

Abstract #17-086 (467)
**Creating a Curriculum of
Health and Wellness for Radiologists**

Park HJ, Eckstein DA, Hanhan SB

RUTGERS

Robert Wood Johnson
Medical School

RWJ

ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL

Financial Disclosures

- None

Rationale/Purpose

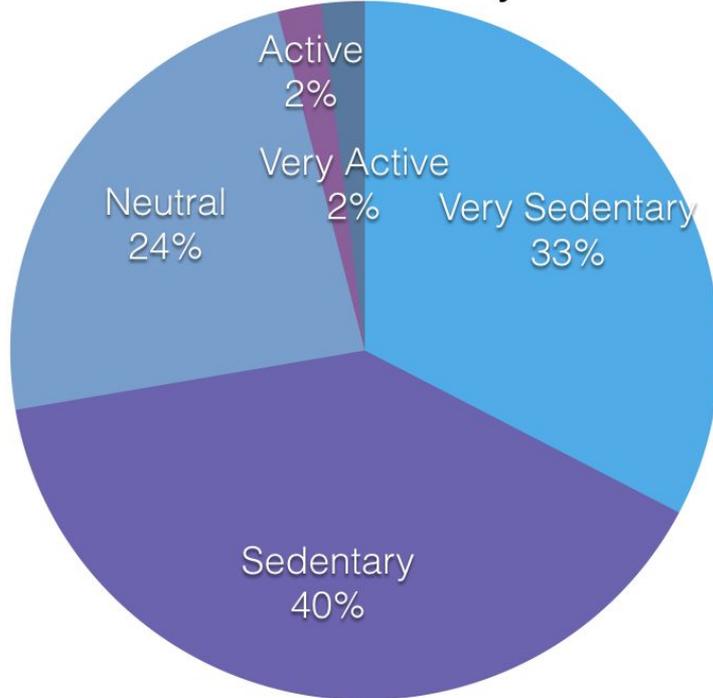
- Radiologists are at increased risk of being sedentary when compared to other medical specialties
- Sedentary lifestyles compromise cardiac and metabolic health as well as negatively impact quality of life
- Positive association of sedentary behavior with increased rates of burnout and decreased concentration
- Risks are unabated by physical activity outside of work if sedentary behavior persists

Details of the Curriculum

- Anonymized survey sent to 105 residents/attending radiologists assessing physical activity at and outside work as well as motivating factors and deterrents
- 9 weekly emails about health and wellness topics relevant to radiologists
- Journal club given to the residents to help reinforce healthy behavior early in their career
- Post-surveys following the completion of the curriculum to evaluate its effectiveness

Pre-Curriculum Survey

Radiologist Activity During the Work Day

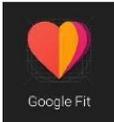


- 71% felt that work responsibilities resulting in lack of time was the main deterrent for physical activity
- 50% stated lack of activity during the day had a negative or very negative effect on their mental health

Curriculum Overview

Pre-Survey	Introduction to the Curriculum	Week 6	Eating and Drinking for Health
Week 1	Health and Wellness Apps	Week 7	Healthy Motivation
Week 2	Desk Posture	Week 8	Eye Exercises
Week 3	Alternatives to Sitting	Week 9	Ergonomics
Week 4	Desk Stretches		Post Survey
Week 5	Meditation and Stress Management		

