

Support in unsettling times



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These are unsettling times, with the COVID-19 pandemic affecting us all, in both our personal and professional lives. The nature of the work that medical radiation practitioners do means that it is not possible to maintain social distancing while undertaking our duties, thereby putting staff and patients at risk. As health professionals, changes in our everyday work lives, and in the lives of the patients we look after, have impacted on the way in which we deliver our services – but we

continue to demonstrate care and professionalism in this new and uncertain environment.

ASMIRT has been working hard to find and deliver resources to members to assist with morale and to provide emotional support during this time, and for when the crisis itself has ended. And for that reason, we decided to give this issue of *Spectrum* a special health and wellbeing focus. Articles that form part of this special feature include how to boost your immune system; the practice of mindfulness and meditation; how to stay connected on social media; when to recognise post-traumatic stress disorder and, importantly, when to seek help; and many other resources for frontline health professionals.

In this issue we also feature part two in our research series – brought to you by members of our Research Committee, Spectrum Q&A, and much more.

I hope that you have been able to access The Resilience Project vignettes that we have been sending out weekly. For those of you who are able to, I highly recommend the full-length Resilience Project webinar due to be held on Wednesday 3 June (details can be found on page 14).

Recognising that many of the educational opportunities members would normally access are not currently available,

“We are all at the forefront of the provision of health care during this pandemic”

we are excited to bring you news of two new and valuable member benefits directly related to continuing professional development.

Many of you will have seen or heard about eIntegrity. We provided a special offer to members over the past two years and the feedback has been so good that we have now entered into an arrangement whereby all ASMIRT financial members will be able to access this resource at no cost from 1 July.

We have also entered into an agreement with the Canadian Association of Medical Radiation Technologists that will enable ASMIRT members to access their extensive library of CPD learning materials. Members can access these at a significantly reduced price.

Finally, I would like to thank each and every one of you for your ongoing dedication and hard work through this truly testing time. We are all at the forefront of the provision of health care during this pandemic. Look after yourselves and your families.