

# Using technology to enhance embryologist quality of life, reduce stress and improve standards of care

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## INTRODUCTION

Most embryologists in USA (ASRM,2018) and UK (ARCS,2021) experience

**89%**  
HIGH STRESS LEVELS

**61%**  
FREQUENT BURNOUT

**24%**  
STRESS INDUCED MENTAL HEALTH

**CAUSED BY:**  
long hours,  
shortage of staff &  
lack of breaks

There is a need to implement solutions to improve quality of life and reduce stress

## METHODS

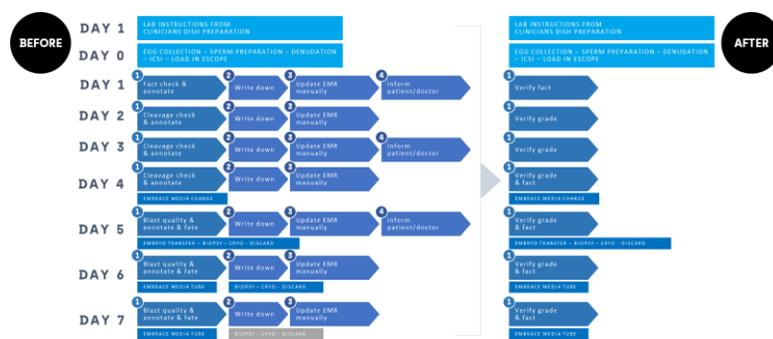


We quantified the amount of time that steps in the laboratory process take during an average IVF cycle (& its associated operational and risk associated costs)

& compared the time before & after CHLOE-EQ implementation

We collected feedback on ease of implementation & impact on quality of life

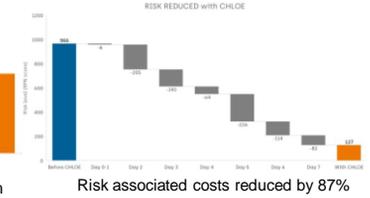
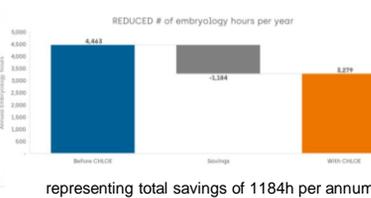
## RESULTS



### # OF EMBRYOLOGY HOURS PER CYCLE



### CYCLES PER EMBRYOLOGIST



Embryologists reported that

- (i) remote access to the incubator allowed for flexibility in balancing personal life and work life, especially during the weekend
- (ii) implementation of the technology into clinical practice routine was easy
- (iii) increased flexibility associated with the technology reduced stress

## CONCLUSION

Technology was used to support embryologists with remote working and improved efficiencies in daily processes by reducing administrative burden, improving quality of life and reducing stress whilst maximising standards of care to the patient