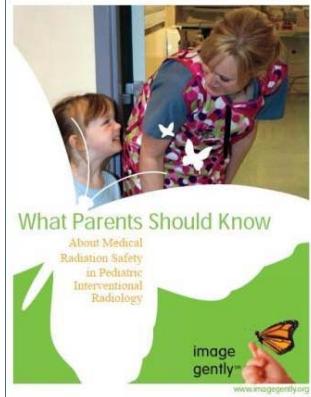


10 ZLATNIH PRAVILA-ZAŠTITA OD ZRAČENJA U PEDIJATRIJSKOJ INTERVENCIJSKOJ RADILOGIJI

1. Zapamtite! Određena tkiva u djece tijekom rasta osjetljivija su na zračenje od tkiva odraslih osoba.

Očekivani je životni vijek djece dulji, a samim tim i vrijeme tijekom kojeg se mogu pojaviti učinci zračenja (karcinom).



2. Razgovarajte s roditeljima prije radiološke procedure.

- Tražite podatke o prethodnim pregledima
- Odgovorite na njihova pitanja iz područja zaštite od zračenja

Patient's Name: MR Date of exam: **Image gently**

Step Lightly Checklist

Review steps before starting the procedure.

Safety is a team effort; don't be afraid to ask the necessary questions to ensure you are working as a team to keep radiation dose to patient and staff as low as possible.

Radiation dose must be balanced with safe, accurate and effective completion of the procedure. Not all the steps below may be possible in each case, depending on patient size, technical challenges and critical nature of the procedure. The goal is to minimize the dose to the patient while providing important and necessary medical care.

7 Ask patient about family history of cancer and administer at [last image hold](#). Answer questions about radiation safety.

8 Use ultrasound when possible.

9 Use fluoroscopy table shield and overhead lead shield prior to procedure with reminders during the case as needed.

10 Operate and personnel wear well fitted lead aprons, thyroid shield and lead eye wear.

11 Use pulse rather than continuous fluoroscopy when possible, and with as low a pulse as possible.

12 Position and collimate with fluoroscopy off, tipping on the pedel to check position.

13 Collimate tightly. Exclude eyes, thyroid, breast, glands when possible.

14 Operator and personnel hands out of beam.

15 Step lightly: tap on table and review anatomy on last image hold rather than live fluoroscopy when possible, maximize live fluoroscopy time.

16 Minimize use of electronic magnification, no digital zoom whenever possible.

17 Acknowledge fluoroscopy timing during procedure.

18 Use last image hold whenever possible instead of exposures.

19 Adjust acquisition parameters to achieve lower dose necessary to accomplish procedure, use lower dose if possible, and lower dose if possible, use lower dose if possible, and lower dose if possible.

20 Plan and communicate under the table or around the patient, contrast parameters, patient positioning and suspension of respiration with radiology and sedation team in advance to minimize exposure or unneeded doses.

