

**Jessie McCulloch** [@jem82394](#) 4 months ago

RT [@RENphysio](#): Join us for our next twitter chat focusing on CYP centered communication on Monday 27th March. Any suggestions for...

**Joanna Reid** [@jo\\_reid](#) 4 months ago

RT [@RENphysio](#): It's 8pm! Who's with us? Get involved! Let's talk all things CYP communication and don't forget to [#CYPMefirst](#)

**Joanna Reid** [@jo\\_reid](#) 4 months ago

Hi Rachel, [@RENphysio](#) I am with you [#Hellomyname](#) is Joanna I'm a CYPNurse & work on [#CYPMefirst](#)

**Ananta Dave** [@adave20064](#) 4 months ago

RT [@KathEvans2](#): Know tweeters at [#CYPmefirst](#) chat will really value [@AmbitiousAutism](#) [#KnowYourNormal](#) launch tonight, pls support with a RT...

**Jessie McCulloch** [@jem82394](#) 4 months ago

RT [@jo\\_reid](#): I'm hoping some of our [#CYPMefirst](#) communication champions are online for our twitter chat in 10 mins, still time t...

**Rachel Naunton** [@renphysio4](#) 4 months ago

[#Hellomyname](#) is Rachel Who's here for the [#CYPMefirst](#) twitter chat? [@jo\\_reid](#) [@ Common Room](#) [@KathEvans2](#) [@sarahlea](#) [@BeryllInstitute](#) [#ptexp](#)

**Rob** [@manchesterrob214](#) 4 months ago

RT [@KathEvans2](#): Know tweeters at [#CYPmefirst](#) chat will really value [@AmbitiousAutism](#) [#KnowYourNormal](#) launch tonight, pls support with a RT...

**Joanna Reid** [@jo\\_reid](#) 4 months ago

Welcome Jessie [@Jem8239](#) thanks for joining [#CYPMefirst](#) chat

**Kate Martin** [@ common room4](#) 4 months ago

[@jo\\_reid](#) [@Jem8239](#) Hi Jessie, great that you could join us :) [#CYPMefirst](#)

**Kidstime Foundation** [@kidstimeuk4](#) 4 months ago

[@RENphysio](#) [@jo\\_reid](#) [@ Common Room](#) [@KathEvans2](#) [@sarahlea](#) [@BeryllInstitute](#) Hello! Interested to see the chat tonight! [#CYPMefirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

Welcome Andrea - great to have you with us [@Synergy Now #CYPMeFirst](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

Hello Andrea, welcome! Great that you could join us :) [#CYPMeFirst @Synergy Now](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

Great to have you with us [@kidstimeUK](#) don't forget the hashtag [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@kidstimeUK @jo\\_reid @ Common Room @KathEvans2 @sarahlea @BerylInstitute](#) Welcome!  
Great to have you here [#CYPMeFirst](#)

**Jessie McCulloch** [@jem82394 months ago](#)

[@RickardNikki @reena\\_bhatt9 @mrsembley #CYPMeFirst](#) how can we have better conversations with cyp? [#darzi7 @penka\\_stratieva https://t.co/ioop25kgTH](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

I totally agree, but why is it that it is such a make or break part of experience? [@Synergy Now #CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

Thanks Gill [@WhoseShoes #CYPMeFirst](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

RT [@RENphysio](#): Q1: How does CYP-Centred communication affect experiences of care? [#CYPMeFirst https://t.co/KJVBxbouT0](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@WhoseShoes](#) Many thanks! [#CYPMeFirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

[@RENphysio](#) We work with children of parents w/ mental illness. Lack of support for them to help understand directly impacts them [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@Synergy Now](#) agree - relevant in so many settings [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan #CYPMeFirst](#) Agreed! How can we use communication to build trust? Any useful tips?

**Jessie McCulloch** [@jem82394 months ago](#)

Hi [@ Common Room @jo\\_reid @RENphysio](#) thanks for invite. off to bedtime stories so will catch up with chat soon [#CYPMeFirst https://t.co/kGsewDS97](#)

**Andrea Selley** [@synergy\\_now4 months ago](#)

[@jo\\_reid @Synergy Now](#) Really good? I'm thinking. Not sure I can answer in a single tweet. [#cypmefirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

Totally - I think it's to do with thinking communication = sharing information, but that is only 10% of the story [@Synergy Now #CYPMeFirst](#)

**Kate Martin** [@common\\_room4 months ago](#)

So true. [#communication](#) is the interface between care and experience - can receive great treatment but poor exp [@Synergy Now #cypmefirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) being approachable, listening, giving space, being respectful? [#CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

RT [@ Common Room](#): So true. [#communication](#) is the interface between care and experience - can receive great treatment but poor exp [@Synergy ...](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@Synergy Now](#) Agreed, Good communication is key to facilitate great facilities/knowledge etc! [#CYPMeFirst](#) This enables a good exp of care

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@RENphysio: @sinead\\_mehigan #CYPMeFirst](#) Agreed! How can we use communication to build trust? Any useful tips?

