Twitter to Tenure, Blogging to Bold Action: Social Media for Education and Advocacy in Geriatrics

April 21, 2018
Canadian Geriatrics Society 38th Annual Scientific Meeting Montreal, Canada

#CGS2018

WiFi Connect: 71128-77377

Bonnie Cheung (@BonnieCheung7)
Dr. Amanda Gardhouse (@Agardhouse)
Dr. Samir Sinha (@DrSamirSinha)

Dr. Chris Frank (@ChrisFrankCOE)

Dr. Kenneth Rockwood (@Krockdoc)

Dr. Camilla Wong (@camilla_wong)

Faculty/Presenter Disclosure

Presenters:

- Bonnie Cheung
- Dr. Chris Frank
- Dr. Amanda Gardhouse
- Dr. Kenneth Rockwood
- Dr. Samir Sinha
- Dr. Camilla Wong

Relationships with financial sponsors:

- Grants/Research Support: Li Ka Shing Knowledge Institute (Wong)
- Speakers Bureau/Honoraria: none
- Consulting Fees: none
- Patents/Other: copyright of the Clinical Frailty Scale (Rockwood)

Disclosure of Financial Support

This program has **NOT** received financial nor in-kind support from any organizations.

Potential for conflict(s) of interest: None.

Mitigating potential bias: not applicable

Objectives

At the end of the session, the participant will be able to:

- 1. Set up and organize a Twitter account for professional use;
- Identify and demonstrate strategies on how to use Twitter effectively for advocacy and education in geriatric medicine; and
- 1. Use Twitter to expand professional networks and amplify the impact of scholarly activities.

Twitter to Tenure, Blogging to Bold Action: Social Media for Education and Advocacy in Geriatrics

- 10:00-10:30 Why I blog for the British Geriatrics Society (advocacy)
 - How Twitter has grown my professional network (networking)
 - How I use Twitter for CME: from the perspective of a geriatrician practicing in a small town (education)
 - How trainees and the NGIG use Twitter as a communication tool (communication)
 - How Twitter has broadened the impact of my academic career (scholar)
 - Rules of professionalism in social media (professional)

10:30-10:40 Panelist Q&A

10:40-11:20 Concurrent Hands-On Workshops:

- 1. Twitter for Newbies
- 2. Organizing Twitter
- 3. Grow Your Twitter Impact

11:20-11:30 Wrap-Up and Share Your Learning

Bonnie Cheung (@Bonnie Cheung7)

Dr. Amanda Gardhouse (@Agardhouse)

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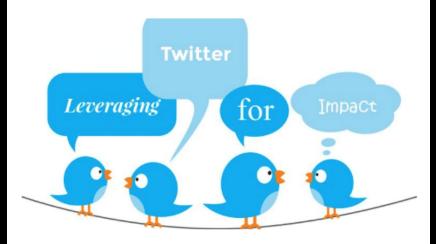
Dr. Camilla Wong (@camilla wong)

Retweet

Together with @DrSamirSinha @Krockdoc @BonnieCheung7 @AGardhouse @ChrisFrankCOE giving a #CGS2018 workshop on Twitter for geriatric specialists.

Please RETWEET to help us show the impact of Twitter!

cc @CanGeriSoc @GeriInterestGp @NGIG1415



Why I blog for the British Geriatrics Society (advocacy)

Dr. Kenneth Rockwood

Dr. Rockwood has published over 300 peer-reviewed scientific publications and is the Kathryn Allen Weldon Professor of Alzheimer research at Dalhousie University. He blogs regularly for the British Geriatrics Society.

How using Twitter has grown my professional network (networking)

Dr. Samir Sinha

Dr. Sinha is the Director of Geriatrics at Sinai Health System and the University Health Network. He is the Provincial Lead for the Ontario's Seniors Strategy. As a vocal advocate for the needs of older Canadians, he has found Twitter to be a useful resource to build connections and advocate effectively!

How I use Twitter for CME: from the perspective of a community-based geriatrician practicing in a small town (education)

Dr. Amanda Gardhouse

Dr. Gardhouse completed her Geriatric Medicine training at the University of Toronto in 2016. She has published on the use of Twitter as part of a geriatric medicine journal club and its use in geriatric medicine conferences. She is a community-based geriatrician in Orillia, a small town 1.5 hours north of Toronto.

