

Physiotalk: Connectedness and Constructive Change – An explanatory theory:

Supplementary data table: Demonstrating key tweets linked to developments of themes and categories

Twitter and Physiotalk: Connectedness			
<p>ABBREVIATIONS: @theCSP: Twitter handle of the Chartered Society of Physiotherapy AHPs: Allied Health Professionals CPD: Continuing Professional Development CSP: Chartered Society of Physiotherapy d/w : Discussed With FB: Facebook #GlobalPt: Hashtag to connect PT around the world GR8: Great HCPC: Health and Care Professions Council KSF: Knowledge and skills framework LBP: Low Back Pain MDT: Multi disciplinary team MSK: Musculoskeletal Presid: President pt: Physiotherapist #ReSNetSLT: Hashtag of a Speech and Language Therapy tweetchat RT: Re-tweet SoMe / SM: Social Media TBH: To Be Honest VP: Vice President WCPT: World Confederation for Physical Therapy</p>			
Sub-theme	Times tagged	Concepts within the category	Tweets with ID number
Barriers or negatives of using Twitter	26	Ways people think Twitter a negative - character limits, time zone and language issues. Avoiding confrontation. Challenge to keep up during a fast-paced chat. SoMe lacking personal touch.	649 <i>I find Twitter really hard to use. Too many conversations going on at once = overload</i> 1329 <i>I guess this is probably where SoMe lacks the intangible human touch?</i> 723 <i>I think it takes some getting used to! My first few tweetchats = chaos but now I'm ok</i>
Benefits or positives of Twitter	59	General conversation about benefits of Twitter as a platform - community, opportunity, accessibility, networking, MDT. Comments about how Twitter	559 <i>I am pretty addicted to my phone, it's good to feel I am doing something productive and learning, sparking thoughts</i> 127 <i>I can be part of a discussion just by picking up my phone</i>

		allows introverts to interact in a way suited to them. Fun!	
Structure of chats	20	<p>Comments on regular nature of chats on set and specific topics.</p> <p>Chat structure is supportive, especially if new.</p> <p>Allows logical discussion and ability to express opinions.</p>	<p><i>91 Offers a medium to offer balanced d/w AHPs to debate hot topics, research & healthcare policy</i></p> <p><i>797 I've found #Physiotalk community to be very welcoming and supportive of ideas/contributions</i></p> <p><i>999 It gives structure to an essentially structure-less platform</i></p> <p><i>136 A set aside space/time to have a discussion around a topic of interest to physios</i></p> <p><i>792 Regular spot of Monday night is helpful, physios like structure</i></p>
Credible hosts		<p>The guest or co-hosts of Physiotalk seen as experts in the area of their chat.</p> <p>Hosts report it was stimulating for their development.</p>	<p><i>868 Credibility of information</i></p> <p><i>956 I would encourage people to co/host that encourages even more pre-reading, learning, etc. prior to the chat. And is a buzz!</i></p> <p><i>1018 It keeps me thinking so yes- best CPD was hosting, good to see others' perspectives on my question</i></p>

Challenge / Questioning / Trigger	6	Considering Physiotalk as a public space but still a safe space to challenge others with professionalism.	<i>876 Accountability & professionalism in a public interface is important</i> <i>1066 #Physiotalk should be a forum for critical prof[essional] debate, incl[uding] active challenge & disagreement.</i>
Re-tweets	51	A tweet that has been retweeted during the time period of the chat.	
Community theme			
Sub-theme	Times tagged	Concepts within the category	Tweets
Community	61	How Physiotalk has generated a community - seen as non-hierarchical with wide range of participants who are equally valued for their input. Independent of topic can still engage with informative group.	<i>103 An opportunity to chat to people I wouldn't normally have any link to, about a common interest</i> <i>193 An opportunity to reach out beyond your local area of practice/geographical area, especially if isolated</i> <i>525 Chance to meet a more global community & physios from other localities, invite external views, so many positives!</i> <i>777 Students, professors, clinicians, PT presid participate in #Physiotalk, that variety is of value</i>
Patient involvement	7	Expert patients are known to engage either as hosts or participants and this has added to the debate.	<i>482 There are a few AHPs and expert patients who drop in from time to time, myself included!</i> <i>984 As a patient, #Physiotalk has built links that allow discussion where my views differ.</i>