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@Synergy Now](#): A1 great facilities & expert knowledge but poor communication = poor [#Expofcare](#). Great coms can ameliorate other limitati...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@kidstimeUK](#): [@RENphysio](#) We work with children of parents w/ mental illness. Lack of support for them to help understand directly impacts...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@WhoseShoes](#): Not now. But can RT! [#CYPMeFirst](#) tweet

chat <https://t.co/0ENE4htwtj>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): I totally agree, but why is it that it is such a make or break part of experience? [@Synergy Now](#) [#CYPMeFirst](#)

**Janet Hill CBE** [@jhillcbe4 months ago](#)

RT [@KathEvans2](#): Know tweeters at [#CYPmefirst](#) chat will really value [@AmbitiousAutism](#) [#KnowYourNormal](#) launch tonight, pls support with a RT...

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) How can we make this explicit to the CYP to facilitate a good experience? [#CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

[#Communication](#) is the catalyst of everything that follows, we're more understanding of issues if we're involved [@Synergy Now](#) [#CYPMefirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

We talked a lot about this today in training. How the use of silence can show you are listening [@sinead\\_mehigan](#) [@RENphysio](#) [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

Agree [@jo\\_reid](#) - sharing comm suggests one-way process - needs to be two-way? <https://t.co/NooswdbZl9>

**Andrea Selley** [@synergy\\_now4 months ago](#)

[@jo\\_reid](#) Yes all CYP interventions are / should be based o relationship. Communication is the

oxygen of relationship. Coms=life [#cypmefirst](#)

**Kate Martin** [@common\\_room4 months ago](#)

Great quote: "it's about showing your working out" [#CYPmefirst @jo\\_reid @Synergy Now](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@Common Room](#): So true. [#communication](#) is the interface between care and experience - can receive great treatment but poor exp [@Synergy](#) ...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio @Synergy Now](#) - agree [#CYPmefirst](#) !

**Rachel Naunton** [@renphysio4 months ago](#)

RT [@jo\\_reid](#): [#Communication](#) is the catalyst of everything that follows, we're more understanding of issues if we're involved [@Synergy Now...](#)

**Kate Martin** [@common\\_room4 months ago](#)

"Communication is the oxygen of relationship" - love this!! [#CYPmefirst @Synergy Now @jo\\_reid](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

& yet so often the reply to CYP-centred comm is: give info even though we know asking questions is more powerful [@sinead\\_mehigan #CYPMeFirst](#)

**Kate Martin** [@common\\_room4 months ago](#)

RT [@RENphysio](#): [@Synergy Now](#) Agreed, Good communication is key to facilitate great facilities/knowledge etc! [#CYPMeFirst](#) This enables a goo...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) - not sure you can be explicit - but need to clearly demonstrate? [#CYPmefirst](#) - may take time

**Kate Martin** [@common\\_room4 months ago](#)

exactly - or if questions are asked, they're often to the parents, not the [#CYP @jo\\_reid @sinead\\_mehigan #CYPmefirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@Common Room @jo\\_reid @Synergy Now](#) - like that - makes you seem more human? [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): [#Communication](#) is the catalyst of everything that follows, we're more understanding of issues if we're involved [@Synergy Now...](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

RT [@sinead\\_mehigan](#): [@\\_Common\\_Room @jo\\_reid @Synergy Now](#) - like that - makes you seem more human? [#CYPMeFirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

[@\\_Common\\_Room @jo\\_reid @sinead\\_mehigan](#) oops forgot [#CYPMeFirst](#) !!

