RADIOLOGY

THE STRUGGLES OF MENTAL HEALTH IN RADIOLOGIC TECHNOLOGY

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INTRODUCTION

- In the medical field, employees are not taking their mental health seriously.
- As a radiologic technologist, their mental health can be affected by many factors:
  - Stress
  - Depression
  - Burnout
  - Work overload
- Being a rad tech comes with many responsibilities most people are unaware of.
- It is our duty as a tech to help properly educate the importance of our career.

KEY POINTS

- Many rad techs experience burnout at least once within their career.
- Burnout is defined as a syndrome that encompasses emotional exhaustion, depersonalization, and decreasing personal accomplishment.
- Burnout is associated with poor patient care, medical errors, and more negative outcomes.
- Employees battling mental health, can impact the work environment, which cause mistakes, lack of communication, lack of trust, laziness, and an overall stressful environment.
- A mistake made by a tech can turn into a monopoly effect that could have been avoided.
  - It is important to provide adequate images for the patient, radiologist, and provider, in order to make a proper diagnosis.
- Suffering from high workloads can make techs lazy–which can lead to the use of improper body mechanics.
- Chronic fatigue demonstrates an association with higher rates of musculoskeletal disorders (MSDs).





BECOMING A TECH

- Being a rad tech student comes with many responsibilities.
- The stress of classes and clinicals, can be taxing on a students mental health.
- It is easy to become burnt out as a student.
- Most people overlook how challenging a rad tech program is.
- It is important to seek help, if you are struggling with mental health.

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CONCLUSION

- Being a rad tech is an indispensable role in health care.
- We have a responsibility to be patient advocates; therefore, we must advocate for ourselves when it comes to our well-being at work.
- As a rad tech, it is important to recognize the signs of burnout because it can negatively affect day-to-day work life.
- It is imperative for tech to practice adequate body mechanics to prevent fewer work-related injuries, and even less burnout.