Likeminded	9	Ability to discuss with likeminded individuals although caution regarding confirmation bias. Although likeminded participants are drawn from wide range of backgrounds and that variety is welcomed.	<p>118 <i>Being able to keep in touch with likeminded therapists regarding current topics within the profession</i></p> <p>728 <i>By its very nature, #Physiotalk can attract likeminded [people]. But not a bad thing as long as recognised, and challenged</i></p>
Global community	26	The positives coming from interacting with community that is not geographically bound. This 'Biggest win' of Physiotalk	<p>112 <i>Invaluable resource for connecting and developing with physios from all over the world</i></p> <p>172 <i>This is potentially biggest win of #Physiotalk- actively encourages engagement with people from the #globalpt community</i></p> <p>616 <i>It is the only global platform that is easy accessible. Twitter is easy to use.</i></p>
Specialist	11	The chats allow people to discuss topics that are specific to physiotherapy and to their speciality (service, clinical etc). This is seen as especially beneficial if the Tweeter is isolated (geographically, small speciality)	<p>326 <i>And if we are isolated in terms of location as well as speciality</i></p> <p>194 <i>An opportunity to reach out beyond your local area of practice/geographical area, especially if isolated</i></p> <p>396 <i>They don't, neuro physio not as active as MSK on Twitter</i></p> <p>600 <i>I would agree neuro PT under-represented</i></p>

Welcoming and supportive	36	Tweets sent to start chat, welcome participants, for participants to say hello at start.	
Relevance			
Sub-theme	Times tagged	Concepts within the category	Tweets
Topics of current interest	64	Rationale for taking part linked to topics of current interest or relevant to the participant in some way. Mention of opportunities to engage with likeminded professionals. Will only participate if debate stimulating rather than meaningless conversation. Topics are 'real life' or current.	<p><i>1072 I use #Physiotalk (and Twitter) for experiencing 'what's on' in the PT world</i></p> <p><i>410 I used #Physiotalk as a student to highlight 'real-life' current issues physios were facing - this really helped in interviews</i></p> <p><i>1014 Yep, lost count of time I have used #Physiotalk as an example in @thecsp meetings</i></p>
Selective engagement	41	Participants choose when and why to participate in chats. Reasons include topic of interest with people lurking on chats that are less relevant to their personal areas of interest. Conversely, also	<p><i>306 Generally for topics of interest but try to read the transcript of ones I have not taken part with</i></p> <p><i>398 I try to follow things I am less interested in, broaden mind and a more fun way to do it</i></p> <p><i>478 If I think I have something to contribute to conversation. Not really a lurker</i></p>

		engage with topics outside of interest in order to broaden experiences. Mention of engagement in order to link with other participants.	<i>786 Time, not enough of it. Sometimes in [a] time zone where getting up at 2am is too much of an ask.</i>
Enabling			
Sub-theme	Times tagged	Concepts within the category	Tweets
Facilitator's Twitter use	19	Facilitation during the tweetchat - engaging outside of the discussion with participants. Making chat welcoming and comments around help given by Physiotalk to new chatters	<i>30 Friendly environment for first timers too</i> <i>56 Sorry to hear that - hope you are feeling better soon!</i>
Ring-fenced	1	Time set aside during chat for development.	<i>792 Regular spot of Monday night is helpful, physios like structure</i>
Twitter skill development	14	Use of chat to improve engagement in Twitter, includes skill in saying information in character limit and increasing	<i>1266 Yes, I'd like to say 'thanks' to #Physiotalk for lots of advice & help getting started with #ReSNetSLT</i>

		confidence in both chatting and using Twitter.	
Increasing SoMe engagement	6	Ways that tweetchatting has led to increasing use of SoMe - either directly in more tweetchatting or blogging. Mention of difference to FB.	<i>1174 My first experience was an LBP chat & this certainly widened my view of SM to use for CPD</i> <i>1338 Ooh the waffle that can be Facebook</i>

