

Extending Miles of Care: Lived Experiences of Radiologic Technologists in Handling Geriatric Patients in Mobile X-ray.

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Abstract

This hermeneutic-phenomenological study aimed to investigate the lived experiences and coping mechanisms of a Radiologic Technologist who worked with elderly patients in mobile x-ray services in Region XI, Philippines. The research involved conducting in-depth interviews with participants selected through purposive sampling. The significant themes highlighted show a commitment and dedication to patient care in challenging environments, mastery of skills, and nobility of profession, demonstrating their capacity to overcome technical challenges and derive profound fulfillment from their work. Additionally, the significance of promoting work ethics and professionalism, as technologists consistently demonstrated mental and emotional preparedness, adapting innovatively to unique patient needs. The necessity of updated knowledge on x-ray procedures for geriatric patients. It was also apparent, highlighting the necessity of continuous education and knowledge sharing. Institutions must provide Radiologic Technologists with enhanced training, particularly in doing x-rays on elderly patients, managing stress, and communicating effectively with patients. They must also provide a supportive work environment that comprehends the obstacles encountered by Radiologic technologists. Facilitating physical labor and fostering collaboration will enhance Radiologic technologist satisfaction and elevate patient care. Significantly, the research emphasized the consistent nurturing of compassion, demonstrating the essential role of empathy and patient-centered care in their work. The findings of a study highlight the importance of institutional support, specialized training, and collaborative strategies in improving the quality of care for vulnerable geriatric patients and the well-being of technologists. Future research should prioritize long-term patient outcomes and manage complex geriatric cases in mobile X-ray environments.

Keywords: *Social Science, Hermeneutic-Phenomenology, Geriatric Radiography Mobile X-ray, Davao City, Philippines*

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Introduction

The growing global geriatric population calls for innovative healthcare delivery methods, especially for individuals with limited mobility (Ghimire & Dahal, 2023). Radiological services are important for accurate diagnosis and effective treatment; however, accessing them often presents a significant challenge for elderly patients, as it typically requires travel to fixed imaging centers. This barrier can lead to delays in diagnosis, negatively impacting treatment outcomes and overall patient well-being (Politi et al., 2022). Additionally, mobile X-ray services offer a potential solution, bringing radiological treatment for individuals directly in their homes or care institutions with the integration of mobile X-ray technology can significantly improve elderly healthcare by supporting remote monitoring and tailored personalized support; this innovative approach can improve the way seniors are being cared for (Pahlevanynejad et al., 2023). Using technologies like remote monitoring and mobile X-ray services is becoming increasingly important in making healthcare more personalized and accessible for older adults. These tools help meet the aging population's rising medical, financial, and long-term care needs worldwide (Bartels & Reynolds, 2024). It is a step toward building healthcare systems that are effective, sustainable, and genuinely responsive to the needs of our elderly.

In Australia, diagnostic imaging for older citizens in aged care institutions is convenient with mobile X-ray services; however, residents are concerned about technological issues, and staff training might hamper their usefulness (Dollard et al., 2022). Radiographers who work in

mobile X-ray units learn how to communicate and solve problems. This shows the importance of organized ways to share information and help professionals grow (Bisgaard et al., 2022). Providing mobile X-rays to geriatric patients, especially those with mobility issues and cognitive impairment (Inacio et al., 2025), presents unique challenges for Radiologic Technicians (RTs). Managing patient anxiety and physical constraints in varied settings while ensuring optimal image quality requires patience, strong communication, and technical expertise for safe and effective care.

However, mobile X-ray services are changing how healthcare is delivered in the Philippines, especially when people struggle to get medical care, making diagnostic images and early evaluation easier (Calipay, 2023). Mobile imaging trailers (MITs) can potentially increase diagnostic imaging availability, but further research is needed to solve their difficulties and improve their deployment to improve patient outcomes (Illemaan & Illemaan, 2024).

This study addresses this gap by investigating the live experiences of Radiologic technologists providing mobile X-ray services to geriatric patients. Recognizing the issues, it became clear that the current experiences while working in mobile X-rays differ (Bisgaard et al., 2022). Furthermore, understanding their perspective is vital for optimizing service delivery and improving patient care. The research aims to shed light on these challenges and identify strategies for improving the mobile X-ray experience for Radiologic technologist and their geriatric patients and the contribution of the broader conversation on improving better access

to excellent healthcare for an aging population.

