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# College of Radiographers Industry Partnership Research Grant

## Final Report Form

<b>1. Principal Investigator</b>	Jane Arezina
<b>2. Project Title</b>	What training in difficult news delivery do sonographers have and what impact do sonographers who regularly deliver difficult news think this has on their levels of wellbeing and burnout?
<b>3. Amount of Grant</b>	£9,991.29
<b>4. Did you spend the money as indicated in your proposal (if not why)?</b>	
Yes	
<b>5. Did you reach your intended project outcomes (if not why)?</b>	
Yes	
<b>6. What are your significant findings?</b>	
<p>Most sonographers thought training was effective in improving their delivering difficult or unexpected news (DUN) skills. Training techniques incorporating observation of clinical practice and receiving service-user input were preferred by the majority of participants.</p> <p>Challenges associated with DUN are an enduring experience for sonographers. The findings suggest that training in DUN is valued by sonographers and may help to reduce stress and disengagement levels. Facilitating regular ongoing support and training would enable sonographers to cope with negative aspect of the role, including the emotional burden of DUN.</p>	
<b>7. Have you submitted the work for publication (if so where)? Yes</b>	
<b>Ultrasound</b> Johnson, J., Arezina, J, McGuinness, A, Culpan, A.M, Hall, L. 2018. Breaking bad and difficult news in obstetric ultrasound and sonographer burnout: Is training helpful? Ultrasound 27 (1) 55-63. <a href="https://journals.sagepub.com/doi/full/10.1177/1742271X18816535">https://journals.sagepub.com/doi/full/10.1177/1742271X18816535</a>  Johnson, J, Hardicre, N, Arezina J, and Tomlin, L, Consensus Guidelines on the Communication of Bad or Unexpected News via Ultrasound. 2020. The INDira Writing Group <a href="https://eprints.whiterose.ac.uk/162880/14/ASCKS%20Framework%20guidelines.pdf">https://eprints.whiterose.ac.uk/162880/14/ASCKS%20Framework%20guidelines.pdf</a>	
<b>Radiography</b> Hardicre, NK, Arezina, J, McGuinness, A et al. (1 more author) (2020) Managing the unmanageable: A qualitative study exploring sonographer experiences of and training in unexpected and difficult news delivery. Radiography. ISSN 1078-8174 <a href="http://eprints.whiterose.ac.uk/167188/">http://eprints.whiterose.ac.uk/167188/</a>	
<b>8. Have you presented the work at a national/international event (if so where)? Yes</b>	
What training in difficult news delivery do sonographers have and what impact do sonographers who regularly deliver difficult news think this has on their levels of wellbeing and burnout? British Medical Ultrasound Obstetric Study day, Birmingham, October 2017	
<b>9. Please provide an executive summary of your work (two sides of A4 maximum)</b> <b>N.B. If you already have a draft or final version of the proposed publication please attach this to the report.</b>	
<b>Phase 1</b> This phase of the study sought to investigate experiences and preferences for difficult news delivery training in sonographers. Results suggested that most sonographers thought training was effective in improving their skills in difficult news delivery. The most used training techniques were lectures and	

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group discussions, but sonographers' most preferred training techniques were observation of clinical practice and receiving service-user input. Having received training was associated with lower levels of disengagement. These findings suggest that training in difficult news delivery is valued by sonographers and may help to reduce sonographer stress levels

#### Implications for policy and future research

The role of sonographers in delivering difficult news varies across countries and organisations, but it is possible that there may be an increasing requirement for sonographers to undertake this practice in future. Our results suggest that when this is the case, providing news delivery training may help sonographers to undertake this role more confidently. Training in news delivery may also help to reduce sonographer burnout levels. Training courses should seek to incorporate the opportunity to observe clinical practice and service user input. Future research is needed to test the effectiveness of news delivery interventions in sonographers, and to identify which training techniques in particular are most useful. Sonographers come from a variety of professional backgrounds including medicine, midwifery and radiography, and future research may also be needed to explore whether tailored training is needed for these different groups

#### **Phase 2**

Challenges associated with delivering difficult or unexpected news (DUN) are an enduring experience for sonographers. Facilitating regular ongoing support and training would enable sonographers to cope with negative aspect of the role, including the emotional burden of DUN.

#### Implications for practice

Long patient lists are prioritised to deal with high demand for services. However, sonographer wellbeing needs to be a key priority to avoid stress and burnout. This means facilitating protected time to access support from colleagues, multidisciplinary working where possible, and regular access to training to support DUN. Training focusing on communication practices, alongside dealing with emotional burdens of the role would be beneficial