Impact: Constructive change			
Continuing Professional Development			
Sub-theme	Times tagged	Concepts within the category	Tweets
Broadening views, interests	36	Ways that participating can broaden your view - comments about wide range of topics covered. Discussion can challenge your beliefs - especially with global perspective. Broadening mind - what is current in PT world.	<i>290 Listen in on topics that I wouldn't otherwise be privy to within my place of work</i> <i>1164 Its the critical thinking, sometimes broadening exposure [to] opinions & challenging own view point</i> <i>184 Also I come into contact with a wider view than I'd get at my local office/staff room</i>

		Chance - something random I know nothing about catches my eye.	<i>154 I am able to form a global and national view on current issues</i>
Career expertise development	5	Given confidence in role as advocate and 'expert' knowledge gained used in career development (interviews)	<i>410 I used #Physiotalk as a student to highlight 'real-life' current issues physios were facing - this really helped in interviews</i> <i>1232 Has also given me more confidence/conviction in my role as a physio/health care prof = stronger advocacy</i>
Conversation Discussion Debate	38	Use of Physiotalk as a forum for critical professional debate. Physiotalk encourages a critical conversation. Physiotalk has professional tone so open discussion not ridicule. Set questions seen as useful to stimulate conversation.	<i>232 To engage in healthy clinical debate and issues surrounding healthcare policy</i> <i>674 I enjoy it! The conversation + the challenge to keep up</i> <i>778 Students, professors, clinicians, PTpresid participate in #Physiotalk, that variety is of value</i> <i>1064 If any conversation about physio is current, relevant & meaningful then its CPD, whether on Twitter or over a cuppa</i> <i>110 An online, real-time discussion forum primarily about physio and for physios</i> <i>240 Sense checking, being exposed to diversity of PT, environment scanning</i> <i>206 #Physiotalk has enabled me to re-engage with physios nationally and globally using Twitter as a listening tool & a way of sharing my views</i>

			<p>676 <i>Love a bit of bias confirmation! Twitter can be an echo chamber</i></p> <p>702 <i>Have to avoid meaningless conversations for an hour - it has to change practice or enlighten</i></p>
Develop practice	28	Participants mentioning the direct impact taking part has had on their practice. Learning more about a topic generally which gradually evolves practice. Picking up a new idea worth trying out - direct impact.	<p>1160 <i>I would say so, often pick up a nugget of advice or a new idea worth trying out</i></p> <p>1186 <i>Directly through applying learning from #Physiotalk to my practice</i></p> <p>1196 <i>Sometimes someone favouriting or RT your Tweet gives you confidence in progressing the idea or service development</i></p>
Engagement with research and evidence	25	Physiotalk directly enables engagement as a consumer of research by prompting reading pre- and post-chat. A way of sharing research with relevant posts during chat. Encourages hosts to appraise literature. Mention of #globalPT research	<p>974 <i>A recent Tweet I asked re lycra evidence has given loads of info, plus made lots of contacts, plus stimulated quite a debate</i></p> <p>1182 <i>Signposted me to current evidence I have used in teaching</i></p> <p>540 <i>#Physiotalk = gr8 way of sharing research & published evidence for learning & strategic influencing</i></p> <p>860 <i>An opportunity to share and sift evidence-informed opinions from bull****</i></p>

			<p>614 <i>You know you have the chance to engage with an informative group</i></p> <p>628 <i>It's nice to hear some sense. Not always so prevalent outside of the #Physiotalk real life and Twitter.</i></p>
Integration of SoMe tools in learning	14	Ways that participants use Twitter and Physiotalk to engage with learning and teaching. Use with students - lecturers within HEI and students on placement	<p>1002 <i>Yes. Learning and teaching today can't be divorced from an understanding of SoMe & its impact on professionalism & CPD</i></p> <p>912 <i>Yes, 1. As a lecturer, being able to share it with my students as a way of engaging SoMe for CPD</i></p>
Physiotalk = CPD	32	Direct linking to how they have used tweetchat for their CPD either as a host or participant or lurker. Mention of use in HCPC audit, KSF. Benefits seen as engaging with wider (global) range of PTs for different perspectives. Post-chat prompted reflections and further work looking at topic 'Ready-made CPD'.	<p>970 <i>Just tuning in is CPD. The more in, the more out though!</i></p> <p>622 <i>Also it's the valuable CPD opportunity that it creates, making me think more about topics that I otherwise might [not]</i></p> <p>904 <i>Has provided CPD activities and evidence for the ol' portfolio</i></p> <p>1020 <i>We had a member that used their #Physiotalk participation as evidence in their HCPC audit & it was accepted so definitely great CPD</i></p> <p>588 <i>I often read late or lurk, partly for CDP also to find new and interesting people to follow</i></p> <p>654 <i>Have looked up articles etc. off the back of discussions</i></p>

