

Grant ID: 116



College of Radiographers Industrial Partnership Research Grants Final Report

1. Principal Investigator	Melanie Clarkson
2. Project Title	Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study.
3. Amount of Grant	£7,899.16
4. Did you spend the money as indicated in your proposal (if not why)?	
There is a small amount outstanding for staff development which will be used for Mindfulness Practitioner training starting in Sept 2018.	
5. Did you reach your intended project outcomes (if not why)?	
Project aimed to show the effect of mindfulness on resilience, burn out and compassion fatigue. Recruitment was problematic and only a small sample size was obtained, however, sufficient for the project to go ahead. This affects the statistical significance of the study but did highlight some interesting trends. The main one being the level of burnout across both groups. This highlights the need for further investigation into this area to further support students during the training process and preparing for clinical practice.	
6. What are your significant findings?	
Unfortunately due to issues with the small sample size, there were no statistically significant results from the study.	
7. Have you submitted the work for publication (if so where)?	
Radiography	
8. Have you presented the work at a national/international event (if so where)?	
The findings from the study were presented at the Annual Radiotherapy Conference 2017 in Newcastle.	
9. Please provide an executive summary of your work (two sides of A4 maximum) N.B. If you already have a draft or final version of the proposed publication can you please attach.	
Summary of work has been formulated as a manuscript awaiting publication.	