**Kathryn Pugh** [@kathryncypmh4 months ago](#)

RT [@RENphysio](#): TY [@KathEvans2](#) We're looking forward to it, hearing about inspiring projects& talking about how PENNA have helped...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@\\_Common\\_Room](#): "Communication is the oxygen of relationship" - love this!! [#CYPMeFirst @Synergy Now @jo\\_reid](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) Agreed but being explicit can be helpful "I want to listen to your thoughts about..." "I respect your ideas".. [#CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

I love showing my 'working out' it demonstrates the internal processing we do for the CYP to see [@\\_Common\\_Room @sinead\\_mehigan #CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@jo\\_reid](#) is that because we may want to remain in control [#CYPMeFirst](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

Perhaps also useful to say this to the YP? [@sinead\\_mehigan #CYPMeFirst](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

"I'm not quite sure of what to say right now, but what i can say is we'll work this out together" [#CYPMeFirst @sinead\\_mehigan](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@kidstimeUK @ Common Room @jo\\_reid](#) - power differentials? Not trusting CYP? [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)  
[@Synergy Now](#) This can make it easier but we can be effective in short conversations too with simple things like [#hellomynameis #CYPMeFirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)  
RT [@ Common Room](#): Exactly - the end up getting snippets of info not the whole picture, which can be really anxiety provoking...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@jo\\_reid](#): & yet so often the reply to CYP-centred comm is: give info even though we know asking questions is more powerful [@sinead\\_mehi...](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)  
Perhaps & maybe because at some point we are taught that giving info alleviates anxiety in patients [@sinead\\_mehigan #CYPMeFirst](#)

**Andrea Selley** [@synergy\\_now4 months ago](#)  
[@RENphysio @Synergy Now](#) Yes I agree [#cypmefirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)  
[@Synergy Now](#) Love this! So important to find out what's important to the CYP for the best exp [#CYPMeFirst #PENNA2016 #PX2017](#)

**Wendy Sinclair** [@wlasinclair4 months ago](#)  
RT [@RENphysio](#): Looking forward to more insightful conversations about CYP communication tonight! Please use [#CYPMeFirst](#) for our tw...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@RENphysio](#) - yes, good suggestion - clear signposting [#CYPMeFirst](#)

**Fiona Jones** [@iam\\_fiona4 months ago](#)  
RT [@KathEvans2](#): Know tweeters at [#CYPmefirst](#) chat will really value [@AmbitiousAutism #KnowYourNormal](#) launch tonight, pls support with a RT...

**Joanna Reid** [@jo\\_reid4 months ago](#)

A2 so much shared & learnt - like this data from [@BeryllInstitute](#) about meaning of [#PtExp](#) [@RENphysio](#) [#CYPMeFirst](#) <https://t.co/izReq2EDBh>

**Kate Martin** [@\\_common\\_room4 months ago](#)

Perhaps also worried about what CYP will say/not sure how to respond.so don't ask [#CYPMeFirst](#) [@kidstimeUK](#) [@sinead\\_mehigan](#) [@jo\\_reid](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) [@Synergy\\_Now](#) - but there may be some situations where it takes several attempts [#CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

A2 also loved this from [#PX2017](#) & [@VirginiaMason](#) - would like to make a [#CYPMeFirst](#) version of 'Know Me' [@RENphysio](#) <https://t.co/T7JGOpdBPU>

**Fiona Jones** [@iam\\_fiona4 months ago](#)

[@jo\\_reid](#) [@sinead\\_mehigan](#) [@RENphysio](#) I agree, silence is powerful, give space to figure things out, structure questions, process [#cypmefirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) [@Synergy\\_Now](#) Absolutely. Time and space are invaluable to building rapport and trust [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@\\_Common\\_Room](#) - yes, definitely - again, helps with trust [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@\\_Common\\_Room](#) - yes, like that [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@\\_Common\\_Room](#): "I'm not quite sure of what to say right now, but what i can say is we'll work this out together" [#CYPMeFirst](#) [@sinead\\_meh...](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)

RT [@RENphysio](#): [@sinead\\_mehigan](#) [@Synergy\\_Now](#) Absolutely. Time and space are invaluable to building rapport and trust [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@RENphysio](#) [@Synergy](#) [Now](#) tho admit that in some sit. like a&e you may not have luxury of time [#CYPMEfirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)  
Great advice from [@seattlechildren](#) and [#PX2017](#) - practice makes it possible [@ Common Room](#) [#CYPMeFirst](#)

