. That's taken care of fortunately! [#mededchat](#)



**Sherine Salib** [@DrSherineSalib9](#) 9 hours ago

[@MedEdChat](#) My needs are simple: - a laptop - a source of electricity - a phone (logged out of Twitter while I'm working :) - a paper & pen for my "to do" lists [#Mededchat](#)



**Gary Beck Dallaghan** [@GLBDallaghan9](#) 9 hours ago

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** [@danielrskinner9](#) 9 hours ago

[@myheroistrane](#) Preparing for this to be weeks or months instead of days means we should get comfortable now. T1 [#MedEdChat](#)



**Monica van de Ridder** [@MvdRidder9](#) 9 hours ago

[@MedEdChat](#) 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** [@61juliet19](#) 9 hours ago

[@MedEdChat](#) T1 - comfortable chair, nice lighting, coffee nearby, snacks, internet access [#mededchat](#)



**Monica van de Ridder** [@MvdRidder9](#) 9 hours ago

[@DrSherineSalib](#) [@MedEdChat](#) T1. [#mededchat](#) My paper/pen are very important too. Ik Mike endless list with bigger and smaller chores...



**Peds Endo Chick** [@PedsEndoChick9](#) 9 hours ago

[@MedEdChat](#) 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** [@MedEdBot9 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** [@MedEdBot9 hours ago](#)

RT [@MedEdChat](#): T1 about to come up in a few moments [#meded](#) [#mededchat](#)



**MedEdBot** [@MedEdBot9 hours ago](#)

RT [@MedEdChat](#): Topic 1: What equipment (hardware, software) do you need? Workspace? [#MedEdChat](#) [#meded](#) [#socialdistancing](#)



**Monica van de Ridder** [@MvdRidder9 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** [@MedEdChat9 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** [@MedEdChat8 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** [@myheroistrane8 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** [@GLBDallaghan8 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 doc8 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](#) [#SocialDistanacing](#)



**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** @MvdRidder8 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** @PedsEndoChick8 hours ago

@DrJenWilliams @MedEdChat Def gonna check this out! Thanks! #MedEdChat



**MedEd Chat** @MedEdChat8 hours ago

Topic 2: What are your strategies to continue working with colleagues? #MedEdChat #meded #socialdistancing



**Kristina Dzara, PhD, MMSc** @kristinadzara8 hours ago

Kristina here checking in for #mededchat! How is everyone doing? @hur2buzy @myheroistrane @GLBDallaghan @MvdRidder @DrSinhaEsq #MedEd



**Paul Haidet** @myheroistrane8 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** @GLBDallaghan8 hours ago

T2 My office mates and I have been using Microsoft Teams to chat during the day #MedEdChat



**Peds Endo Chick** @PedsEndoChick8 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** @kristinadzara8 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** @TyresejSPACE8 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** [@ArjaSateesh8 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** [@PedsEndoChick8 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 some other times to meet too, but it's hard knowing what everyone's schedule is at home. [#MedEdChat](#)



**Paul Haidet** [@myheroistrane8 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** [@kristinadzara8 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** [@ciaralee8 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** [@GLBDallaghan8 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** [@MvdRidder8 hours ago](#)  
[#mededchat](#) T1



**MedEd Chat** [@MedEdChat8 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** [@TyresejSPACE8 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** [@DrSherineSalib8 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** [@GLBDallaghan8 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** [@DrLemusMartinez8 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...



**Ciara Lee** [@ciaralee8 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** [@GLBDallaghan8 hours ago](#)

[@ciaralee @kristinadzara @MedEdChat](#) That's fantastic. Not too many places would allow that [#mededchat](#)



**Gary Beck Dallaghan** [@GLBDallaghan8 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** [@MvdRidder8 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 lonika8 hours ago](#)

[@GLBDallaghan @ciaralee @MedEdChat](#) Lonika sood chiming In from Spokane wa [#mededchat](#)



**Monica van de Ridder** [@MvdRidder8 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** [@MichaelCosimini8 hours ago](#)

This!



**Peds Endo Chick** [@PedsEndoChick8 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\\_lonika8 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** [@DrSherineSalib8 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** [@ArjaSateesh8 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** [@MedEdChat8 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** [@MvdRidder8 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** @MedEdChat8 hours ago

Topic 3: How do you manage distractions like family, friends, or pets? [#MedEdChat](#) [#meded](#) [#socialdistancing](#)



**Peds Endo Chick** @PedsEndoChick8 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** @DrSherineSalib8 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** @GLBDallaghan8 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\_lonika8 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** @myheroistrane8 hours ago

Can't wait to hear folks ideas about THIS one! [#mededchat](#)



**MedEd Chat** @MedEdChat8 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** @MvdRidder8 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** @AlexisLRossi18 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** @Alliance4ClinEd8 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** @MedEdChat8 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.c...>



**Sherine Salib** @DrSherineSalib8 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** @TyresejSPACE8 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** @GLBDallaghan8 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** @MvdRidder8 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** @ciaralee8 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** @GLBDallaghan8 hours ago

T3 Dudley and Dolly present my biggest challenges working from home! #mededchat <https://t.co/VVGC2nDOXL>