Geriatric Care

The worldwide phenomenon of population aging, as the WHO emphasizes, poses considerable healthcare challenges, especially in providing accessible and high-quality care for the elderly (Er & Sng, 2023). This directly relates to the experiences of radiologic technologists delivering mobile X-ray services to geriatric patients, who encounter distinct challenges in addressing this demographic's physical, cognitive, and emotional complexities while providing essential diagnostic care outside conventional medical environments (Stevenson, 2024). X-rays for specific geriatric subgroups, such as dementia patients in nursing homes, have been noted, with a study indicating that a familiar environment and reduced stimuli lead to calmer and more relaxed patient experiences during examinations (Jensen et al., 2020). Clear communication, patience, understanding, and empathy align with professional guidelines emphasizing effective patient and radiographer interaction to meet patient expectations and ensure quality care (Beardmore et al., 2024).

Mobile x-ray, particularly in geriatric and radiologic technologists.

According to Arif (2024), mobile X-ray operations are also causing stress and burnout due to demanding work schedules and isolation, especially impacting younger and more experienced professionals, necessitating targeted support within the profession. Radiologic technologists experience significant rates of depression and anxiety, particularly linked with working weekend shifts, showing a notable correlation with increased depression levels, highlighting the potential impact of work schedules on their mental well-being (Sackett et al., 2023).

Challenges and Coping of Radiologic Technologists.

Geriatric care is a physically challenging activity that requires cautious handling to avoid injuries, and it also presents additional obstacles, such as the increased occurrence and difficulty diagnosing disorders such as spinal injuries (Sunder et al., 2023), which increase patient fragility and add complexity to care. Radiologic technologists take short breaks to manage the stress of these demanding circumstances (Maresova et al., 2023). Moreover, radiologic technologists experience significant anxiety and profound concern when confronted with worrying circumstances. They handle the rigorous hurdles of delivering mobile X-rays to frail geriatric patients because of their unyielding dedication and remarkable empathy, as highlighted by Hundah et al. (2024), who documented increased workload and lack of support among frontline radiology caregivers. Radiologic Technologists expressed exhaustion, weariness, and stress due to being overwhelmed by physically and emotionally taxing work from geriatric conditions and technical proficiency. Similar challenges are seen in mobile geriatric care roles (Villette et al., 2023). Empathy skills in healthcare professionals, including nurses and potentially Radiologic Technologists, can be enhanced through targeted empathy education training, ultimately leading to better healthcare and benefiting vulnerable patients like geriatric patients (Brunero et al., 2022; Winter et al., 2022). The stressors and coping mechanisms identified in sonographers working in high-demand diagnostic settings, as highlighted by Vorster et al. (2025), provide an insightful perspective to explore the unique yet comparable experiences of radiologic technologists facing similar challenges when delivering Geriatric mobile X-ray services to geriatric patients.

Methods

The study employed a hermeneutic-phenomenological research design to explore the lived experiences of radiologic technologists in handling geriatric patients in mobile x-ray. The study was conducted in a hospital center in Region XI, Philippines, Davao City, and used mobile trailer x-ray machines with Radiologic Technologists as part of their workforce. The study focused on radiologic technologists with a clinical experience of 6 months or more in the field of mobile X-ray handling geriatric patients. The study included 7 participants who answered the research questions, grounded upon the suggestion of Creswell (2013) to obtain a heterogeneous group of a minimum of 5 to a maximum of 15 individuals. In

The theme in this study addressed the lived experiences of Radiologic Technologists in handling geriatric patients in mobile X-ray examinations, which had six emergent themes and fifteen essential themes. The first emergent essential theme is Showing Commitment, with essential themes of Dealing with Worrysome Situations, Assessing their Feelings. The second emergent theme Mastery of Skills, and Nobility of Profession, with essential themes of Addressing the Technical Difficulties, Feeling fulfilled Working with geriatric patients. The third emergent theme is Promoting Work Ethics and Professionalism, with essential themes Mental Preparedness, Emotional Preparedness, Becoming Innovative. The fourth emergent theme is Having a Positive Mindset, with essential themes of Stress Management, Support System and Collaboration, Workplace Teamwork. The fifth emergent theme is Updated Knowledge, with essential theme of Crucial Lesson, Imparting Knowledge. The Six emergent themes are Consistent Nurturing of Compassion with essential theme of Being Compassionate, Collaboration with Caregivers, and Promote Love. Each emergent theme was defined and discussed, drawing from the coded transcripts of the participants' interviews. This analysis was

addition to reaching data saturation, practical considerations significantly influenced the determination of the final sample size. The study specifically targeted radiologic technologists working with geriatric patients in mobile X-ray settings, which resulted in a limited pool of eligible participants. As a result, although seven potential candidates were initially identified and contacted, the decision was made to conclude data collection after conducting in-depth interviews with five individuals. This choice was driven by logistical constraints, ensuring that the study effectively maximized the depth of inquiry within this specialized professional group.

Results and Discussion

further strengthened by the researcher's perspective, theoretical framework, and comprehensive findings from related literature.

Lived Experiences of the Radiologic Technologists Handling Geriatric Patients in the Mobile X-Ray.

Emergent Theme 1. Show of Commitment and Dedication.

