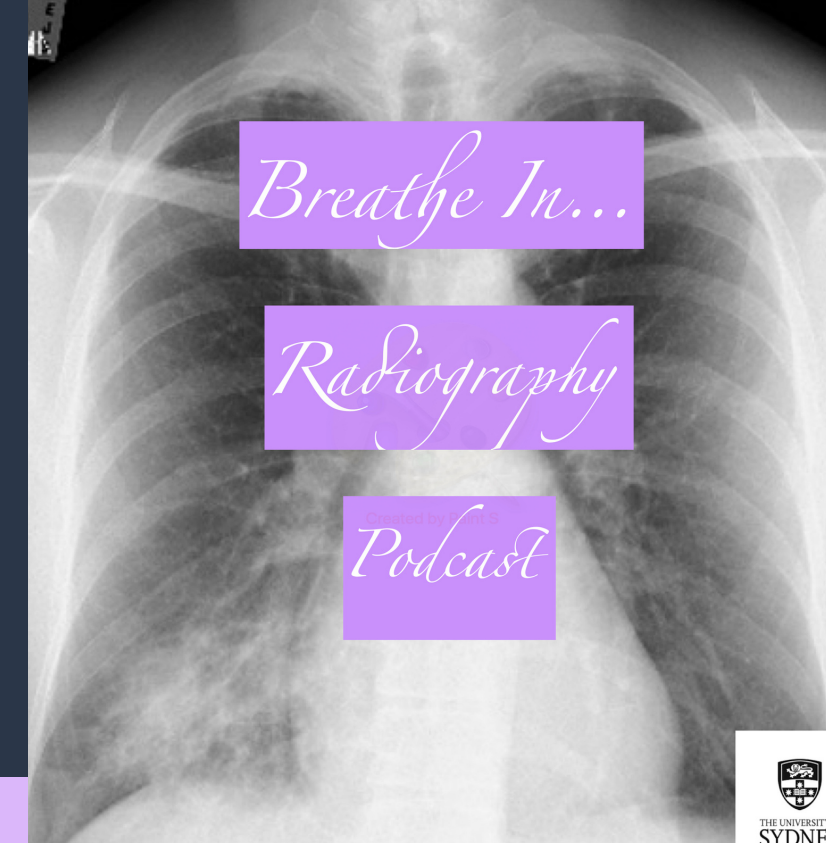


PODCAST SERIES TO SUPPORT DIAGNOSTIC RADIOGRAPHY STUDENTS' WELLBEING



BACKGROUND

DR students are known to experience challenging situations during clinical placements that affect their wellbeing. However, there is little research into strategies to better support students.

Supportive podcasting is an up and coming medium that may be able to provide support to students (1). No wellbeing radiography podcast has been created to our knowledge and thus, The Breathe In Radiography Podcast was created to fill this research gap.

PODCAST DEVELOPMENT

An initial 8 episode podcast series was developed using current and past research into the emotionally challenging situations that students experience whilst on clinical placement. This includes death and illness of patients, hurtful criticism, fear of making mistakes and bullying (2, 3). Podcast guests were identified as persons who could provide expert content from various perspectives, including experienced radiographers, university staff members, wellbeing coaches and students.

