

BACKGROUND

Time blindness refers to difficulty accurately perceiving or managing time. The passage of time is arranged according to an inner cognitive clock; the most common use of this inner clock is to plan time consuming tasks as well as time monitoring to track progress.

Time blindness can be observed in persons with ADHD, but is also applicable to general work tasks and is a framework for exploring and improving time management.

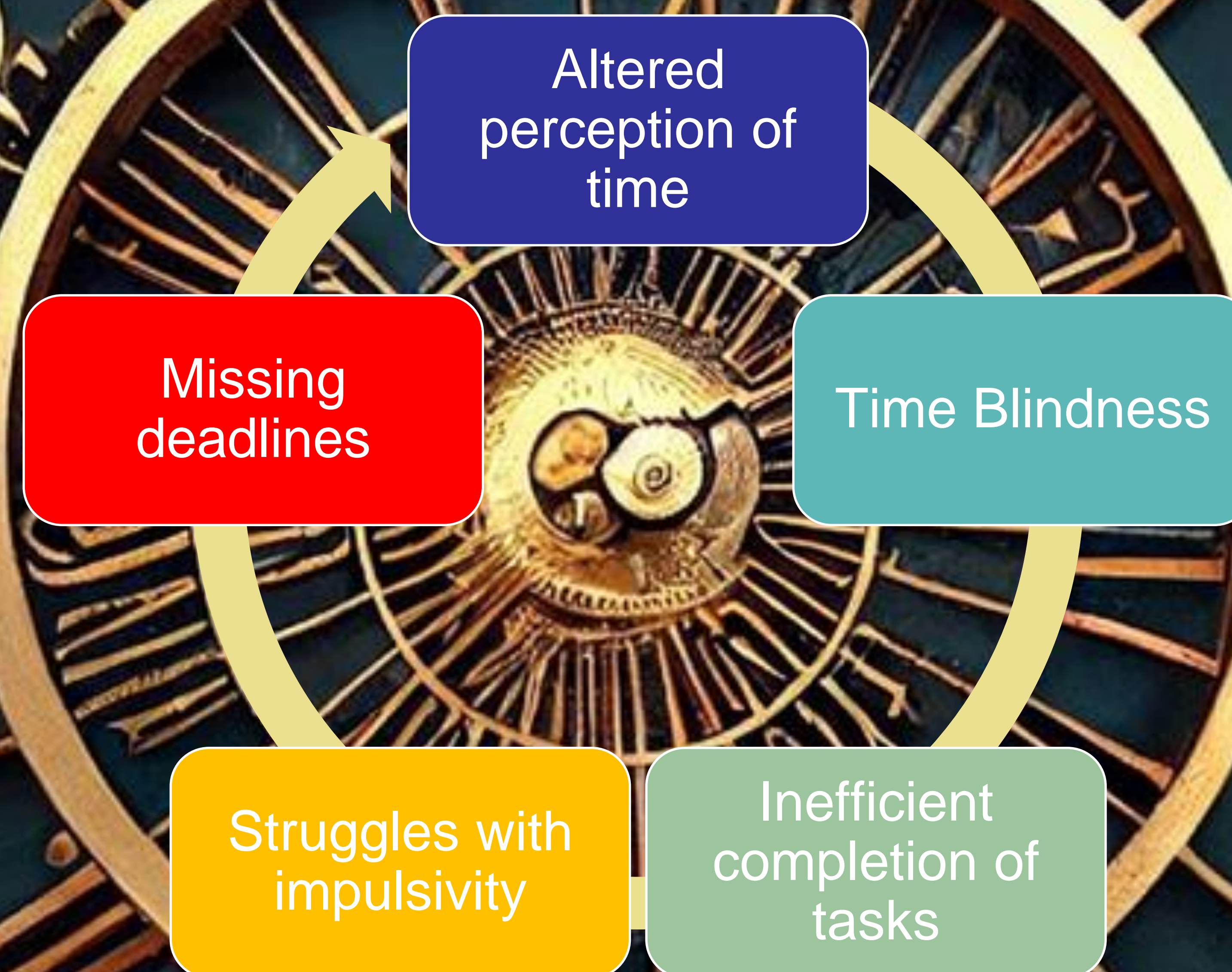
In the context of the radiology workspace this can have significant implications in patient care, workflow, and the wellbeing of the staff.

PURPOSE

We discuss time blindness in the setting of radiology as well as the potential ways to mitigate time blindness with the hopeful improvement in workflow and patient care.

METHODS

Difficulty perceiving time will affect the judgement of how much time is required to complete as task as well as how much time is available. Additionally the perception of time also includes sectioning larger blocks of time into smaller segments, which can be critical for managing longer shifts with a collection of small tasks such as radiology. Thus a person who experiences time blindness can have difficulties with planning, scheduling, and goal setting.



RESULTS

Figure 1. Time Blindness

Time blindness in the radiology workspace strongly influences the workflow of the staff. It can lead to a cycle of workplace difficulty as the altered perception of time leads to blindness to the time and tasks at hand. This can further lead to inefficient management of the times and tasks, resulting in frustration and procrastination, which can end in missed deadlines or delayed radiology reports. Strategies to improve time perception and management can be employed such as triaging by their importance, proper organization of tasks, and time potentially through physical or written means, and identifying proper ways to follow through on task completion.

CONCLUSIONS

Managing time is a required skill for nearly any profession, however this is particularly important in radiology for the production of accurate and efficient radiology reports. Awareness of time blindness is important as time blindness can be a potential factor in workflow issues, and can lead to a repetitive cycle of time mismanagement. Employing techniques to improve time perception and management can help to break this cycle, alleviate workflow issues, and assist patients in improved radiology functioning.

REFERENCES

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