Twitter to stay connected whilst in the "community"

- 1. Research
- 2. Conferences
- 3. Rounds
- 4. Content Experts
- 5. Capacity Building

Twitter for CME: Emerging Research

Practice-changing study alert!!! EPCAT-II finally published shows efficacy of ASA for VTE prophylaxis (after 5 days of DOAC) after elective arthroplasty #VTE

nejm.org/doi/full/10.10 ...

CONCLUSIONS

Among patients who received 5 days of rivaro total knee arthroplasty, extended prophylaxis different from rivaroxaban in the prevention of bolism. (Funded by the Canadian Institutes of number, NCT01720108.)

6:43 PM - 21 Feb 2018



Following

Access the newly released #Deprescribing #Cholinesterase Inhibitors and #Memantine algorithm developed to assist #healthcare professionals reduce #prescribing of unnecessary #dementia #medications ow.ly/ONbf30igobY



Twitter for CME: Conference Engagement

Dr Hart - What works in acute ischemic stroke? Stroke unit, ASA, lytics, and in a small % (with defined ishemic penumbra) endovascular stent up to 24h!! #IntMed18

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Evidence-based management of acute ischemic stroke					
	Effect size	Fraction of patients			
Organized stroke unit care	Moderate	Large			
Early aspirin	Small^	Large			
i.v. tPA ≤4.5 hrs	Moderate	Moderate (20% at selected centers)			
Endovascular stent clot retrieval (<6-24 hrs)	Moderate-to- Large	Small (3% at U.S. GWTG hospitals late 2016; 15% at selected centers			
erhaps moderate (Rothwell PM et al.	Lancet 2016; 388: 365-75).				
7·18 AM - 23 Mar 2018					

7:18 AM - 23 Mar 2018

Looking for other opportunities to reduce bleeding risk in #DOAC users? @roundstable {healthydebate.ca/theroundstable...} appraised

ncbi.nlm.nih.gov/pubmed/28973247 @JAMA current ...

Essentially, eliminate drugs that increase bleed risk; amio, fluc, rifam, phenytoin #IntMed18 @crowthrm @Azzam_Khalid



Khalid Azzam @Azzam_Khalid

Dr. Crowther talking about managing bleeding with oral anticoagulants at #intmed18. DOACs is the right name! the best way to mange bleed is preventing it and the way to prevent bleed is to use agent that has least bleeding risk. @MacDeptMed ...

2:50 PM - 22 Mar 2018

Twitter for CME: Virtual Rounds



A reminder about the next webinar:

Tuesday, April 3, 2018 | 12:00PM to 1:00PM EST

Atypical femur fractures:What you need to know
Dr. Angela Cheung

http://webcast.otn.ca/mywebcast/?id=80099347

Ont. Osteo Strategy @FractureLink · Mar 29

#BeyondTheBreak #Webinar: @AngelaMCheung will be presenting on 4/3 on A Femur #Fractures. Don't miss it! | @WCHospital @OTNtelemedicine | bit.ly/2srs



Following



Following

Bottom line on effect sizes, nice summary table from @CMAJ. Thanks again Dr. Shabbir Alibhai for an enlightening discussion.

#GeriMedJC

Appendix 2 (as supplied by the authors): Summary and rationale for small and large treatment effects

Approach	Small effect	Large effect
Standardized Mean Difference	0.20	0.80
Mean Difference in minimal important difference units	0.60	2.00
Mean Difference in natural units	0.60 point reduction	2.00 point reduction
Patio of Magne	0.02 8% loce	0.63 37% loce

Dr. Christopher Patterson discusses preventative health in older adults at @Baycrest #geriatric medicine grand round: @GERAScentre @dr_alexandrap



Twitter for CME: Content Experts



Twitter for CME: Capacity Building

Some tips from @MyAlzStory on how to help someone with anxiety and aggression in dementia

#MDTeaClub

20 Questions to Change the Direction of Dementia Anxiety and Aggression

People living with dementia are people; they respond normally when they are threatened, demeaned and made to feel powerless: they resist, lash out, become agitated or try to flee. Blaming the disease leads us in the wrong direction. What we should be doing is asking ourselves questions to reset the compass; questions such as:

- What might I and/or others have done to precipitate this situation, and how can I
 rectify it as quickly as possible with as little disruption as possible?
- Would I behave the same way in similar circumstances? How would I feel? What would I want?
- How can I defuse the situation? (Hint: do not tell people who are upset or agitated to "calm down!")
- 4. What is threatening the person? How can I remove the threat?
- 5. How can I help this person feel more at ease?
- 6. What unmet need might this person be expressing? Is s/he in pain or experiencing another kind of physical discomfort? Is s/he hot, cold, wet, thirsty, hungry, etc.?
- 7. What environmental factors might be contributing to his/her anxiety, and how can I neutralize them?
- 8. Is my tone of voice conciliatory and respectful?
- 9. Is my body language relaxed and open?
- 10. Can the person see and hear me properly?



