“Empowering Radiology Professionals”: Effective Methods for Saying “No” in the Radiology Workplace

Doneal Bromberg[1], Brian Tung MD[2], Jared Meshekow MD MPH[3] ,
Shekher Maddineni MD[2], Shari Friedman MD[2], Hasit Mehta MD[2], Perry Gerard MD MBA FACR[2]

New York Medical College, Valhalla, NY[1]; Westchester Medical Center, Valhalla, NY[2] ; Temple University Hospital, Philadelphia, PA[3]

PURPOSE

Identify common scenarios in the radiology workplace where professionals may need to decline requests or tasks that may not be indicated.

Evaluate effective communication strategies for assertively saying "no" while maintaining professionalism.

Assess the impact of these methods on workplace dynamics and personal well-being.

BACKGROUND

In the high-pressure environment of radiology, attendings and residents often face requests that may be unrealistic or compromise their ability to perform essential tasks. The ability to assertively decline non-indicated requests is crucial for maintaining workflow, professional boundaries, and personal well-being.

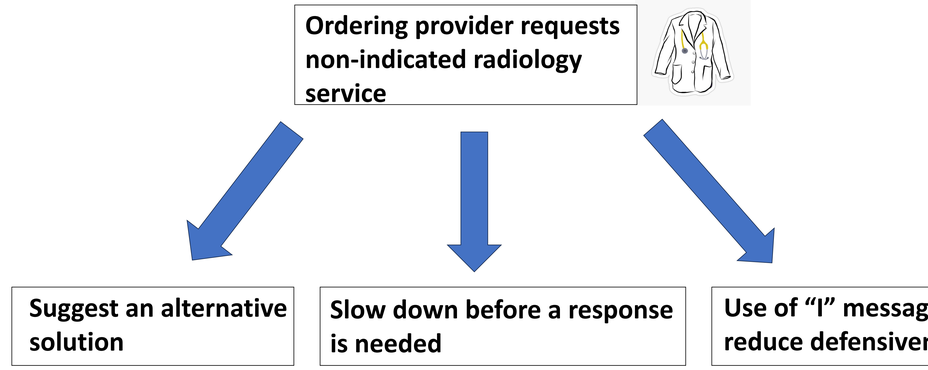
However, many radiology professionals struggle with saying "no," fearing negative repercussions or damaging relationships.

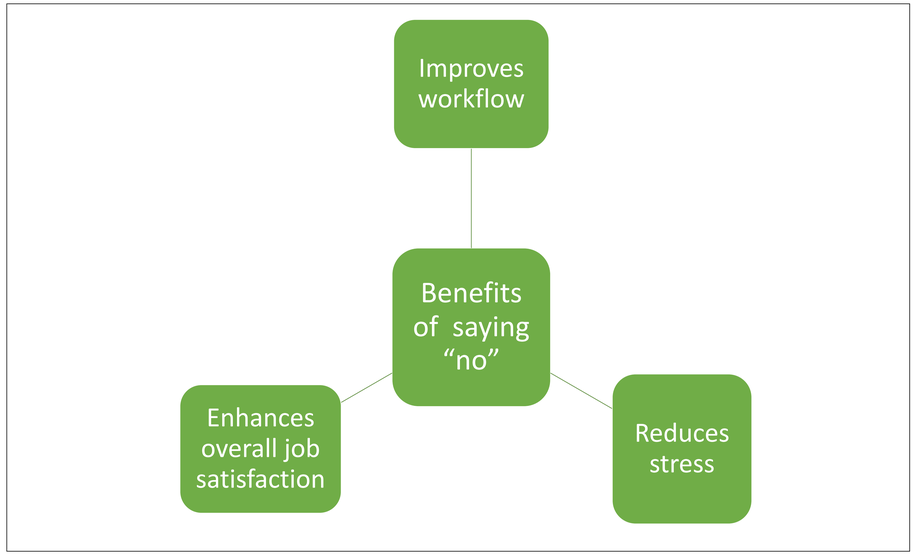
This project explores various methods to empower individuals in radiology to confidently navigate these situations.

METHOD

There are many reasons why there is difficulty in saying "no" to someone, including fears of conflict, fear of disappointing other, lack of confidence, overcommitment as well as expectations from others.

Results





In the radiology workplace, there are many situations where certain studies may not be indicated, exams may be duplicated or overcommitment causing conflicts and frustration.

In certain cases, there may be alternatives where conflict can be avoided. We discuss ways to learn the skill of saying no which includes taking time to slow down before a response is needed reducing impulsive reactions.

This assertiveness in interprofessional relationships may be achieved via lectures, demonstrations, group discussions and role-playing exercises.

CONCLUSION

Training radiology professionals in effective methods for saying "no" is essential for fostering a healthy workplace environment. By empowering individuals with assertive communication skills, organizations can improve workflow, reduce stress, and enhance overall job satisfaction. Incorporating such training into professional development programs may further support radiologists in navigating the challenges of their roles.

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