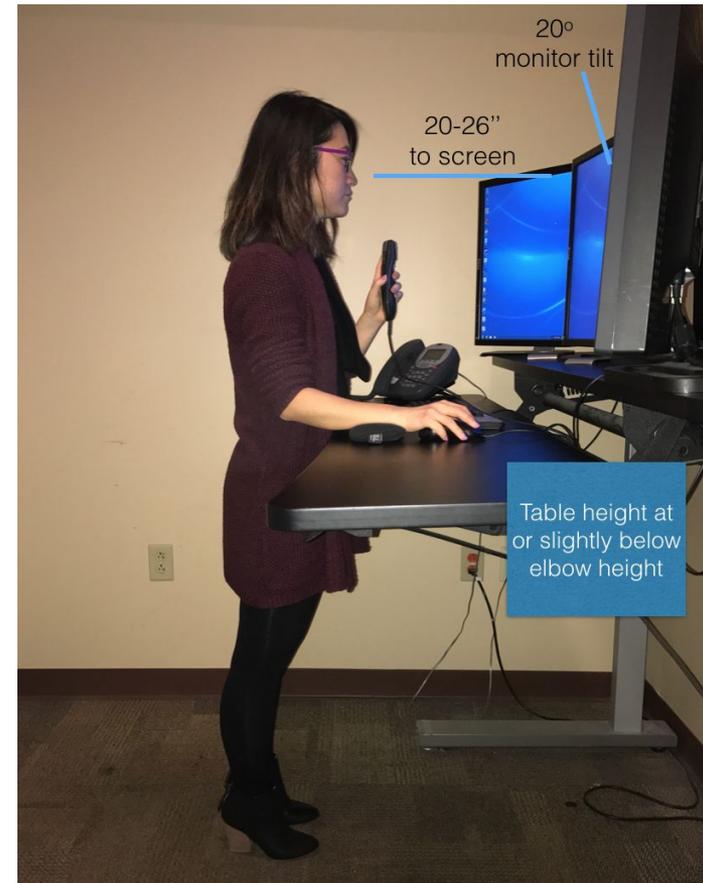
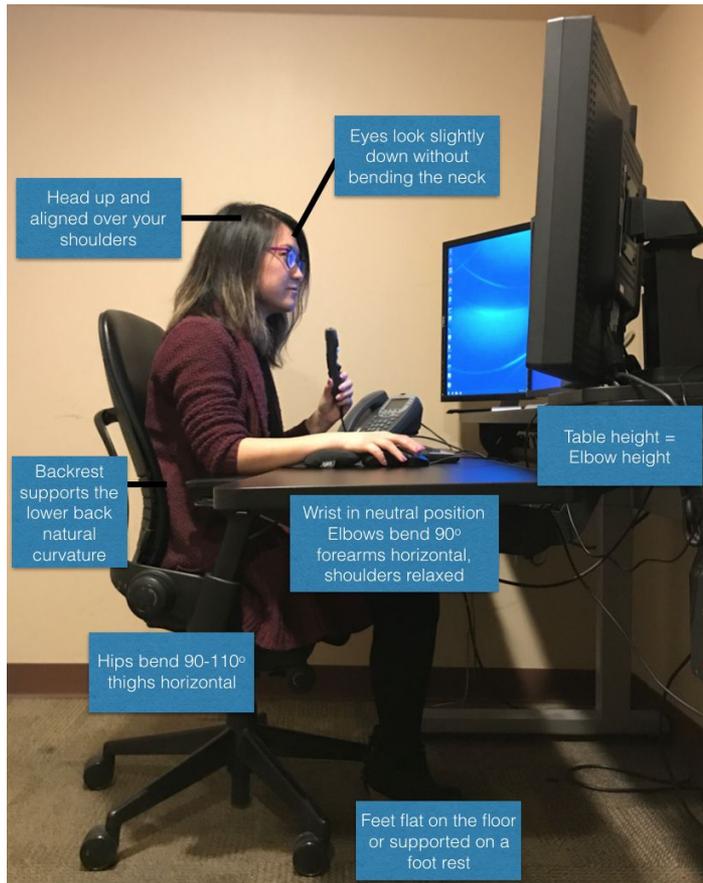
Examples

<p>Volume 1 Issue 2</p>	<h2 style="text-align: center;">Wellness Apps</h2>
<p><i>"Awareness is the greatest agent for change."</i> Eckhart Tolle</p>	<p>Awareness is the first step in making changes. There are numerous apps for your mobile device that have been created to promote an active lifestyle which can help with self-awareness. Many include the use of proven behavioral change theories. Hopefully you can find an app that matches your personal style and addresses your specific goals for becoming more active during the day and making healthy changes.</p>
	<p>Movement</p> <p>The following are examples of apps designed to track your activity level:</p> <p>Free apps come with most phones, including Health for iPhone, Google Fit for Android, Samsung Health for Samsung.</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div> <p><i>Do you find yourself feeling glued to your desk during a long shift? A simple intermittent reminder to get up and move or stretch may help. Utilizing a timer on your phone or an app like Stand Up! The Work Break Timer can remind you to take a short break in which moving can increase your circulation and perhaps refresh your mind.</i></p> 