How trainees and the NGIG use Twitter as a communication tool (engagement)

Bonnie Cheung

Bonnie is a fourth year medical student at the University of Toronto and will be starting her postgraduate training in Internal Medicine in July. She is the Co-Chair of the National Geriatrics Interest Group (NGIG). She hopes to continue caring and advocating for seniors in her future career.

How Trainees and the NGIG use Twitter as a communication tool

Bonnie Cheung

MD Candidate, Class of 2018

University of Toronto

NGIG Twitter Account: @NGIG1415



RGIG Twitter Account: @GeriInterestGp



Twitter's Roles in Improving Communication for Trainees

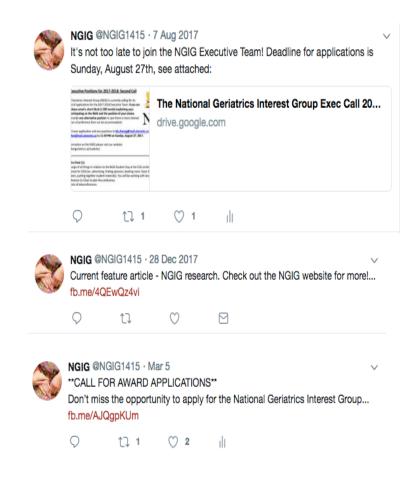
Promotion of NGIG initiatives

Networking with fellow trainees and physicians

Education and advocacy of geriatric issues

Promotion of NGIG initiatives

Opportunities to be involved with NGIG and its initiatives





Discussing important topics in geriatrics

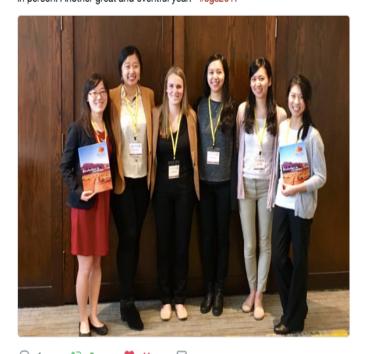




CGS Annual Scientific Meeting 2017



NGIG @NGIG1415 · 22 Apr 2017 .@CanGeriSoc conference gives @NGIG1415 executives an opportunity to meet in person. Another great and eventful year! #cgs2017



NGIG @NGIG1415 · 22 Apr 2017

Geriatrics career panel at student day with representatives from geriatric medicine, care of the elderly, and geriatric psychiatry! #cgs2017



#cgswiseoldwords









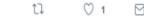


CAGP Annual Scientific Meeting 2017









 Study on the impact of hashtag #CGS2015 at the Annual Scientific Meeting

"#CGS2015 connected me with physicians and other fellow trainees and made myself feel, as a relatively new learner, like I was part of a community."

"I've really appreciated the incorporation of Twitter into the geriatrics community. I think it's been helpful for maintaining connections across the country and even internationally - this is particularly helpful for a relatively small specialty."

"I think it has really helped to get discussions going about topics outside of their presentations. It helps me be informed about the sessions I did not attend. It connects all the delegates so they can keep in touch following the conference easier."

Educational tool to keep up to date with literature





#whygeriatricswednesdays





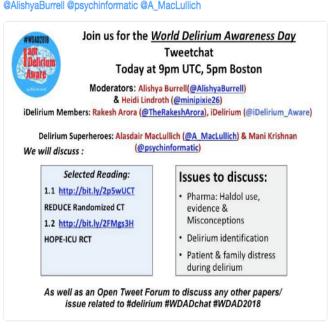
RGIG: World Delirium Awareness Day



RGIG @GeriInterestGp · Mar 14

Is your #WDAD2018 wrapping up? Join us in one hour for a tweet chat! We'll be discussing hot topics in #delirium care including the REDUCE and HOPE-ICU trials! Follow at #WDADchat