21 Move table away from X-ray tube in both planes. Move patient as close to detector as both planes.

22 Use a power injector, an extension tubing if required by hand.

23 Move personnel away from table or behind protective shield during acquisitions.

24 Minimize overlap of fields on subsequent acquisitions.

25 After procedure, record and review dose.

http://www.pedrad.org/associations/5364/files/ImgGen_StpLight_Chcklst.pdf



5. Zaštitite djecu zaštitnim sredstvima za štitnjaču, dojke, oči i gonade uvijek kada je to moguće.



RPOP
Radiation
Protection of
Patients



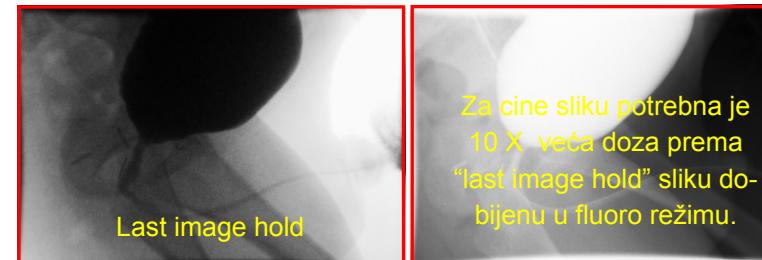
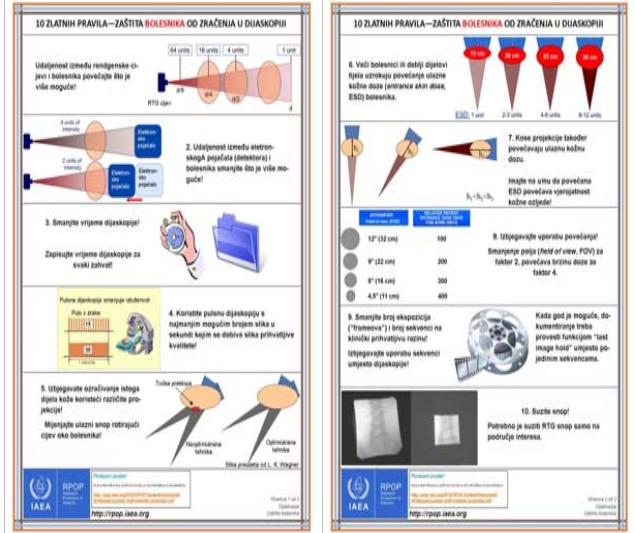
RPOP Posters webpage!
<https://rpop.iaea.org/RPOP/RPoP/Content/AdditionalResources/Posters/index.htm>

<http://rpop.iaea.org> <http://www.pedrad.org/associations/5364/ig/>

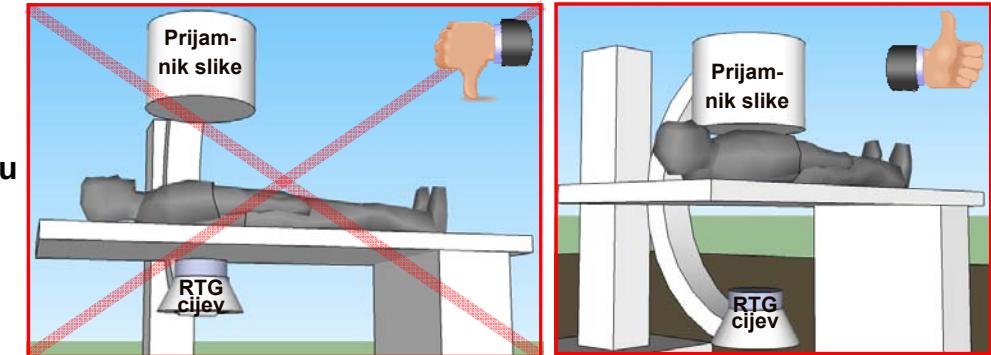
10 ZLATNIH PRAVILA-ZAŠTITA OD ZRAČENJA U PEDIJATRIJSKOJ INTERVENCIJSKOJ RADILOGIJI

6. Koristite optimalnu tehniku:

- smanjite broj ekspozicija u jedinici vremena (*frame rate*),
- smanjite broj pulseva u sekundi (sa 7.5 na 3) kad je to moguće,
- kod djece lakše od 20 kg, uklonite rešetku ako je to moguće. Umjesto rešetke koristite se *air-gapom*,
- smanjite vrijeme pregleda,
- izbjegavajte preklapanje polja tijekom ponovljenih sekvenci,
- suzite snop,
- izbjegavajte povećanja (zoom).



7. Koristite funkciju *last image hold* umjesto dodatnih ekspozicija, uvijek kada je to moguće.



9. Koristite sustav za zapisivanje doza i postojeće tehnike za smanjenje doze.



10. Analizirajte i zapisujte podatke o dozi nakon svake procedure.