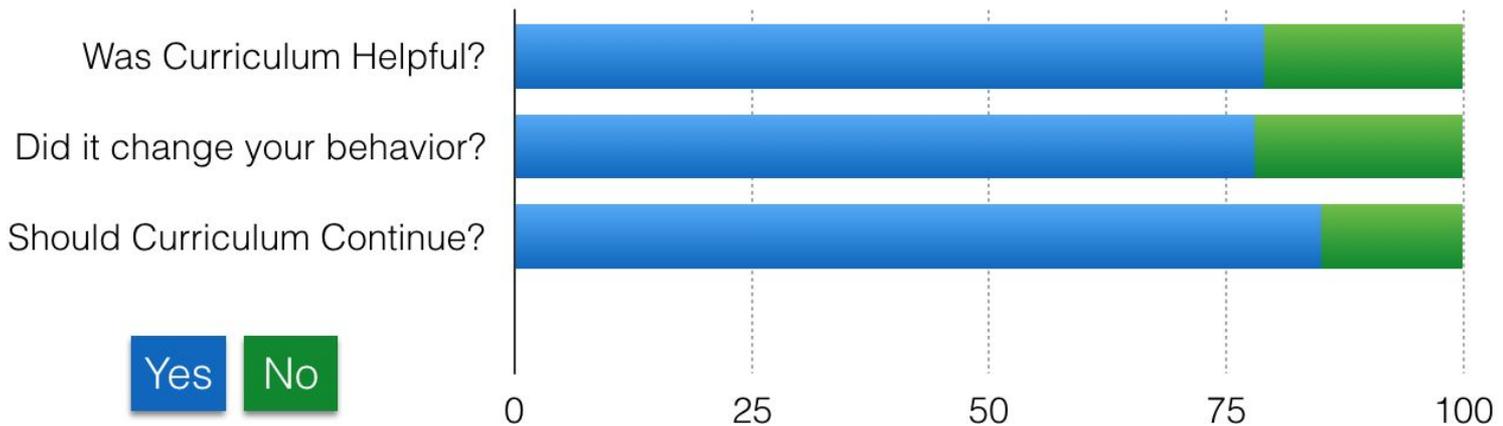
<p><i>"A goal without a plan is just a wish"</i> Antoine de Saint-Exupery</p>	<h2 style="text-align: center;">Fitness Trackers</h2> <p>A fitness tracker may be the motivating factor for you if you like to see data and follow your progress. There are simple devices for all budget levels, from the Xiaomi Mi Band 2 (approximately \$35) to the Fitbit (different models range in price) up to the Mondaine Helvetica Smart watch (approximately \$850). One of the most popular devices is the Apple Watch, likely because it serves multiple functions and is not simply an activity tracker. Additionally, the Apple Watch integrates data from multiple sources through its Health app, learns your habits (and attempts to motivate you to work harder) and alerts you when you have been sitting too long.</p>
	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>If you have a competitive streak, an app that allows you to compete against friends or strangers may work for you, such as Runkeeper or Strava. Turning movement into a game also appeals to some, using apps like Pokémon Go, Tep or Zombies, Run!</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; align-items: center;"> <div style="text-align: center; margin: 10px;">  </div> <div style="text-align: center; margin: 10px;">  <p>Strava</p> </div> <div style="text-align: center; margin: 10px;">  </div> <div style="text-align: center; margin: 10px;">  </div> <div style="text-align: center; margin: 10px;">  </div> </div>