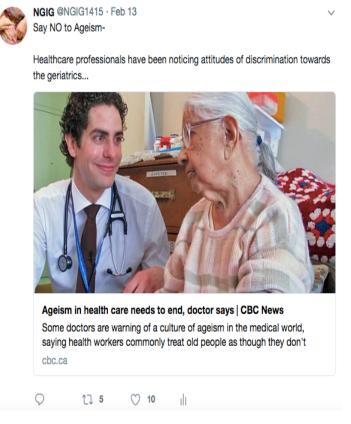
@idelirium @TheRakeshArora @minipixie26 @AlishyaBurrell @psychinformatic @A_MacLullich



"It was really great, being able to plan the social media movement with the world leaders in delirium. [...] It brought people from across the world together to discuss topics in delirium for one hour, making it feel like a community based movement."

Reducing the stigma and misconceptions of geriatrics





Twitter's Roles in Improving Communication for Trainees

Promotion of NGIG initiatives

Networking with fellow trainees and physicians

Education and advocacy of geriatric issues

How Twitter has broadened the impact of my academic career (scholar)

Dr. Camilla Wong

Dr. Wong is a geriatrician at St. Michael's Hospital and assistant professor at the University of Toronto. Despite not getting a smart phone until 2017, she has used Twitter for many years to disseminate geriatrics and identify collaborative opportunities.

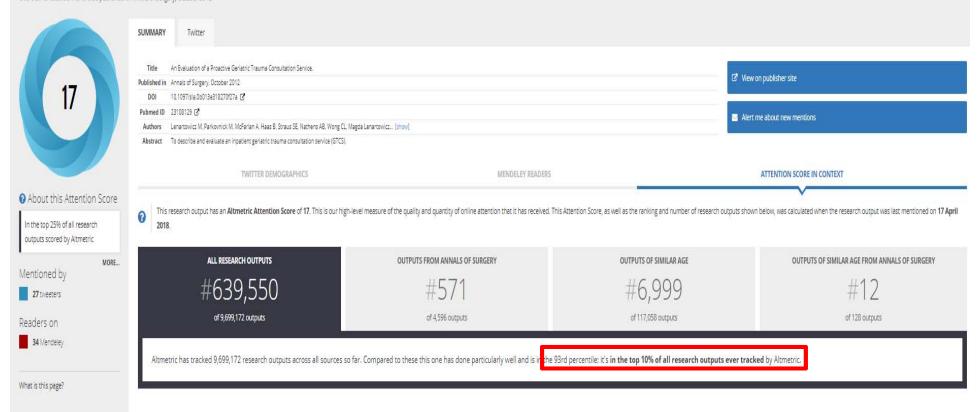
Lenartowicz M, Parkovnick M, McFarlan A, Haas B, Straus SE, Nathens AB, Wong CL. An evaluation of a proactive geriatric trauma consultation service. *Annals of Surgery*. 2012 Dec;256(6):1098-101. doi: 10.1097/SLA.0b013e318270f27a.

Journal Impact Factor: 8.98

Citations: 44

An Evaluation of a Proactive Geriatric Trauma Consultation Service.

Overview of attention for article published in Annals of Surgery, October 2012



This page is hosted by Altmetric on behalf of Wolters Kluwer.



An Evaluation of a Proactive Geriatric Trauma Consultation Service.

Overview of attention for article published in Annals of Surgery, October 2012





The data shown below were collected from the profiles of 27 tweeters who shared this research output. Click here to find out more about how the information was compiled.



Geographical breakdown

Country	Count	As %
Canada	12	449
United Kingdom	4	159
Colombia	2	79
Italy	1	49
Ireland	1	49
Unknown	7	269

Demographic breakdown

Туре	Count	As %
Members of the public	14	52%
Scientists	9	33%
Practitioners (doctors, other healthcare professionals)	4	15%
Science communicators (journalists, bloggers, editors)	Ĭ	496

Lenartowicz M, Parkovnick M, McFarlan A, Haas B, Straus SE, Nathens AB, Wong CL. An evaluation of a proactive geriatric trauma consultation service. *Annals of Surgery*. 2012 Dec;256(6):1098-101.

doi: 10.1097/SLA.0b013e318270f27a.

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Altmetric: 93rd percentile of all research outputs ever tracked by Altmetric.