The first emergent theme is "Showing Commitment and Dedication," with the essential theme of "Dealing with Worrysome Situations and Assessing their Feelings." The primary inquiry guiding the research was, "What are the lived experiences of Radiologic Technologists handling geriatric patients in mobile x-ray?" This provides an in-depth look into the personal experiences that Radiologic Technologists have while working their way through the mobile X-ray industry. As Radiologic Technologists engage with their job, it emphasises the subjective, first-hand experiences, problems, and reflections that they encounter firsthand. To fully appreciate the complex nature of the job, it is essential to have a solid understanding of the experiences that Radiologic Technologists go

through when working in mobile X-ray vehicles.

Emergent Theme 1.1 Dealing with worrisome situations

Dealing with worrisome situations concerning patients (anticipation, readiness for the unexpected), Radiologic Technologists experience significant anxiety and profound concern when confronted with worrying circumstances, like wheeling fragile patients or transferring from a wheelchair to an examination table. They handle the rigorous hurdles of delivering mobile X-rays to frail geriatric patients because of their unyielding dedication and remarkable empathy, as highlighted by (Hundah et al., 2024), who documented increased workload and lack of support among frontline radiology caregivers. Geriatric care is a physically challenging activity that requires cautious handling to avoid injuries. It also presents additional obstacles, such as the increased occurrence and difficulty diagnosing disorders such as spinal injuries (Sunder et al., 2023), which increase patient fragility and add complexity to care. Radiologic Technologists take short breaks to manage the stress of these demanding circumstances (Maresova et al., 2023), highlighting the emotional and physical toll of a profession that requires constant anticipation, readiness for unexpected events, and professionalism and empathy in the face of technological and patient-related challenges.

Similarly, I used short breaks to deal with significant anxiety from worrisome patient conditions; I think of them as family members to show my dedication and empathy. This job requires constantly anticipating and being ready for unexpected patient condition changes, equipment problems, and positioning difficulties. This proactive and caring approach allows me to overcome physical, emotional, communication, and technical hurdles in this demanding work. This was elaborated by the statements of participants 5 and 7:

"We often assess transferring patients from one place to another, like stretchers or wheelchairs, which can be physically demanding and require extra caution to avoid injury to the patient." (Tube Housing; Line 514-516),

"If the patient is not cooperative, the quickest thing I would do is, yung parang quick break, like a minute break, to redeem myself, and then, yon to reflect and then redeem back at it, back to the job and get it done." (Focal Spot; Line 366-368),

"we need to adjust their technique to accommodate physical limitations and also a... asking assistance with the transfer," (Tube Housing; Line 512-513),

Emergent Theme 1.2 Assessing their feelings.

Assessing their feelings towards patients when rendering mobile x-ray procedures, including anxiety, Worry, and Joy of being needed, led to a strong sense of accomplishment. Obtaining diagnostic radiographs and completing examinations often resulted in a sense of fulfillment, accompanied by the understanding that their efforts directly improved patient conditions, emphasized care, and reduced anxiety and suffering. However, Radiologic Technologists expressed exhaustion, weariness, and stress due to being overwhelmed by physically and emotionally taxing work from geriatric conditions and technical proficiency. Similar challenges are seen in mobile geriatric care roles (Villette et al., 2023). Additionally, having experienced the same, I know that mobile radiography is a deeply rewarding yet physically and emotionally taxing profession characterized by the joy of positively impacting patient care alongside the significant challenges of

exhaustion and stress. This was elaborated by the statements of participants 1, 3 and 5:

"Emotionally, I remind myself of the importance of the care and providing, which help me stay empathetic and focused. Leaning on colleagues for support and debriefing after tough cases also helps me manage stress and maintenance." (Rotating Anode; Line 203-205),

"Talking to them positively and assuring them that everything will be alright" (Anode: Line 22-23)

"However, it can also emotionally taxing when dealing with severe conditions or cognitive challenges." (Rotating Anode; Line 160-161),

"I feel happy and ano fulfilling sya to help patients, especially geriatric patients." (Focal Spot; Line 355),

Emergent Theme 2. Mastery of Skills and Nobility of Profession.

The second emergent theme, "Mastery of Skills and Nobility of Profession," powerfully captures the experiences of mobile X-ray professionals. This dedicated Radiologic Technologist expertly navigates technical challenges while caring for vulnerable patients. Radiologic Technologists showcase a mastery of skills across cognitive, psychomotor, and affective domains and derive profound fulfillment from their work with geriatric patients; their contributions are unremarkable, highlighting their critical role in the healthcare industry.