**Kate Martin** [@\\_common\\_room4 months ago](#)  
RT [@sinead\\_mehigan](#): [@ Common Room](#) - yes, definitely - again, helps with trust [#CYPMEfirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)  
[@ Common Room](#) [@sinead\\_mehigan](#) [@jo\\_reid](#) Indeed. Communication to all parties key. Shouldn't be afraid to explain situ to them [#CYPMEfirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@RENphysio](#): [@Synergy](#) [Now](#) This can make it easier but we can be effective in short conversations too with simple things like [#hellomynam...](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@Synergy](#) [Now](#): A2 Focus on why you ae having the apt / meeting not what you have to do in the session. [#cypmefirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)  
Great resources from [#KnowYourNormal](#) and [#purpleday](#) and [@FixersUK](#) definitely ones to add to <https://t.co/zhW5ztng6R> [#CYPMEfirst](#) [@RENphysiohttps://t.co/h8no5oulZ6](https://t.co/h8no5oulZ6)

**Andrea Selley** [@synergy\\_now4 months ago](#)  
[@sinead\\_mehigan](#) [@RENphysio](#) True: good communication is context dependent. If CYP about to be knocked down yelling STOP is great [#cypmefirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@jo\\_reid](#): Perhaps & maybe because at some point we are taught that giving info alleviates anxiety in patients [@sinead\\_mehigan](#) [#CYPMeFir...](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@RENphysio](#): [@Synergy](#) [Now](#) Love this! So important to find out what's important to the CYP

for the best exp [#CYPMeFirst](#) [#PENNA2016](#) [#PX2017](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@ Common Room](#): [#CYPMeFirst](#) <https://t.co/D1V4Yo5tJN>

**Jessie McCulloch** [@jem82394 months ago](#)

[@renphysio](#) So agree - it's a continual process for what works for each  
Indv [#CYPMeFirst](#) <https://t.co/9CBR7N7ZCM>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): A2 so much shared & learnt - like this data from [@BeryllInstitute](#) about meaning  
of [#PtExp](#) [@RENphysio](#) [#CYPMeFirst](#) <https://t.co/...>

**Kate Martin** [@ common room4 months ago](#)

[#CYPMeFirst](#) plan-do-study-act cycle can help to try out, practice & reflect on new ways of doing  
things <https://t.co/now4hrCs5E> [@RENphysio](#)

**Jessie McCulloch** [@jem82394 months ago](#)

So dependent on how info is shared - needs to be the right  
pace [#CYPMeFirst](#) [@jo\\_reid](#) [@sinead\\_mehigan](#) <https://t.co/ewlljlbN75>

**Joanna Reid** [@jo\\_reid4 months ago](#)

A3 This is a great example of a specific phrase you can say that  
improves [#ExpofCare](#) [#CYPMeFirst](#) frpm [@AmbitiousAutism](#) [#KnowYourNormal](#)[https://t.co/Y5Ry7up\\_rnh](https://t.co/Y5Ry7up_rnh)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) [@Synergy](#) Now yep, & helping engage CYP in conversation can help them feel  
more in control of their exp [#CYPMeFirst](#)

**Kathryn Pugh** [@kathryncypmh4 months ago](#)

RT [@ Common Room](#): Also need to practice communication so it becomes a  
habit [#CYPMeFirst](#) <https://t.co/TS7eooWEA2>

**Kate Martin** [@ common room4 months ago](#)

"What can we do to help you feel safe/cared for?" [#CYPMeFirst](#) [@RENphysio](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@ Common Room](#): Perhaps also worried about what CYP will say/not sure how to respond.so don't ask [#CYPMeFirst](#) [@kidstimeUK](#) [@sinead\\_mehiga](#)...

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

RT [@sinead\\_mehigan](#): And to also accept that you may not have all answers - but nb to keep comm. open [#CYPMeFirst](#) <https://t.co/tkuzyGeKrK>

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

RT [@RENphysio](#): [@sinead\\_mehigan](#) [@Synergy Now](#) yep, & helping engage CYP in conversation can help them feel more in control of their exp [#CYP](#)...

**Jessie McCulloch** [@jem82394 months ago](#)

[@RENphysio](#) [#cypmeFirst](#) I think open questions can help improve cyp exp e.g. "how do you feel about....." <https://t.co/dGBXZMuvY9>

**Rachel Naunton** [@renphysio4 months ago](#)

[@ Common Room](#) [#CYPMeFirst](#) open questions to ask CYP opinion/thoughts can help involve them more in choices and decisions

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) interpersonal skills as part of MDT? If poor, would impact on perceptions of CYP / trust [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): A2 also loved this from [#PX2017](#) & [@VirginiaMason](#) - would like to make a [#CYPMeFirst](#) version of 'Know Me' [@RENphysio](#) <https://t...>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@jo\\_reid](#) [@VirginiaMason](#) [@RENphysio](#) - will definitely look up - shows nb of being clear [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@Synergy Now](#) Yep! Putting them at the centre, asking lots of questions. Even "don't know" answers can give useful conversation [#CYPMeFirst](#)

**Jason A. Wolf** [@jasonawolf4 months ago](#)

TY [@jo\\_reid](#). Critical perspective of priorities people now have in addressing [#PtExp](#) in entirety.

