

#12798: Radiation therapists and occupational burnout: a national survey in Italy

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Purpose

To investigate occupational burnout levels among radiation therapists (RTT) in Italy and the possible associations with socio-demographic factors.

Methods and materials

The Italian Association of Radiation Therapists (AITRO) and the Italian Federation of Scientific Radiographers Societies (FASTeR) proposed a national online survey including the Maslach Burnout Inventory to RTTs. Italian RTTs count around 2,000 individuals. Mann-Whitney U and χ^2 tests were used.

Results

We obtained 246 answers, 106 (43%) respondents were men, RTT age was <30yo for 44 respondents (18%), 31-40yo for 73 (30%), 41-50yo for 63 (25%), and >50yo for 66 (27%), and 235 (95%) RTTs worked full-time. RTTs had an overall high median emotional exhaustion (EE) score (37, IQR 31-46), and high depersonalisation (16, IQR 13-21) compared to occupational burnout references (≥ 27 and ≥ 13 , respectively). The median score of personal achievement (PA) (31, IQR 28-34) was comparable to the reference (≤ 31). Using a subgroup analysis, females had significantly higher levels of EE ($p=0.003$). Having sons and working with paediatric patients did not show an impact on occupational burnout ($p>0.086$). A total of 67 (27%) RTTs stated that a specific stress management course was available at their workplace and it appeared related to a reduced EE score ($p=0.005$), while 60 (24%) respondents declared that they relied on psychological support relating to a reduced EE ($p=0.035$). High levels of EE, depersonalisation, and low levels of PA were present in 235 (96%), 193 (78%), and 130 (53%) participants, respectively.

Conclusion

Italian RTTs' levels of burnout exceed the reference value, especially for EE and depersonalisation. Future interventions aimed at preventing burnout stressors should be implemented in the radiation therapy work environment

Limitations

An Italian survey.

Ethics committee approval

n/a

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Author Disclosures:

Mrs. M.Sc Patrizia Cornacchione

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nothing to disclose

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nothing to disclose

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Session no.: RPS 714

Session title: Hot topics in computed tomography and radiotherapy practice

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