Emergent Theme 2.1. Addressing the technical difficulties

Addressing the technical difficulties in dealing with vulnerable patients. Radiologic Technologists who work in mobile geriatric X-ray environments exhibit a substantial combination of technical proficiency and professional dignity (Andersen et al., 2023). "Challenges giving proper instruction reflect this delicacy. Communicating with vulnerable patients presents a unique obstacle that requires patience and clarity." Most participants expressed the need to be "brave" enough to adjust to refusing patients. Effective communication is essential for elderly patients, who may have different levels of health literacy, similar to the challenges faced in palliative care (Roodbeen et al., 2020). A study by Jensen et al. (2020) found that conducting X-ray examinations in a familiar environment with reduced stimuli results in calmer and more relaxed patient experiences and helps with compliance. Moreover, time restrictions and logistical obstacles, such as patient transportation and cramped spaces, make these issues even more difficult. In order to position fragile bodies correctly, Knowledge and accuracy are required. Despite this, overcoming these challenges to produce diagnostic radiographs brings a great deal of satisfaction, demonstrating the commitment of radiologic technologists to the health and well-being of their patients. In addition to demonstrating technical expertise, their work demonstrates a selfless dedication to assisting elderly patients. As a Radiologic Technologist with similar experience, the mobile geriatric X-ray Technicians exhibit commendable technical skills, steadfast ethical standards, and remarkable courage in their essential support of older patients while skillfully navigating in the mobile X-ray truck. This was elaborated by the statements of participants 1, 2, and 7:

"You have to be brave, so you have to give your best to your patients and the geriatric patients because of their actions or uncooperativeness." (Anode; Line 21-23),

"Being able to properly execute it despite of all the challenges I have mentioned prior to this question, getting a radiograph that is appropriate to be ordered for examination, is one of the most fulfilling parts of working in a mobile x-ray." (Cathode; Line 65-68),

"Many cases mobile x-ray service are scheduled in time slots so we need to work quickly an efficiently while ensuring a quality imaging and sometimes this can be stressful especially when dealing with more fragile patient." (Tube Housing; Line 507-509),

Emergent Theme 2.2. Feeling fulfilled working with the Geriatric Patients.

Mobile geriatric X-ray Radiologic technologists gain deep and varied fulfillment by completing challenging procedures and easing patient fears, reinforcing their professional identity and the value of their skills. Despite difficulties in the mobile environment, the direct positive impact on diagnosis and patient care is a significant source of satisfaction. Radiologic technologists excel in challenging situations, which helps build pride in their work and fosters trust from patients. They experience great satisfaction in improving the lives of elderly patients through a mix of technical skills and compassionate care. Research shows that empathy training can help practitioners better understand their patients and improve the care they provide (Brunero et al., 2022; Winter et al., 2022). The role of Mobile X-ray Radiologic Technologists in enhancing elderly care is not just about technical proficiency. Their dedication significantly strengthens this vital healthcare workforce's self-efficacy and professional esteem.

As a researcher familiar with mobile X-rays, I find the successful execution of

intricate radiographic procedures and the acquisition of precise diagnostic images to be sources of professional satisfaction. Moreover, mental health and well-being depend on social support, which encompasses emotional ties, a sense of belonging, self-worth, practical help, and Knowledge. This assistance can help patients and healthcare staff cope with stress, especially vulnerable populations like the elderly (Drageset, 2021). This was expressed by the statements of participants 2, 3, and 5:

"Knowing that we're making a difference in their healthcare journey while preserving their dignity and comfort brings a deep sense of purpose and fulfilment to the job." (Rotating Anode: Line 187-188)

"Being able to properly execute it despite of all the challenges I have mentioned prior to this question, getting a radiograph that is appropriate to be ordered for examination, is one of the most fulfilling parts of working in a mobile x-ray." (Cathode; Line 65-68),

"...I feel happy and ano fulfilling sya to helppatients, especially geriatric patients." (Focal Spot: Line 359),

Coping Strategies Employed by the Radiologic Technologists to Manage Challenges in Geriatric Patients in Handling Mobile X-Ray.

Emergent Theme 3. Work Ethics and Professionalism

The third emergent theme, "promoting work ethics and professionalism," highlights the complex role of mobile X-ray Radiologic Technologists, especially when working with geriatric patients. The theme is mental preparedness to

deal with various situations, Emotional preparedness to handle patients' behaviors, and becoming innovative to address the unique conditions presented by specific patients. Overall, these drive us to maintain high standards of ethical practice and professional excellence in our specialized field.

Emergent Theme 3.1. Mental preparedness

Mental preparedness to deal with the situation: Mobile X-ray Radiologic Technologists working with elderly patients are mentally ready for the job. They use clear communication, patience, understanding, and empathy, showing strong work ethics. When patients are complex, they seek assistance from caregivers, showing a value for teamwork and the crucial role of each member in the care process to manage stressful encounters effectively; they have to take short breaks to regroup or regain themselves, and they possess a thorough understanding of their equipment that help them to troubleshoot issues when error or malfunction machine arise, additionally, on an emotional level, they emphasize the significance of care and lean on their coworkers for support. These practices reflect their commitment to providing quality care and maintaining professionalism, even in challenging situations.