Back to core of people, comm. [#CYPMeFirsthttps://t.co/1m08ws6bP3](https://t.co/1m08ws6bP3)

**Rachel Naunton** [@renphysio4 months ago](#)

[@Jem8239](#) Absolutely, direct questions to the CYP to make sure they are involved at every step of the conversation [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@iam\\_fiona](#) [@jo\\_reid](#) [@RENphysio](#) - and yet sometimes one of the hardest things to do [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@RENphysio](#): [@sinead\\_mehigan](#) [@Synergy\\_Now](#) Absolutely. Time and space are invaluable to building rapport and trust [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@Synergy\\_Now](#): [@sinead\\_mehigan](#) [@RENphysio](#) True: good communication is context dependent. If CYP about to be knocked down yelling STOP is...

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) [@iam\\_fiona](#) [@jo\\_reid](#) I definitely agree with this. Very effective & powerful but so challenging! [#CYPMeFirst](#) Practice helps!

**Joanna Reid** [@jo\\_reid4 months ago](#)

Like suggestion of HCP students as volunteers for getting feedback on [#ptexp](#) or [#communication](#) from [@BeryllInstitute](#) [#PX2017](#) [#CYPMeFirsthttps://t.co/qo78QuzSiD](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@Common\\_Room](#): Also need to practice communication so it becomes a habit [#CYPMeFirst](#) <https://t.co/TS7eooWEA2>

**Kate Martin** [@common\\_room4 months ago](#)

Also need to explore staff experience as well as [#CYP](#) experience to really change things [#cypmeFirst](#) [@BeryllInstitute](#) [#PX2017](#) <https://t.co/z5rDoFSh9S>

**Joanna Reid** [@jo\\_reid4 months ago](#)

Communication is key - involving the CYP in 'how' decisions and offering options [@how\\_angela](#) [#CYPMeFirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

RT [@jo\\_reid](#): Communication is key - involving the CYP in 'how' decisions and offering options [@how\\_angela](#) [#CYPMeFirst](#)

**Andrea Selley** [@synergy\\_now4 months ago](#)

[@jo\\_reid](#) [@how\\_angela](#) absolutely [#cypmefirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@ Common Room](#) [@RENphysio](#) - what about experiential learning approaches [#CYPMeFirst](#) ?

**Dr Sarah Russell** [@learnhospice4 months ago](#)

RT [@jo\\_reid](#): Communication is key - involving the CYP in 'how' decisions and offering options [@how\\_angela](#) [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) yes, main feedback from pts is that interpersonal skills & of profs & comm/n are the main factors affecting exp. [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@Jem8239](#) [@jo\\_reid](#) - and nb to ensure not just one-way - so CYP feels able to question / be involved [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): A3 This is a great example of a specific phrase you can say that improves [#ExpofCare](#) [#CYPMeFirst](#) frpm...

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) [@ Common Room](#) Learning through doing is incredibly useful. PDSA helps guide us through this [#CYPMeFirst](#)

**Joanna Reid** [@jo\\_reid4 months ago](#)

Absolutely, I take my PDSA cycle with me as visual prompt when clinical to remind me to [#practice](#) something new [@sinead\\_mehigan](#) [#CYPMeFirst](#)

**Kidstime Foundation** [@kidstimeuk4 months ago](#)

RT [@Jem8239](#): Absolutely - cyp pick up on what's not said as much as what is [#CYPMeFirst](#) <https://t.co/1F68KQNp9C>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@RENphysio](#) [@Synergy](#) [Now](#) - agree - & helps build relationship x future [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@RENphysio](#): [@ Common Room](#) [#CYPMeFirst](#) open questions to ask CYP opinion/thoughts can help involve them more in choices and decisions

**Rachel Naunton** [@renphysio4 months ago](#)  
[@sinead\\_mehigan](#) [@Jem8239](#) [@jo\\_reid](#) Agreed, need to ensure CYPs are involved at every step, avoid assumptions that they have been [#CYPMeFirst](#)