**MedEd Chat** @MedEdChat8 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** @MvdRidder8 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** @PedsEndoChick8 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** @MvdRidder8 hours ago

RT [@GLBDallaghan](#): T3 Dudley and Dolly present my biggest challenges working from home! [#mededchat](#) <https://t.co/VVGC2nDOXL>



**Elizabeth Gundersen** @Top\_Gundersen8 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** @DrSinhaEsq8 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** @ArjaSateesh8 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** @AlexisLRossi18 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** @MedEdChat8 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** @MedEdChat8 hours ago

Topic 4: How do you keep yourself accountable? Or keep motivated to stimulate productivity? [#MedEdChat](#) [#meded](#) [#socialdistancing](#)



**Monica van de Ridder** @MvdRidder8 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/99zxRkIHys>



**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](#) [#socialdistanc...](#)



**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** [@kristinadzara8 hours ago](#)

RT [@Top Gundersen](#): [@MedEdChat](#) A3: 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** [@MvdRidder8 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** [@kristinadzara8 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** [@MvdRidder8 hours ago](#)

RT [@AlexisLRossi1](#): [@MedEdChat](#) T3: Giving each other some flexibility and grace during this challenging time is also important. Open communi...



**Sherine Salib** [@DrSherineSalib8 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** [@KLQuirk8 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** [@myheroistrane8 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** [@MedEdChat8 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** [@ArjaSateesh8 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.



**Gary Beck Dallaghan** @GLBDallaghan8 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 doc8 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** @MvdRidder8 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 Lonika8 hours ago

[@MedEdChat](#) A4: keep closely connected with tasks, to do list [#MedEdchat](#)



**Paul Haidet** @myheroistrane8 hours ago

[@GLBDallaghan](#) Maybe we should do a [#mededchat](#) to brainstorm the scholarly opportunities and get some collaborative projects going...



**Gary Beck Dallaghan** @GLBDallaghan8 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** @MedEdChat8 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** @PedsEndoChick8 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** @TyresejSPACE8 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](#) [#SocialDistanacing](#) <https://t.co/xzQAXIYRML>



**MedEd Chat** [@MedEdChat8 hours ago](#)

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...



**Sherine Salib** [@DrSherineSalib8 hours ago](#)

[@MvdRidder](#) [@MedEdChat](#) 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](#)



**Peds Endo Chick** [@PedsEndoChick8 hours ago](#)

[@TyresejSPACE](#) [@MedEdChat](#) ooo--fancy [#MedEdChat](#)



**Monica van de Ridder** [@MvdRidder8 hours ago](#)

[#mededchat](#) T4. 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..



**MedEd Chat** [@MedEdChat8 hours ago](#)

RT [@MvdRidder](#): [#mededchat](#) T4. 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...



**Lonika Sood, MBBS, MHPE** [@sood lonika8 hours ago](#)



**Monica van de Ridder** [@MvdRidder8 hours ago](#)

[#mededchat](#) T4. 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.



**Kerrie L. Quirk** [@KLQuirk8 hours ago](#)

[@MedEdChat](#) T3 They are slowly learning the keyboard is off limits. But frequently pop up behind me in video conferences. [#UnofficialMascots](#) [#MedEdChat](#) [#MeetRosey](#) <https://t.co/HZgD0iTuY>



**Kristina Dzara, PhD, MMSc** [@kristinadzara8 hours ago](#)

[@MvdRidder](#) That is true. If you can reserve a day or two to focus on research and writing it really helps. [#MedEdChat](#)



**Gary Beck Dallaghan** @GLBDallaghan8 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** @MedEdChat8 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** @MvdRidder8 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 friend



**Monica van de Ridder** @MvdRidder8 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** @debsimpson38 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** @KLQuirk8 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** @TyresejSPACE8 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** @MedEdChat8 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** @MedEdChat8 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](#)



**MedEd Chat** @MedEdChat8 hours ago

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](#)



**Monica van de Ridder** @MvdRidder8 hours ago

[@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..



**Monica van de Ridder** @MvdRidder8 hours ago

[@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.



**Kerrie L. Quirk** @KLQuirk8 hours ago

[@MvdRidder](#) [@MedEdChat](#) A favorite of mine. [#Dumbledore](#) [#MedEdChat](#) <https://t.co/LxoN66UjQs>



**MedEdBot** @MedEdBot8 hours ago

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...



**MedEdBot** @MedEdBot8 hours ago

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



**Monica van de Ridder** @MvdRidder7 hours ago

RT [@KLQuirk](#): [@MvdRidder](#) [@MedEdChat](#) A favorite of mine. [#Dumbledore](#) [#MedEdChat](#) <https://t.co/LxoN66UjQs>



**Monica van de Ridder** @MvdRidder7 hours ago

[@TyresejSPACE](#) [@PedsEndoChick](#) [@MedEdChat](#) I admire that structured approach. But even if you don't do it all, it gives so much guidance...[#mededchat](#)



**C. Kim Stokes** @ckim\_stokes7 hours ago

[@MedEdChat](#) 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

 [@TyreseiSPACE](#) 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

 [@DrSinhaEsg](#) 4.5K

 [@PedsEndoChick](#) 3.9K