			<p>678 <i>It often prompts 'lines of enquiry' and makes the 'to read' list even bigger!</i></p> <p>912 <i>As a lecturer, being able to share it with my students as a way of engaging SoMe for CPD</i></p> <p>908 <i>Don't use the actual tweetchat as CPD but I use some random thought/qu[estions] to base CPD on reading etc</i></p>
Personal development e.g. confidence	12	<p>Development of self- increasing confidence in tweeting but also within subject area and expressing own views. Comment that positive feedback a welcome feature of Physiotalk.</p> <p>Getting a comment back or RT boosts individuals' confidence</p>	<p>1018 <i>It keeps me thinking so yes- best CPD was hosting, good to see others' perspectives on my questions</i></p> <p>1016 <i>Encourages active thought, and having hosted one, encouraged me to re-appraise literature</i></p>
Networking and collaboration			
Sub-theme	Times tagged	Concepts within the category	Tweets
Development of networks	22	<p>How chats are a resource for developing your networks and leading to collaborations (presentation at CSP conference</p>	<p>262 <i>Use for networking - reaching out and also just following 'threads'. Have made some great contacts via #Physiotalk</i></p> <p>1010 <i>Making SoMe connections [into] real professional connections</i></p>

		and GlobalPT research). Ability to chat to people you wouldn't normally have connections to. Way of generating contacts.	
Impacting on others	7	Using tweetchat to directly influence others - promoting other events, use during conferences to spread information. Ways that others had an impact on the participant choosing to tweetchat.	<i>276 Use it for sharing local events, encouraging participation with other online communities, joining conferences etc 304 #Physiotalk #network extends our professional reach</i>
Research collaboration	9	Using tweetchat to connect with other researchers and potentially develop new collaborations. Research collaboration started via twitter networking.	<i>620 Yes, important to share research & find new collaborations 1036 #physiotalk has contributed by opening the #globalPT perspective. Now follow notable researchers, easy access to publications</i>
Platform for representing			
Sub-theme	Times tagged	Concepts within the category	Tweets
Platform for representation	18	Participants mentioned using tweetchats to engage positively	<i>938 As President of @WCPT1951 one source to hear, learn about aspects of PT I am not familiar with, key to how I work</i>

		with others to raise awareness of their specialty or network. Others regarded it as essential to engage with fellow profs or promoting profession because of their PT role (CSP or WCPT).	<p><i>952 Informs my practice, links with students and informs my CSP role as VP</i></p> <p><i>1030 Agree. It has extended my reach as a CSP VP and given me a platform for sharing and advocacy</i></p> <p><i>148 Opportunity to interact with a wide group of professionals. Good way to highlight our network & specialty</i></p>
Leadership and Innovation			
Sub-theme	Times tagged	Concepts within the category	Tweets
Leadership and innovation	7	Demonstration of ways of innovation such as sharing of research and evidence. Use of chats to get a professional steer and develop degree.	<p><i>540 #Physiotalk = gr8 way of sharing research & published evidence for learning & strategic influencing</i></p> <p><i>98 Networking, advocacy and leadership</i></p>
Idea generation testing sharing	21	Use of tweetchat as a sounding board, knowledge exchange and horizon scanning, sense-checking and pushing boundaries.	<p><i>96 #Physiotalk supporting collaboration, encouraging discussion, friendly</i></p> <p><i>700 Keep debate open, inclusive and balanced</i></p> <p><i>796 tbh [to be honest] I like [it] when it's a robust debate, too much Physio Twitter can be uncritical, esp[ecially] non-msk [musculo-skeletal]</i></p>