**Penka Stratieva** [@penka\\_stratieva4 months ago](#)  
RT [@jo\\_reid](#): Absolutely, I take my PDSA cycle with me as visual prompt when clinical to remind me to [#practice](#) something new [@sinead\\_mehig...](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@RENphysio](#) [@ Common Room](#) - agree - nb to ensure questions open / also re-phrase if needed? [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@ Common Room](#): "What can we do to help you feel safe/cared for?" [#CYPMeFirst](#) [@RENphysio](#)

**Andrea Selley** [@synergy\\_now4 months ago](#)  
[@jo\\_reid](#) Thank you - I will read [#cypmefirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)  
[@Jem8239](#) Agreed, CYPs are so aware from an early age. [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
[@Jem8239](#) [@RENphysio](#) - great way of showing you value / respect input [#CYPMeFirst](#)

**Andrea Selley** [@synergy\\_now4 months ago](#)  
[@ Common Room](#) [@RENphysio](#) Great questions [#cypmefirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@Synergy](#) [Now](#): A3 'What do you like to do?' 'What is difficult for you?' 'What would you like to

get better at?' are some of my assess ph...

**Rachel Naunton** [@renphysio4 months ago](#)

RT [@jo\\_reid](#): [#CYPMeFirst](#) blog to share <https://t.co/wlWm8fiKyg>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) [@Jem8239](#) - think true for so many in healthcare [#CYPMeFirst](#)

**Rachel Naunton** [@renphysio4 months ago](#)

[@sinead\\_mehigan](#) [@Synergy Now](#) & ultimately improve interaction, pt exp and health outcomes! [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@RENphysio](#): [@Synergy Now](#) Yep! Putting them at the centre, asking lots of questions. Even "don't know" answers can give useful conversat...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jasonawolf](#): TY [@jo\\_reid](#). Critical perspective of priorities people now have in addressing [#PtExp](#) in entirety. Back to core of...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@RENphysio](#): [@sinead\\_mehigan](#) [@iam\\_fiona](#) [@jo\\_reid](#) I definitely agree with this. Very effective & powerful but so challenging! [#CYPMeFirst](#)...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): Like suggestion of HCP students as volunteers for getting feedback on [#ptexp](#) or [#communication](#) from [@BerylInstitute](#)...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@jo\\_reid](#): Great to see [#Communication](#) is in there [#CYPMeFirst](#) [#ExpofCare](#) <https://t.co/skWeGzPR5M>

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

RT [@RENphysio](#): [@sinead\\_mehigan](#) yes, main feedback from pts is that interpersonal skills & of profs & comm/n are the main factors affecting...

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)

[@RENphysio](#) [@CommonRoom](#) - but does need careful planning / facilitation [#CYPMeFirst](#)

**Sinead Mehigan** [@sinead\\_mehigan4 months ago](#)  
RT [@jo\\_reid](#): [#CYPMeFirst](#) blog to share <https://t.co/wlWm8fiKyg>

**Rachel Naunton** [@renphysio4 months ago](#)  
A BIG TY to all who joined  
our [#CYPMeFirst](#) chat [@Synergy](#) [Now @sinead\\_mehigan @Jem8239 @jasonawolf @kidstimeUK @iam\\_fiona](#) It flew by! <https://t.co/iBAK7G91m8>

**Joanna Reid** [@jo\\_reid4 months ago](#)  
[@RENphysio @Synergy](#) [Now @sinead\\_mehigan @Jem8239 @jasonawolf @kidstimeUK @iam\\_fiona](#) Next [#CYPMeFirst](#) chat Weds 24th May 8-9pm

**Rachel Naunton** [@renphysio4 months ago](#)  
[@sinead\\_mehigan @ Common Room](#) This helps! PDSAs do help to keep it simple to help us put it into practice. [#CYPMeFirst](#)

**SkyFlier6981** [@skyflier69814 months ago](#)  
RT [@sinead\\_mehigan](#): It's true - but sometimes difficult - esp hard to accept u may not always have right words, but that is ok...

**Rachel Naunton** [@renphysio4 months ago](#)  
[@sinead\\_mehigan @Jem8239](#) Agreed. It's best to respect them & avoid assumptions about their thoughts and feelings [#CYPMeFirst](#)

**Jessie McCulloch** [@jem82394 months ago](#)  
RT [@jo\\_reid](#): [#CYPMeFirst](#) blog to share <https://t.co/wlWm8fiKyg>

**Jessie McCulloch** [@jem82394 months ago](#)  
So true [@penka\\_stratieva @DanniHoare @RickardNikki #CYPMeFirst](#) <https://t.co/yGmZhR9Ean>