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| Twitter is a great way to keep updated on health issues and to get involved in the health community. Twitter can be used to help with CPD requirements and is a useful tool to allow healthcare professionals to share thoughts, ideas and experience. It is important that before you even start to use twitter in a professional capacity that you read your professional body’s [social media guidance](http://wecommunities.org/resources/links/guidance) and your workplace social media policy. Getting signed up and starting on twitter is as easy as...  |
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| http://wecommunities.org/Images/spacer.gif |
| http://wecommunities.org/Images/student1.jpg |
| http://wecommunities.org/Images/spacer.gif |
| When you register use an email address that you have regular easy access to, twitter will send you emails to indicate when you are followed, mentioned or sent a message by a twitter friend.You'll be asked to chose a twitter name, use your name and or keep it punchy.  |
| http://wecommunities.org/Images/spacer.gif |

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| http://wecommunities.org/Images/spacer.gif |
| http://wecommunities.org/Images/student2.jpg |
| http://wecommunities.org/Images/spacer.gif |
| Twitter will suggest some followers for you, but twitter doesn't know you yet, so the suggestions are pretty mainstream, as twitter gets to know you it will recommend better suggestions for you!We have made some suggestions in our tips to introduce you to nurse related tweeters. |
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| http://wecommunities.org/Images/spacer.gif |
| http://wecommunities.org/Images/student3.jpg |
| http://wecommunities.org/Images/spacer.gif |
| Your picture is quite important, it quickly identifies you amongst lots of other tweeters. Also think carefully about your bio, think about adding your professional & personal interests, who you are looking to tweet and links to more information about you or your work.  |

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Good afternoon

Here we are again, it’s our second Q News email, and there’s plenty in here to feast your eyes upon!

Firstly, the **Q Contacts Booklet** - thank you to all of you who emailed me with an updated email address or phone number. I have updated the booklet and have added portraits taken at the Welcome to Q event. Speaking of which, did you know that our photographer, George Chan, works on David Attenborough productions? This explains the fantastic quality of our portraits! So have a good flick through the booklet and admire. Not everyone has a photo yet, so please do send one my way if you didn’t attend the Welcome event. As we are part of the Q-mmunity, we’d really like it if we could all get together to get to know one another. This Q Contacts Booklet is a useful tool for this – email each other, call each other, throw a party for each other…

Secondly, we’d like you to **share your projects** via the wonder of this bi-weekly email. Do you have any videos of projects you’ve been working on? Do you have a phone with video capabilities? Film us a 5 minute (max) explanation of what you’re working on or have worked on! Or if you’re camera shy, we’d love to share your written case studies instead. Email these to me before 22nd May.

On to round three –In the spirit of acronyms in the NHS - **QIQ&A**! I like this one because it gives us all the opportunity to ask anything technical about Quality Improvement. Don’t be shy – email me anything you may want to know and I will share it anonymously with the rest of the Qs who will then email me their answers. These will follow in the next Q News email. I’ll go first…

Question to Qs…

Those of you who attended the Welcome To Q event may remember that you had a postcard which prompted you to think of an improvement idea and which Q you should connect with in order to get the improvement ball rolling.

**Did you try your idea out? Did you connect with the Q?**