Are Radiologists just all SAD people…?

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Purpose:
We all recognise the ever-increasing demands placed on radiology departments across the country. The working environment of a radiologist has changed significantly over the last 15 years with the move from cut film, light boxes and screening to PACS with increased reliance enhanced radiographer roles. Whilst there are many recognised dangers of working with display screen equipment, there are also overlooked challenges, which we believe to be important to the maintenance of health and morale within a department.

This poster is in no way scientific or comprehensive. It has evolved and there were on average 3 radiologists in the department on any particular day) wanted to ‘improve their lot’.

All data has been collected from a very small sample size in a very short space of time, however it is only meant to initiate discussion about how we can take control of our own physical and mental health.

Challenges

- Radiologists used their smart phones to keep a record of their step count during the working day. The average step count whilst at work was 1411. Some way short of the NHS recommended 10,000 per day.
- The average step count during the meeting was 988.
- During the meeting, there are also overlooked challenges, which we believe to be particularly important to the maintenance of health and morale within a department.

- Increased pressure on radiology departments across the country.
- Prevalence of vitamin D insufficiency in radiologists: a cross-sectional study.
- Although AI is coming, we are not robots, we are human beings. We require natural light to maintain our circadian rhythms and activity and social interaction for mental health.

Results:
We recommend a number of ideas placing particular emphasis on the importance of environment to improve mental and physical health. Pitfalls can be divided into physical and mental challenges.

Conclusion:
Failure to recognise and address mental and physical issues uniquely faced by reporting radiologists will inevitably result in a workforce that is unhappy, unhealthy and a shortened working lifetime.

A happy radiologist is a productive one