

# Social Media & Social Networking Top Tips for Nurses and Midwives



Understand the basic concepts before you go online



Respect boundaries: keep your personal life and professional life separate online



Respect patient/client privacy and confidentiality



Use Social Media websites and Social Networking for your professional development



Pause before you post



Imagine your post 'going viral'



Use 'Netiquette' when you are online



Regularly check your settings and accounts online



Remove any links between you and inappropriate content online



Report any inappropriate content



Understand and follow your organisation's ICT policies



The bottom line is – if you have a social media presence, keep it separate from your profession, keep it positive, and most importantly, keep it patient/client free and colleague-free!

For further information, please refer to Guidance on Social Media and Social Networking (NMBI, 2013) on [www.nmbi.ie/publications](http://www.nmbi.ie/publications)