



Social Media for Professional Development..

..what should I do?



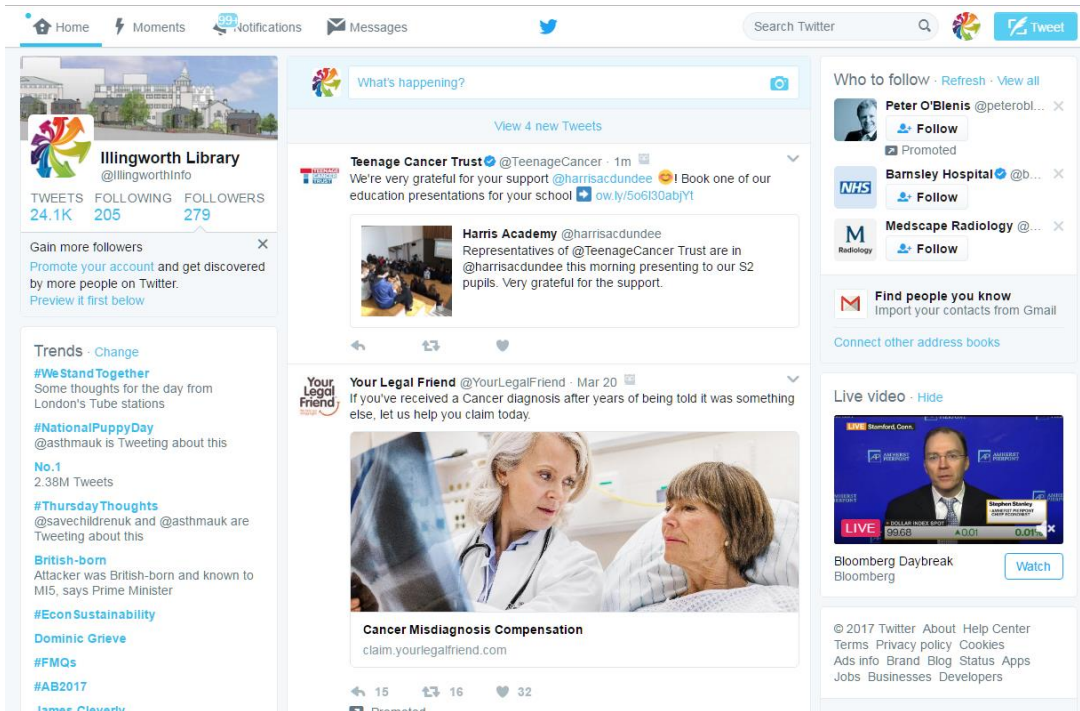
Illingworth Library
Supporting your Knowledge for Healthcare

Sheffield Children's **NHS**
NHS Foundation Trust

So how do I use social media to enhance my professional development?



Twitter



Top Tips

- Connect with other professionals worldwide
- Start sharing
- Actively participate in Twitter “chats”
- Be in more than one place at once - follow # hashtags for conferences and live chats

Blogging

Top Tips

- Reflect on your work
- Create your own blog
- Find blogs by other professionals
- Subscribe to useful blogs and ask for updates/notifications
- Check our blog at illingworthlibrary.blogspot.co.uk

Illingworth Library

News, knowledge and information from the Illingworth Library at Sheffield Childrens NHS Foundation Trust

Friday, 17 March 2017

Things in the library 17 March...

Things about looked after children...

Coram Voice and Bristol University launched the findings of a new report [Our Lives Our Care](#). The report is part of Coram Voice's Bright Spots project which aims to improve young people's care journeys by involving their experiences and opinions. 83% of looked after children say that being in care has improved their lives, but girls report lower wellbeing than boys.



Things about the environment...



This new publication from WHO presents the continuing and emerging challenges to children's environmental health. [Inheriting a sustainable world: Atlas on children's health and the environment](#) takes into account changes in the major environmental hazards to children's health over the last 13 years, due to increasing urbanisation, industrialisation, globalisation and climate change, as well as efforts in the health sector to reduce children's environmental exposures. It aligns with the Global Strategy for Women's, Children's and Adolescents' Health, launched in 2015, in stressing that every child deserves the opportunity to thrive, in safe and healthy settings.

Closely linked is another publication from WHO [Don't pollute my future! The impact of the environment on children's health](#). It was estimated in 2012 that 26% of childhood deaths and 25% of the total disease burden in children under five could be prevented through the reduction of environmental risks such as air pollution, unsafe water, sanitation and inadequate hygiene or chemicals. Children are especially vulnerable to environmental threats due to their developing organs



Illingworth Library

We are an NHS library at Sheffield Children's Hospital specialising in paediatrics and supporting evidence based practice, professional development and research

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Facebook

Top Tips



- Find and join suitable groups
- Like pages and subscribe to notifications
- Search for events
- Look for webinars or networking events
- Good for networking
- Follow our page at facebook.com/IllingworthInfo

YouTube



Top Tips

- Learn online
- Find and watch a large number of instructional video's
- Search using keywords
- Subscribe to channels/pages that interest you
- Create playlists
- Subscribe to our page at www.youtube.com/channel/UCCcTf8z3D0179ptS7zxiqrQ

LinkedIn



- Find a job through via LinkedIn's job postings
- Use Saved Searches
- List your skills and endorse your colleagues skills

Top Tips

- The official professional network tool
- Customise your url
- Customise your background to add interest
- Add suitable keywords to make you visible
- Quickly convert your LinkedIn profile into a resume/CV
- Share your work and see your colleagues
- Link up with us to stay up to date

www.linkedin.com/in/illingworth-library

General hints and tips

- Start out slowly if you're "new" – try observing for a while
- Always be professional (don't mix with your personal)
- Check out the Trust Guidelines
- Ask us for help or contact the SCH Communications Team
- If it's over whelming – unsubscribe or change the frequency of your notifications
- Post regularly (2-3 times a week)
- Keep it short and interesting
- Include pictures
- Create and keep you profile up to date
- Don't try to be a hero – try one at a time





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**We hope you found this useful
For more information or help**

**please contact us:
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Illingworth.library@sch.nhs.uk**

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