Examples

- Emails included instructions, strategies, and helpful diagrams

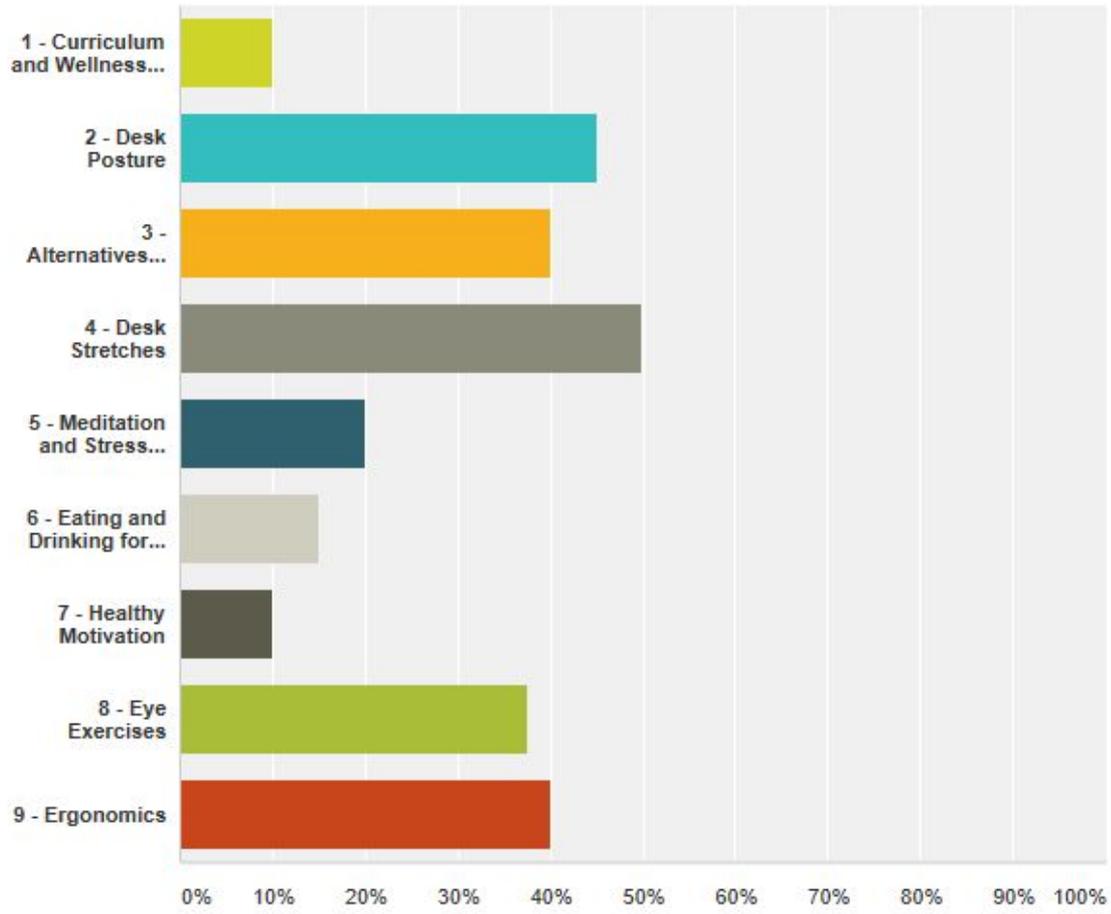


Post-Curriculum Survey



- >75% felt the curriculum was “helpful to extremely helpful.”
- 78% state that the curriculum inspired altered behaviors at work.
- 85% want to see the curriculum to continue in the future.

Curriculum Subjects Found To Be Most Useful



- Desk Posture
- Desk Stretches
- Ergonomics

Conclusions

- Despite the known risks of sedentary behavior, **many have difficulty incorporating physical activity into their workday.**
- A curriculum providing strategies to increase physical activity and healthful behavior was effective in **increasing awareness** of potential unhealthy behavior and **motivating** radiologists to implement healthful changes and **increase physical activity.**
- Respondents reported overall **improved quality of life at work.**

Future Ideas/Feedback

- “Re-emphasize the same topics”
- “More variety of stretching, ergonomics, with possible video/human demonstration”
- “Ambient light, temperature”
- “Short updates on reviews of new literature articles”

Special Acknowledgements

- Dr. Jeff Kempf