Radiologic Technologists' mental preparedness for mobile X-rays with elderly patients is demonstrated through clear communication, patience, understanding, and empathy, aligning with professional guidelines emphasizing effective patient and radiographer interaction to meet patient expectations and ensure quality care (Beardmore et al., 2024). Effective stress management is achieved through short breaks and reliance on peer support, further underscoring their commitment to providing quality care and maintaining composure in challenging mobile environments. This mental fortitude is crucial for ethical and practical practice. This is based on the

experiences of anode, focusing Cup and focal spot.

"Being patient understanding and being mindful to the nature of geriatric patients." (Anode; Line 20),

'Have empathy and understanding toward them.' (Focusing Cup; Line 377- 378)

"If the patient is not cooperative, the quickest thing I would do is, yung parang quick break, like a minute break, to redeem myself, and then, yon to reflect and then redeem back at it back to the job and get it done." (Focal Spot; Line 366-368),

Emergent Theme 3.2. Emotional preparedness

Emotional preparedness to deal with the patient's behavior: Radiologic Technologists manage their emotions by taking short breaks to calm down and think. They also adapt their methods to assist patients with physical limitations. They understand the need to be brave and give their best for all patients, even when dealing with uncooperative elderly patients. It allows them to provide the best care, even in challenging situations. As a researcher with firsthand experience, Radiologic technologists show emotional preparedness by taking breaks and adapting techniques for patients with physical limitations, demonstrating their Commitment to providing optimal care even to uncooperative elderly patients (Lepri et al., 2024) as home base radiography demands flexibility and patient-centered approaches adapting techniques to facilitate and accommodate patients with physical limitations is essential for a quality geriatric radiograph. These coping strategies are not only beneficial; they are vital for providing quality care to elderly patients while also preventing burnout in healthcare professionals. This was expressed by

Participants, anode, tube housing and focal spot.

"You have to be brave, so you have to give your best to your own patients and the geriatric patients because of their actions or uncooperativeness." (Anode; Line 21-23),

"We need to adjust their technique to accommodate physical limitations and also a... asking assistance with the transfer," (Tube Housing; Line 512-513),

"Practice your emotions, gather your thoughts, and then redeem yourself to compose yourself as well" (Focal Spot; Line 370-371)

Emergent Theme 3.3. Becoming Innovative

Becoming innovative to address special or unique patient conditions: Radiologic technologists actively cope by communicating effectively, being patient, understanding, and empathetic. They know that caring for elderly patients, especially those with thinking or sensory issues, means being clearer and focusing on the patient (Toppenberg et al., 2020; Beardmore et al., 2024). They also remind themselves why their care is essential and rely on their coworkers for crucial peer support after challenging situations. Radiologic Technologists prioritize emotional well-being and consistently strive to manage challenging situations better handled emotionally.

The researcher observed and emphasized a crucial need for innovative patient-centered approaches; it is essential to prioritize clear communication, cultivate empathy and patience, and foster a deep understanding of each patient's needs, especially when working with people who may have cognitive

or sensory impairments. This work's significant emotional and mental demands require reliance on peer support and effective emotional regulation to provide sustainable, high-quality care. This was expressed by participants 3, 5 and 7:

"Emotionally, i remind myself of the importance of the care and providing, which help me stay empathetic and focused. Leaning on colleagues for support and debriefing after tough cases also help me manage stress and maintenance." (Rotating Anode; Line 203-205),

"Give clear and concise instructions, handle them with immense patient care and have understanding and empathy toward them." (Focal Spot; Line 392-393),

"Stay resourceful and creative with equipment and stuff" (Rotating Anode; Line 202)

"We must adapt to this limitations while providing accurate and diagnostic quality images" (Tube Housing; Line -506)

Emergent Theme 4. Having Positive Mindset

The fourth emergent theme." Positive Mindset." are essential for Radiologic Technologists operating in challenging circumstances, developed and maintained by proactive." Stress Management", " Collaborative Peer Debriefing, the strategic seeking of Guidance from Experienced Peers," robust." Support Systems, effective Supervision from Immediate Heads" and seamless." Workplace Teamwork among health Professionals.", guaranteeing resilience and superior patient care. These elements not only foster resilience but also ensure that we

provide the highest standards of care to our patients.

