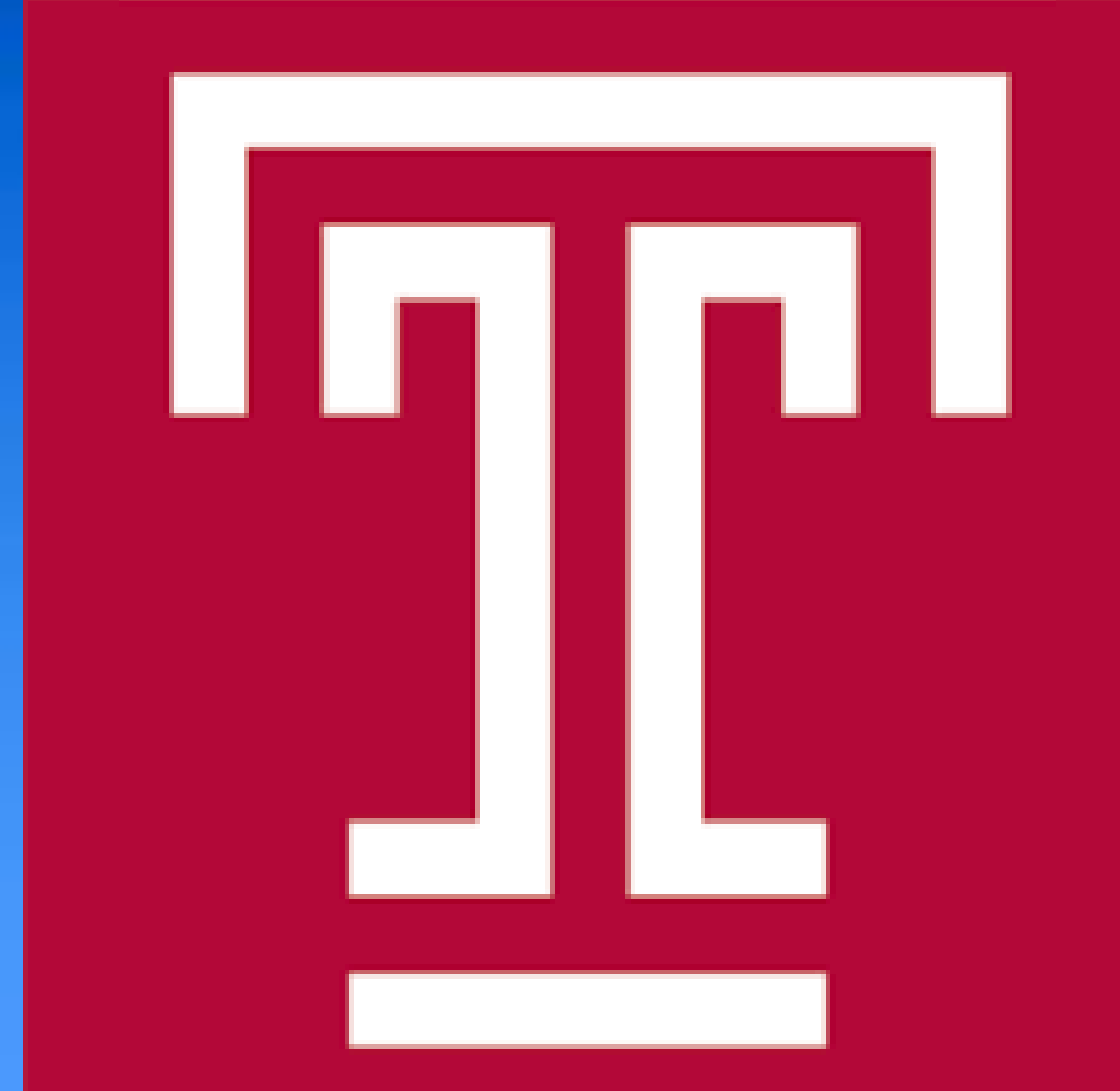


“Bubble Worker Syndrome”: Concepts and Consequences in the Practice of Radiology

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PURPOSE

“Bubble worker syndrome” describes the various issues workers have in disconnecting from work obligations. There is a continuum of work and private lives, making it difficult to both excel and be fully present during either aspect.

We aim to discuss the application of this syndrome to the radiology workplace and the deleterious consequences on radiologists’ health, stress, and anxiety levels. Factors that ultimately contribute to physician burnout.

BACKGROUND

With increased digitization of the radiology workplace and improved teleradiology home applications, it has become more common for radiologists to remain connected to the workplace, with potential issues disconnecting from work.