Podcast episodes

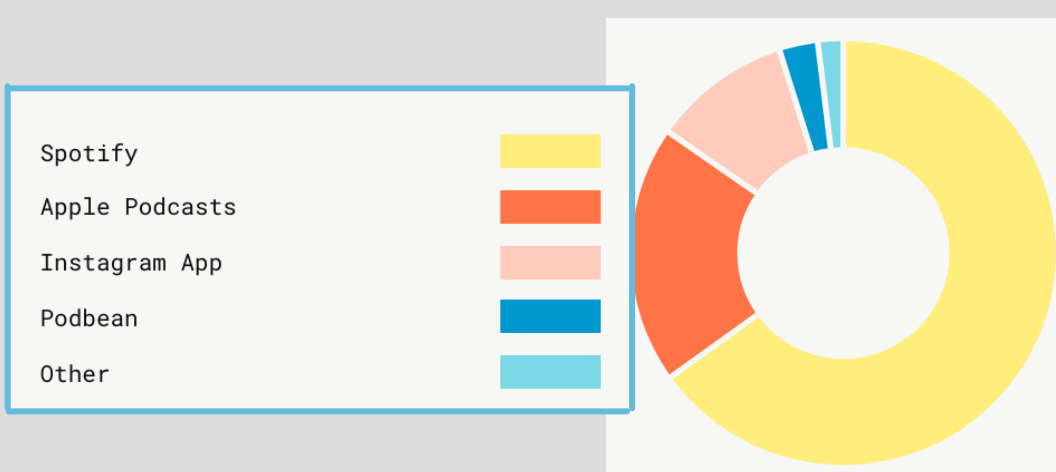
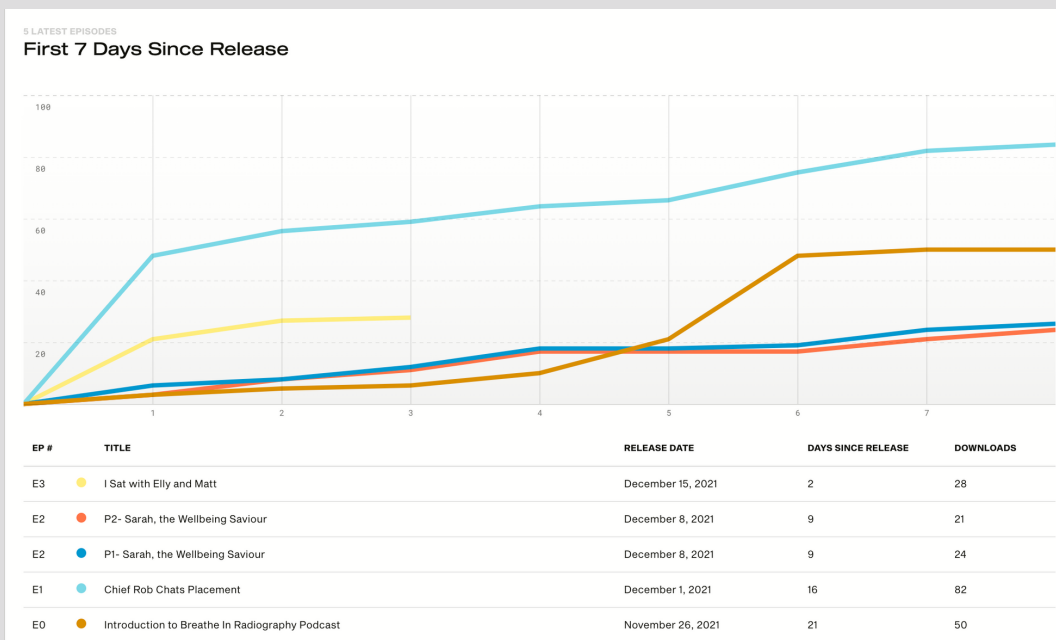
- # 1 - INTRODUCTORY PODCAST
- # 2 - CHIEF ROB CHATS PLACEMENT
- # 3 - SARAH, THE WELLBEING SAVIOUR
- # 4 - I SAT WITH ELLY AND MATT
- # 5 - JABBERING WITH JOHN
- # 6 - FLEUR TALKS FULL TIME WORK
- # 7 - JAD AND MATEA'S X-RAY EXPERIENCE
- # 8 - THE WIL WAVELENGTH

AIMS

- This study has three aims, to:
1. Develop a podcast series that focuses on wellbeing topics, with perspectives from a range of experts.
 2. Evaluate the feasibility of a supporting podcast series for DR Students during clinical placements.
 3. Explore DR students' perception of wellbeing after interacting with a supporting podcast for clinical placement.

DATA COLLECTION

A mixed method study, encompassing analytical data, online surveys and focus groups will be conducted to evaluate the feasibility of podcasts for supporting student wellbeing during clinical placements, and to explore students' perceptions of the podcast series. The podcast host site "simplecast" automatically collects analytical data, including number of downloads, download location and applications used. A redcap survey is alongside each podcast to receive students' feedback on the podcast, including length and content. The focus groups will create a deeper understanding of this quantitative data.



RESULTS

- Each episode is a resource for DR students, where they can access discussions surrounding wellbeing and clinical placements. Data collection is currently ongoing. Preliminary data from the analytical results show...
- On average there is 54 downloads per podcast - at this point in time.
 - Preferred listening times are between 4pm and 5pm.
 - Spotify is the most used app for this podcast.

CONCLUSION

Results from this project will provide insights for the advancement of research in DR education by identifying innovative and flexible emotional support strategies, which are effective in a physically distant environment.

REFERENCES

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2. Chamunyonga, C., et. al. (2020). Strategies to develop student support mechanisms in medical radiation sciences clinical education. *Journal of medical imaging and radiation sciences* 51(4): 512-517.
3. Mason, S. L. (2006). Radiography student perceptions of clinical stressors. *Radiologic technology*, 77(6), 437-450.

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