Emergent Theme 4.1. Stress Management

Stress Management in mobile geriatric radiography, which includes Peer Debriefing and Collaboration, highlights the significance of proactive self-care during challenging patient interactions as Radiologic Technologists navigate emotionally demanding situations by prioritising patient care and actively engaging in peer debriefing, collaboration and prayer. This approach safeguards their mental well-being, reduces burnout, and promotes a patient-centred approach, ensuring excellent care even under pressure and the involvement of experienced peers in sharing insights and coping methods is a key element in creating a culture of shared support and professional development within the mobile radiography team which make this comprehensive stress management strategy is essential for maintaining a resilient and compassionate staff capable of delivering high-quality care to vulnerable geriatric patients. Furthermore, this study highlights shared support and personal coping, paralleling Vorster et al. (2025), who identified work-related and personal coping mechanisms as vital for sonographers facing increased workload and their associated physical and psychological effects. This connection emphasizes the need for effective stress management strategies across various imaging modalities in healthcare.

Radiologic Technologists effectively manage stress through peer debriefing, collaboration, and prayer, and this self-care approach that supports findings that individual-level interventions addressing stress can potentially reduce stress symptoms in healthcare workers (Tammaing et al., 2023) and is especially relevant in demanding and emotionally taxing environments like home-based radiography (Lepri et al., 2024). This was elaborated by the statements of participants 1, 3 and 6:

"I will always just pray and then rest." (Anode; Line 18)

"All I have is to execute the inhale-exhale exercise." (Anode; Line 17)

"Team collaborations, when possible, provide additional support and lastly, self-care and debriefing after difficult cases help maintain mental and emotional well-being, ensuring we can continue delivering high-quality, compassionate care." (Rotating Anode; Line 170-172),

"I just usually try to talk it out whenever I am with a coworker. I just write to talk it out with them and then ask some way on how to do this how to do that so that i will do the job correctly and avoid hurting the patient." (Glass Envelop: Line 434-436)

Emergent Theme 4.2. Support System

Support System and Supervision by Immediate Heads: The mobile Radiologic Technologist team often felt overwhelmed by their challenges, particularly when working with vulnerable elderly patients, but fortunately, they were not alone because a strong support system built on peer debriefings and teamwork provided essential assistance, and sharing positive and negative stories helped normalize the emotional stress they experienced, while their leaders played a significant role as educators, offering valuable advice, advocating for necessary resources, and promoting open communication, and knowing their concerns were heard and supported gave the Radiologic Technologist the strength to confront each difficult day.

As a researcher familiar with mobile healthcare and the vulnerabilities of elderly patients, the mobile X-ray team's experience

is a remarkable testament to the importance of strong support systems and compassionate leadership. The mobile X-ray team's reliance on strong support systems is highlighted by stressing the role of compassionate leadership. This leadership, exemplified by peer debriefings, collaborative cooperation, and direct supervisor support, plays a significant role in normalizing the emotional toll of their work and strengthening their ability to provide high-quality care in challenging conditions, which underscores the necessity of open communication and mutual support in healthcare teams (Drageset, 2021; Lepri et al., 2024). This was expressed by participants 2, 3, and 4:

If that does not work, I asked a fellow radiologic technologist and other people that I work with, especially nurses, one that I could run through or a MedTech that are also assigned in the area and on our mobile x-ray driver. (Cathode; Line 78-81),

"As a team, we can assist one another more effectively by maintaining open communications and dividing tasks based on its members strengths." (Rotating Anode; Line 277-278)

"Team collaborations when possible provide additional support" (Rotating Anode; Line 195)

Always collaborate with the caregiver to deal with the elderly patient. (Focusing Cup; Line 337-338)

Emergent Theme 4.3. Collaboration

Collaboration and teamwork among health professionals are essential in healthcare, particularly for mobile X-rays in

geriatric care, requiring teamwork. Radiologic technologists rely on nurses and other health workers for health information and comfort tips, as well as families and caregivers for support in tight spaces, because sharing this Knowledge ensures patient comfort and good images. As a researcher, the efficacy of mobile X-rays for geriatric patients relies on strong collaboration and mutual understanding among radiologic technologists, nurses, caregivers, and families, which is a cooperative strategy substantiated by comprehensive research highlighting the essential impact of team effectiveness on quality healthcare outcomes (Buljac-Samardzic et al., 2020). This was elaborated by participants 1, 2, and 6:

"By giving a colleague an assignment as they want to assist or assist during the procedures" (Anode; Line 31-34),

"I asked from a fellow radiologic technologist and other people that i work with specially nurses" (Cathode; Line 78-79),

"I would advise them that if they needed necessary assistance to handle the geriatric patient, they shouldn't shy off in asking for assistance from the people taking care of the geriatric patient." (Glass Envelope; Line 454-456),

Insights which the Participants Can Share with Their Colleagues

Emergent Theme 5. Updated Knowledge

Updated Knowledge on X-ray Procedures for Geriatric Patients: Radiologic technologists, when confronted with the unique challenges associated with geriatric mobile x-ray, must emphasise the critical need for updated knowledge on specialised procedures, and this knowledge should include important lessons learned, the

significance of patience and passion, as well as the requirement of imparting knowledge on effectively managing difficulties encountered during the procedure.