This can occur during free time and days off, while remaining connected to mobile devices reading work related emails and performing work tasks. This molds an image of always being available.

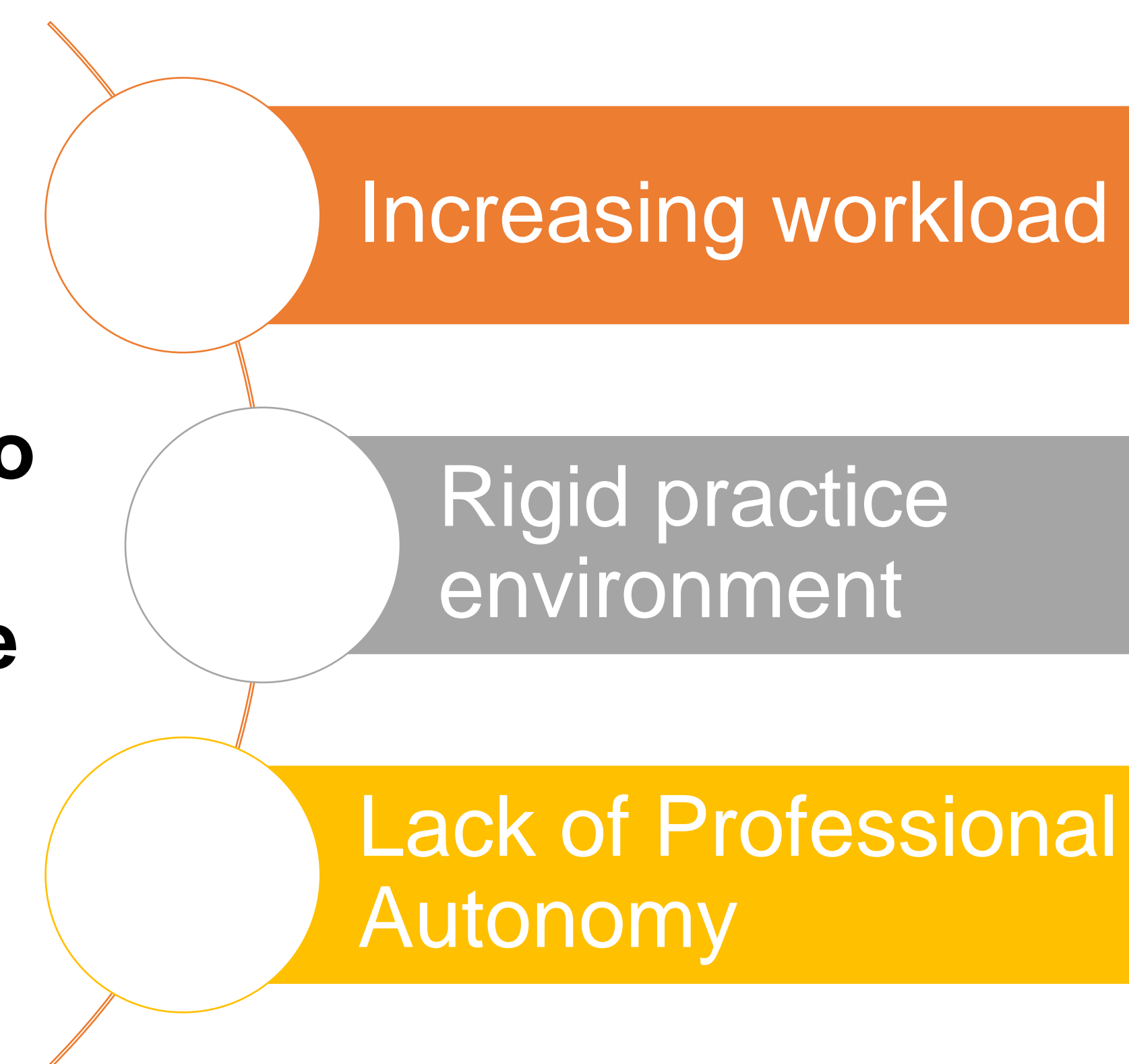
This can result in work related stress and it is important to establish clear schedules and organize and manage the time dedicated to work related activities.

METHODS

We discuss methods to create separation between work and private life, a boundary that is often blurred with radiology becoming increasingly more remote with lack of in-person interaction.

Results

Factors Contributing to Blurred Boundaries between Work and Life



Factors that contribute to blurred boundaries between work and private life are multi-faceted. The increasing workload radiologists face plays a major role.

Separation of productive work time and private life is paramount, conferring benefits for both employers and employees.