Twitter mentions: 27



Camilla Wong № @camilla_wong · Mar 21

At the @Royal_College National Specialty Societies Specialty Medicine Summit to make the case for cross-specialty collaborative care models and 10 key elements for implementation. Slides uploaded here:

slideshare.net/CamillaWong/rc... #CANMEDS #Collaborator



RCSPC NSS Specialty Medicine Summit: Cross-Sp...

Objectives: 1. Make the case for cross-specialty collaboration. 2. Share an example of a successful cross-specialty collaborative care model (geriatric tr...

slideshare.net

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Christopher Steer @drcbsteer · 26 Oct 2017

Thanks to @camilla_wong for some of the slides for #VCOP17 today. #gerionc leader



Andrew Petrosoniak @petrosoniak · Feb 22

Replying to @AM_Cressman @Sunnybrook and 8 others

Haha! Always welcome! @camilla_wong takes good care of the elderly trauma pts! Trauma = multidisciplinary team sport



Dan McIsaac @mcisaac_d · 10 Nov 2017

Glad to see the role of non-geriatricians mentioned. Anesthesiologist can contribute a lot to care of older people. Periop Care, critical care, pain management, and more @mdneuman. Especially if we collaborate with geriatricians @camilla_wong



Eric Wong @EricWong_MD · Apr 1

Replying to @wassdoc @WilliamDale_MD

We are fortunate in Toronto — our geriatric medicine residency program connects trainees with appropriate mentors early in their training, something I've benefitted from! @DrBarbaraLiu @camilla_wong @DrSamirSinha @UofTPGME



Jessica Page @JessLPage · Jan 31

Ortho Grand Rounds on geriatric trauma were very well received today. Buzz on QI lasted all day. The group loved #endPJparalysis. Thanks to @camilla_wong for a twitter feed of references and for teaching me right from med school the value of geriatrics

Rules of professionalism in using social media (professionalism)

Dr. Chris Frank

Dr. Frank is a family physician with certification in Care of the Elderly. He is a Professor of Medicine at Queen's University and works at Providence Care in Kingston. He thinks people spend too much time on their phones but appreciates the positives of social media.

Professionalism and social media

Not an oxymoron!

Did you follow this "debate"?



Being away for couple of days has made me appreciate Twitter as a rich source of information. It also reinforced my view that Twitter is no place for rational debate. Like the comments section of newspaper Web sites, Twitter interactions have become a cesspool that I will avoid.



CMA Suggestions

- be transparent (including COI)
- respect others
- focus on your area of expertise!

What does CMPA suggest?

- Have an objective & select the right platform
- Avoid one-on-one discussions
- Establish clear boundaries
- "Reach is wide, and the audience is unknown"
- Consider your communication style and reach

CMPA Top 10

- Generate interest and participation
- Libel and slander and defamation laws apply
- Develop a social media policy
- Manage privacy and minimize breaches
- Follow your College guidelines!

What is in our policy?

- Promote the mission of CGS (beyond the CPD focus) using whatever resources and links will meet that goal
- Tweet any content that would be of interest to engage members and attract new ones
- Promote the CGS CPD Journal and the Canadian Geriatrics Journal by Tweeting articles and content when new issues come out (and intermittently between new issues)
- Tweet and distribute information related to advocacy for care of seniors
- Disseminate information that will not be offensive or inappropriate to CGS members or the general public
- Not be like Donald Trump- participants will not Tweet messages criticizing or embarrassing the contributing authors to the CGS CPD Journal or the CGJ; comments expressing a difference of opinion to stimulate thought and discussion should be done with consideration of the authors who have volunteered their time to produce educational material

Hands-On Workshops

Group 1: Newbies to Twitter

This is for attendees who have never used Twitter.

- set up a Twitter account
- choose a handle
- set up a professional profile
- set up a Follow list
- use a hashtag
- like a tweet
- re-tweet a tweet
- send out your first tweet

Group 2: Organizing Twitter

This is for attendees who have used Twitter, but rarely, and/or find the amount of information overwhelming.

- organize Twitter by using the list feature
- decide who to follow and who to not follow
- adjust settings to turn off notifications/moments,
- adjust the settings to modify the timeline of tweets
- identify features of a well-written tweet

Group 3: Grow Your Twitter Impact

This is for attendees who are comfortable with Twitter basics and are looking to grow the impact of their tweets.

- use Twitter analytics
- understand 'impressions'
- design a poll
- add media to tweets
- send direct messages
- try complementary tools such as Tweetdeck to send out pretimed tweets