Emergent Theme 5.1. Crucial lessons

Radiologic technologists emphasize patience and passion and highly value empathy. This positive attitude, when combined with practical techniques like careful placement and comfort measures, is a crucial aspect of their work, and training specifically focused on geriatrics is essential to ensure compassionate care, while equally important is effective communication, particularly when managing family involvement, and when dealing with uncooperative patients, brief self-care intervals for reflection are vital for maintaining emotional well-being, because this resilience, grounded in patience and a genuine passion for serving this population, makes them feel strong and capable. The need to adjust their technique to accommodate physical limitations and assist with the transfer shows the necessity for flexibility and adapting methods to patient demands. This is vital Knowledge to share with colleagues, as well as if the patients cannot tolerate specific positions or the patient cannot listen, since most of them have dementia or have also encountered patients who have had strokes. This further emphasizes the importance of patience and knowing the specific requirements of geriatric patients, and building trust is key; many are anxious or in pain, so we take time to explain the process and ensure their comfort. As a researcher, I emphasize that Radiologic technologists need to have empathy, patience, and special training in geriatrics to provide compassionate and high-quality radiological care to the growing number of older people because this allows them to deal with the unique problems this group faces, such as physical and cognitive limitations, pain, and anxiety, and to build trust through clear communication and comfort measures (Mohammed &

Rosenkrantz, 2020). Geriatric radiological care requires patient-centered strategies that prioritize their unique needs, combat ageism through effective communication, adapt procedures, and ensure proper handling (Ago et al., 2025). This was elaborated by participants 1, 3, 6, and 7:

"For me, the primary obstacle when I faced doing the mobile x-ray procedure to patients was always the positioning. You have to repeat the procedure due to bad positioning." (Anode; Line 9-11),

"Building trust is a key many are anxious or in pain, so we take time to explain the process and ensure their comfort." (Rotating Anode; Line 133-135),

"It is very necessary, especially if the patients cannot tolerate specific positions or the patient cannot listen since most of them have dementia or have also encountered patients who have had strokes." (Glass Envelope; Line 409-411),

"We need to adjust their technique to accommodate physical limitations and also a... asking assistance with the transfer," (Tube Housing; Line 512-513),

Emergent Theme 5.2. Imparting Knowledge

Imparting Knowledge on Dealing with Difficulties: Radiologic technicians recognise the challenges associated with geriatric mobile X-ray operations and stress

the importance of educating colleagues on good coping mechanisms, and a fundamental element is proactive communication: delivering clear, concise directions, together with compassionate comprehension, alleviates patient fear and resistance (Kushwaha, 2022), and this information transmission emphasises the cultivation of trust, especially in the face of challenging patient behaviours, and Radiologic technicians provide ideas on sustaining bravery and commitment, emphasizing that patient safety is of utmost importance, irrespective of complex behaviour, and moreover, radiologic technologists emphasize the necessity of adjusting procedures to address physical limitations, a competency vital for minimising patient pain and achieving practical imaging (Bergman & De Jesus, 2022), and practical expertise in facilitating transfers and employing positioning aids is conveyed, underscoring precision importance in preventing redundant procedures, and this information sharing highlights the need for peer assistance and collaborative problem-solving, providing technologists with the resources to manage intricate geriatric cases, and the emphasis is on cultivating a shared competence that promotes patient safety and comfort, despite considerable procedural challenges (Kwame & Petrucka, 2021). This was elaborated by participants 1, 3 and 7:

“Being patient understanding and being mindful to the nature of geriatric patients.” (Anode; Line 20),

“Building trust is a key; many are anxious or in pain, so we take time to explain the process and ensure their comfort.” (Rotating Anode; Line 143-144),

“Stay informed and continue learning so be open to feedback and always seek ways to improve interactions with elderly patients and staying updated or having a continuing learning help

you provide the best possible care to the elderly patient so that's the advice or instruction that i can give to them just don't stay in the knowledge that you have you need to learn more so that it will widen your knowledge and skills.” (Tube Housing; Line 586-592),

“Within your team, have good communication with them, and of course, you need to learn from others. Don't hesitate to ask for advice or assistance.” (Tube Housing; Line 568-569),

Emergent Theme 6. Consistent Nurturing of Compassion.

The theme focuses on the Consistent Nurturing of Compassion, and key areas for development include fostering compassion in interactions, enhancing collaboration with caregivers, and encouraging a deep love for the profession in the context of caring for geriatric patients, and by emphasizing these aspects, we can create a more empathetic and supportive environment for Radiologic Technologists, caregivers and patients.

Emergent Theme 6.1. Being compassionate.

