Efficiency and Best Use of Resources
From a Safety Perspective

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Outline

- Physics workload and how safety is impacted
- Efficiency and best use of time/resources
  - What can you do personally?
  - What can we do as a field?

Disclosures

I have received research funding through Padres Pedal the Cause in the form of a Moores Cancer Center Translational Cancer Research Award.

Radiation incidents

Workload levels

NASA Task-Load Index (TLX)

NASA TLX > 55 considered “high workload”
Efficiency: What can you do?

Obviously there are a lot of things that are outside of your control, but what can you do personally?

Disclosure:
My personal perspective

Stay organized

Find a system that works for you, and ideally one that can be taken with you

Examples:
- Calendar synced between all devices
- OneNote notes synced to all devices

Time management

- Work with your daily energy cycle
- Daily highs and lows are normal and should be listened to

Prioritize

- Learn and recognize your own limitations
- You can’t do everything
Prioritize

- Prioritize your to-do list – what NEEDS to be done, and what can wait?

Make time for wellness

- Find something that makes you happy, and schedule it in

Make time for wellness

- Need a reference?

Support network

- Surround yourself with good people
  - Mentors
  - Coworkers
  - Past colleagues
  - Friends and family
- Take time to build and nurture your support network
  - Conferences
  - Coffee, beers, surfing
  - Touch base

Learn when to say no

- ... But be strategic about saying no
  - Say yes to big boss's requests, things needed for promotion/advancement
  - Say yes to colleagues when you do find time, to maintain your support network and be a valuable team member
  - Never compromise safety
  - When in doubt, consult with your boss
When in doubt, ask for help

- Use that support network
- Talk to your boss about modifying your responsibilities
- Don’t forget to reply to others’ calls for help we you can!

Efficiency: What can we do?

Automate
- Improve efficiency of clinical processes
- Eliminate opportunity for human error
- Free up time for innovation/etc.

Focus
- Tasks that add value and use our unique skillet
- Delegate menial tasks or hire assistants
- Redefine role of physicist?

Collaborate
- Don’t reinvent the wheel
- Use your network
- Share any tools you create

Communicate
- Incident learning systems
- Medphys Listserv/other
- Publish

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