

BETWEEN TWO FELLOWS



A conversation on the joys of #Geritwitter & #MedTwitter



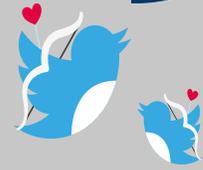
featuring



Chitra Hamilton, MD
@ChitraHamilton



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@MLRobertsonMD



While I consider myself up-to-date on social media, I was recently educated on the power of Twitter and its impact in the medical world from my co-fellow and friend, Dr. Mariah Robertson. To be honest, I felt that yet another social media outlet would be more cumbersome than beneficial during my time in fellowship. I have since changed my mind!

Dr. Robertson has found great benefits on Twitter, both personally and professionally. We recently sat down to do a Q&A in hopes that her knowledge could help other fellows-in-training begin their journey on #medtwitter and #geritwitter and experience the same benefits!



WHY DID YOU JOIN TWITTER?

You are much kinder in your description of what you thought about Twitter before joining. I thought it was for angry politicians and famous stars to post on a whim and I was not about to jump into something that felt like it might waste my time. But then some of my favorite people in medical education were posting incredible pearls and bite-sized teaching. I decided to join when I was a Chief resident. I realized I only had to follow people I wanted to hear from and that I was learning something new every day. I was immediately hooked.



WHAT'S THE DIFFERENCE BETWEEN TWITTER & OTHER OUTLETS?

Twitter only allows 280 characters and is designed for bite-sized pieces of information. I keep Twitter as a more professional platform for myself. I don't post pictures from my family and I have an open account, which means anyone can engage with me. I find this beneficial because that allows me to meet professionals from other disciplines, but also patients or caregivers who are struggling with things I talk about in my tweets. It is pretty cool!



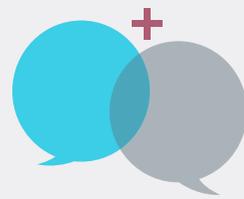
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Find out more about volunteer opportunities for students, residents, & fellows-in-training. Email membership@americangeriatrics.org to join the trainee leadership groups!



HOW DO I GET STARTED?

AGS has some great #tweetorials at AmericanGeriatrics.org/SocialMedia. But my tip is to just go for it! Don't be discouraged if people don't "like" or "re-tweet" everything you say. It shouldn't be about that. And also, you don't have to tweet at all; you can just follow people and get a lot out of what they post. My engagement ebbs and flows. Some days I engage a lot and others I just follow along and learn a ton. As far as who to follow goes, start finding a few people you're interested in and it'll lead to a snowball effect!



WHAT HAVE YOU ENJOYED MOST ABOUT USING TWITTER AS A TRAINEE?

I have been able to learn from and connect with the greatest minds in medicine across the globe. When you pick a training program, there's worry you are missing out on meeting people at other institutions. Twitter can be an incredible way to connect. It also eliminates some of the fears you feel when you're meeting someone for the first time at a conference and you might think you don't know what to say. You get to start the conversation on twitter, and it naturally feels easier to meet them in person! I have already met a few of my Twitter idols and it has been so inspiring when they tell ME they like my content. Say WHAT!?!



@MLRobertsonMD's Recommended Follows:
(subscribe to the @AmerGeriatrics list "Friends to Follow" for more!)

@nlundebjerg
Nancy Lundebjerg, AGS CEO

@dochitect
Dr. Diana Anderson

@msehgaldm
Dr. Mandi Sehgal

@Jouslander
Dr. Joe Ouslander

@RZChipMD
Dr. Ryan Chippendale

@geri_doc
Dr. Kevin Covinsky

@Lm_solberg
Dr. Laurence Solberg

@shisadoctor
Dr. Sandra Shi

@ChristmColleen
Dr. Colleen Christmas

@LPerrytheGeriMD
Dr. Laura Perry

@MCarneyMD
Dr. Maria T. Carney

@DrMariu
Dr. Mariu Duggan

@jesscolburn
Dr. Jessica Colburn

@DrNakhleh
Dr. Rasha Nakhleh

@docrck
Dr. Reena Karani

@liz_phung
Dr. Elizabeth Phung

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