Effective geriatric radiography depends on profound compassion, which transcends simple sentiment to take shape as tangible procedures, and this entails a careful focus on patient-centered treatment, emphasizing trust, comfort, and the reduction of worry; radiologic technicians must develop clear and concise communication, provide patients with deep care and empathy, and recognize the vulnerabilities associated with aging, and a commitment to continuous professional growth is crucial, encompassing the maintenance of up-to-date Knowledge in geriatric-specific treatments and the cultivation of patience and passion. As a researcher, effective geriatric radiography requires deep compassion and patient-

centered care. Clear communication, profound empathy, and recognition of age-related vulnerabilities are needed to build trust and comfort and reduce anxiety. This caring approach is inseparable from a dedication to continual professional improvement, ensuring radiologic technicians have the latest Knowledge, patience, and enthusiasm to deliver exceptional and humane care to geriatric patients (Guariglia et al., 2023). This was elaborated by participants 5, 6, and 7:

"Have empathy and understanding toward them kasi majority sa kanila they are not able to walk properly; they are able to hear or express what they feel, so yon lang. have an empathy and understanding toward them." (Focal Spot; Line 377-380),

"Handle them with immense patient care and have understanding and empathy toward them. (Focal Spot; Line 392-393),

"Handle the patient gently because the geriatric patients are very fragile, so we will have to think of them as one of our families so that we won't get to hurt them and not just do the job but will have to have compassion for the old people." (Glass Envelope; Line 448-451),

"Be respectful, compassionate, and have good communication skills with patients." (Tube Housing; Line 512),

Emergent Theme 6.2. Collaborating with caregivers.

Collaboration with caregivers is essential, acknowledging their vital insights and promoting partnerships to improve patient well-being; this cooperative principle emphasizes a comprehensive approach, wherein emotional and physical demands are

equally valued, and establishing trust via adaptable methods and thorough assessments is essential, particularly for worried or distressed patients (Hagedoorn et al., 2021). From my perspective, geriatric radiography must actively involve caregivers; their unique insights, which are invaluable to our understanding of the patient's requirements, improve our grasp of the situation and create a more comprehensive and effective care plan, and considering emotional and physical factors, this cooperation promotes a holistic approach to patient well-being, and working with nervous or upset older people requires flexible methods and detailed evaluations to build trust and increase collaboration and diagnostic outcomes (Ghimire, 2023). This was elaborated by participants 4, 5 and 7:

"Collaboration with the caregivers to ensure the safety of patients." (Focusing Cup; Line 321-322),

"As a team, para ma effectively ang amoang pag x-ray sa geriatric patients. first gi planohan ang anong gawin if ever non ambulatory ang patient." (Focal Spot; Line 341-342),
"Open communication with them, team coordination—you need to work collaboratively so, for example, communicating with family members or nursing staff assigned to the patients." (Tube Housing; Line 579-580),

Emergent Theme 6.3. Promote love

Promote Love for the profession of geriatric patients: Radiologic Technologists must develop emotional resilience and mental fortitude to navigate the complexities of geriatric care. Professionalism, confidence, adaptability, and resourcefulness are vital attributes, alongside a dedication to teamwork and continuous learning, and a genuine appreciation for the intrinsic rewards of honoring and caring for elderly patients fuels their dedication, transforming their vocation into a profound expression of

compassion. This Commitment extends beyond immediate tasks, reflecting a deep sense of purpose and satisfaction derived from positively impacting the healthcare experiences of senior patients, ensuring their dignity and comfort, and by combining technical proficiency with unwavering compassion, radiologic technologists create a healthcare environment that profoundly honors and respects the elderly. Providing older adults with patient-centered care requires relentless patience and understanding combined with empathy, compassion, and clear communication skills, all while stressing patient safety and dignity and building trust through flexible approaches and comprehensive examinations (Faghihi et al., 2024). Radiologic technologists who want to deal with the complexity of geriatric care properly must develop emotional resilience and mind strength, show professionalism and confidence, embrace adaptability and flexibility, and encourage resourcefulness and teamwork while constantly learning and appreciating the natural rewards of honoring and caring for elderly patients.

Implications

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It is crucial to acknowledge that results from a qualitative research centered on phenomenology are rarely generalizable or transferable to different contexts. The objective of phenomenology is to provide a thorough explanation of experiences that concludes in a comprehension of the foundational structure of lived experiences. Future study endeavors may augment and expand our existing comprehension by including numerous critical factors.

This is to employ focus group discussions to enhance data triangulation and capture a wider range of insights. Integrating focus group discussions as part of the research methodology was enhanced the validity and richness of the findings to further understand the experiences and needs of Radiologic Technologists handling geriatric patient in mobile x-ray.

Since the study employs a qualitative design, the next researcher can utilize an exploratory sequential design. This methodology can provide a more comprehensive understanding of the lived experiences, coping strategies, and insights of Radiologic Technologists handling geriatric patient in mobile x-ray.

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