Strategies include mindfulness, conscientiously turning off work-related devices during free time and days off, creating a dedicated physical space for work-related tasks, and utilizing micro-breaks during the day to sustain motivation and boost cognitive performance to finish work tasks quickly, leaving time for personal time.

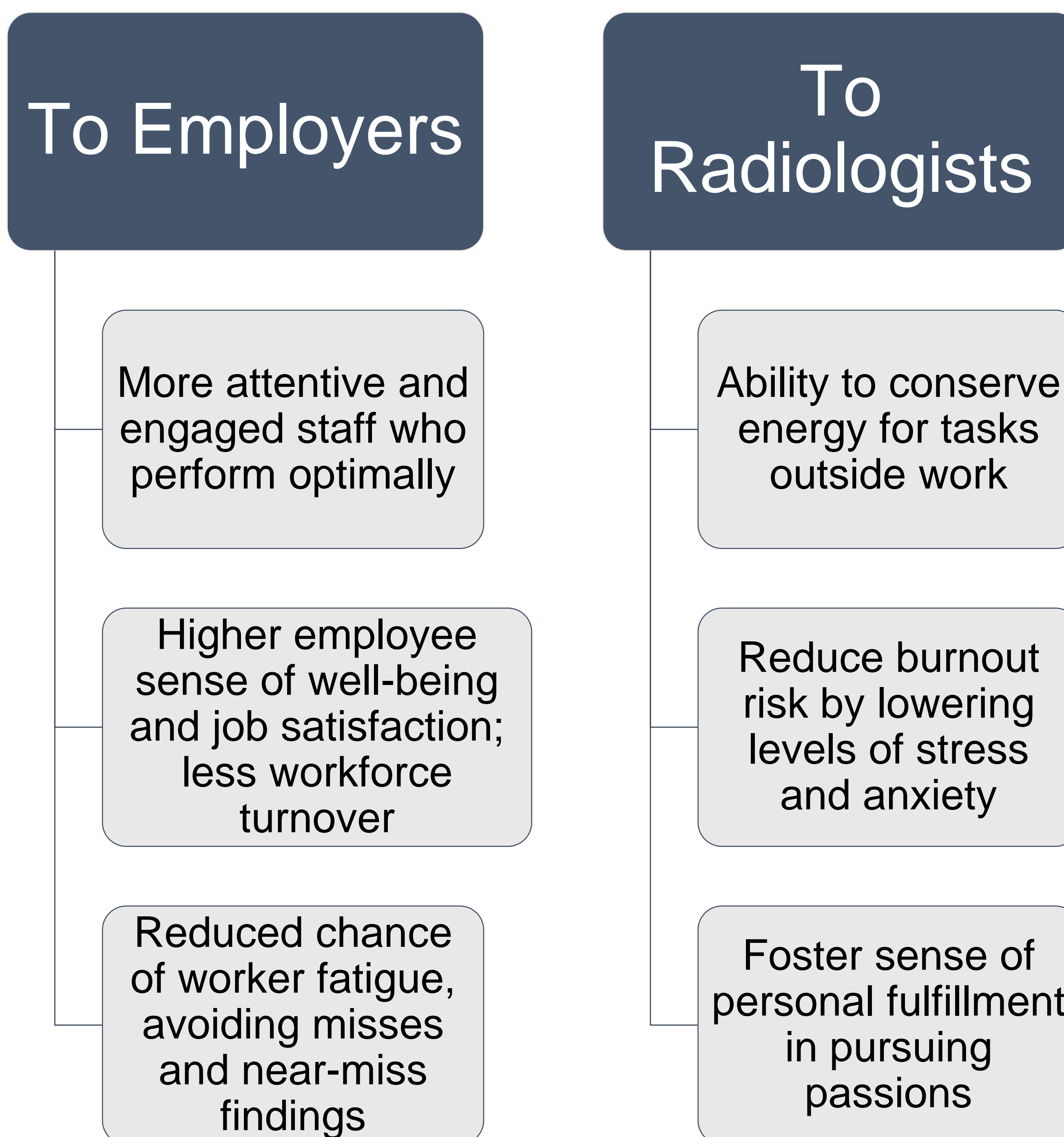
CONCLUSION

With increasing amount of work and studies that involve increased number of images and complexity, there may not be enough time in the normal workday to complete all tasks including tending to emails, text messages while attending conferences, and completing patient worklists. Establishing boundaries is vital to prevent burnout while maintaining patient care.

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Why does this matter?



Strategies to Maintain Boundaries

