Twitter Cheat Sheet for POLST Advocates

### Hashtags

<table>
<thead>
<tr>
<th>#POLST</th>
<th>#HPM = hospice and palliative medicine</th>
<th>#HPMglobal = HPM around the world</th>
<th>#pallonc = palliative care in oncology</th>
</tr>
</thead>
<tbody>
<tr>
<td>#EOL</td>
<td>@EOLc = end-of-life care</td>
<td>#pedPC = pediatric palliative care</td>
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<tr>
<td>#palliative = catch-all hashtag for palliative care</td>
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<tr>
<td>#NHDD</td>
<td>= National Healthcare Decisions Day</td>
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</tbody>
</table>

### Who to Follow?

#### Organizations

- @NationalPOLST
- @polstil
- @PolsT_ME
- @nhpco_news
- @hpjC
- @NYMOLST
- @NVPOLST
- @AAHPM
- @GeripalBlog
- @convoproject
- @CoalitionCCC
- @LouisianaPOLST
- @CAPCPalliative
- @Pallimed

#### Individuals

- @JudyThomasJD
- @PatBombaMD
- @ThaddeusPope
- @sotisgreen
- @IraByock
- @DianeEMeier
- @ctsinclair
- @atul_gawande
- @kathy_brandt
- @ifclearywisec
- @MichaelDFratkin
- @ksaust
- @KatieGOrem
- @MOLSTmeg
- @lmgoldberg
- @ShoshUMD

### Tweet Chats

- Hospice & Palliative Medicine (#HPM): Wednesdays at 6pm PT / 9pm ET
- Global Health, Hospice & Palliative Medicine (#hpmglobal): Mondays at Noon GT

### Resources


### Further Reading

- How to participate in the #HPM tweet chat: http://bit.ly/hpminstructions
- Disease-Specific Hashtags for Online Communication About Cancer Care: http://bit.ly/jamaonchashtags

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