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Exploring barriers experienced in an intervention to reduce burnout among a sample of radiation therapists

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DECLARATION

I, Arthee Roopnarain, declare that this research report is my own, unaided work. It has not been submitted before for any other degree or examination at this or any other university. All sources have been correctly referenced using the APA format of referencing. Furthermore, I acknowledge and accept that plagiarism is wrong.

Signed: _____

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ABSTRACT

The Trials of Improved Practice (TIPs) methodology was used (partially) to initially provide the framework for a proposed intervention to reduce burnout among radiation therapists. However during the initial visit it was apparent that the radiation therapists were not willing to consider the implementation of an intervention. Thus no intervention was actually conducted with the sample. Consequently the aim of the study shifted. This shift was not based on the reason of convenience, but was considered important to both the literature on TIPs and understanding resistance and barriers to interventions aimed at reducing burnout. Based on the wealth of information gained from the radiation therapists, this study focuses on understanding and exploring the barriers that affect the development and the implementation of interventions aimed at reducing burnout among the sample.The primary aim of the study was thus to firstly explore barriers inherent to interventions aimed at reducing burnout among radiation therapists. The second aim was to provide recommendations for others (i.e., researchers and practitioners alike), who may be developing interventions aimed at reducing burnout among radiation therapists. The core design of the study was qualitative in nature. Semi structured interviews were utilised to collect data on two occasions. In total 15 semi structured interviews were conducted. Thematic content analysis was utilised to identify, analyse and report themes and patterns that emerged from the data collected. The findings that emerged in this study highlighted barriers inherent to interventions aimed at reducing burnout among radiation therapists. Some unique themes, which were specific to the South African context, also emerged. This ultimately gave radiation therapists a voice, allowed for a fuller picture of their everyday experiences, and assisted with the establishment of recommendations for professionals, (researchers and practitioners alike), who may be interested in developing interventions aimed at reducing burnout among radiation therapists

Keywords: Radiation therapists, burnout, intervention development, barriers