



ARNS Twitter chats

What are they?

They are a way of discussing a range of respiratory topics with respiratory colleagues from all over the world.

When do they happen?

They happen once a month on the 1st Tuesday of every month but can also be more regular if there is a particularly new or newsworthy respiratory event.

How do I find out about them?

Follow @ARNS_UK for the information and advertising. ARNS also posts regularly about respiratory events that are happening all over the country.

You will also need to use #ARNS to search for the chats and to join in when they are happening. If you don't use this then your conversation won't be followed.

Why should I join twitter and follow ARNS?

1. **You will meet interesting, likeminded people** – you can follow anyone and anyone can follow you. It is a way of meeting and interacting with people you may not usual meet.
2. **Breaking News** – Twitter is now a well-known platform for breaking news. You want to know about new information on respiratory diseases it usually breaks on twitter first.
3. **140 Characters** – People have to be short and to the point. They also usually signpost to interesting journals, articles or news items.
4. **Provides access to many different types of resources for teaching and learning** - If you follow some of the key people in respiratory you will get access to so much information.
5. **Gives you a confidence boost to start working on your own projects, like research or blogging** – You can discuss how to do this with people who are already undertaking research or how regularly blog.
6. **Joining Twitter can connect you** – At times we can feel like we are working alone. Twitter can give us access to the wider respiratory community and friends can also be made!

Who should I follow?

We would of course recommend follow @ARNS_UK!

There are many interesting people to follow and you will discover your own but to start you off with we would recommend you follow @lunguk @asthmauk @wenurses @BTSbulletin @PCRSUK @resp_ed and many many more!

What do people think who follow @ARNS_UK?

Here are some quotes from a couple of our followers:

#ARNS twitter discussions have changed the way we view CPD but also now have the potential to influence positive changes to our respiratory services.

Personally I feel that they have transformed CPD for the better. Gone are the days of attending a conference hoping to meet and network whereas now ARNS twitter discussions allow us to use conferences to meet & discuss some of the issues in person.

From past experience the ARNS discussions are open, friendly and opinions are always constructive in nature. The ability to print out our discussions from the ARNS website allows us to provide evidence of clinical supervision for CPD and also to look back to reflect or discuss with our own teams, nevertheless the potential to benefit our service and ultimately our patients is huge'.

Steven Jackson (@Steventoonjacko)

BLF Respiratory Physiotherapist

Pulmonary and Heart Failure Rehabilitation Team Long Term Conditions Team Leicestershire Partnership Trust

I'm a fairly new twitter user so the joy of using Twitter for me personally is its speed, it's fun, fast and chatty. It has allowed me to see snapshots of information and what is trending in the world of healthcare/social care in real time rather than reading about it a week or two later in a journal.

There are some brilliant patient initiatives happening up and down the country and Twitter allows HCPs access to these ideas quickly. Through conversations with healthcare professionals and service users, sharing ideas, concerns, feedback and evidenced based research, opportunities to promote best practice, promote patient outcomes and influence change in healthcare abound.

So I'm a Twitter convert, it's a must for all engaged healthcare professionals; the downside, well it's so useful and fun that it's vaguely addictive

Ellen Nicholson (@ElizSummary)

Respiratory Nurse Specialist/ANP

Homerton University Hospitals Trust

So... Take the leap if you haven't already, join twitter and follow us @ARNS_UK

If you already are on twitter and follow us then keep a look out for our excellent twitter chats but don't forget to use #ARNS!