

## Enhancing Radiation Safety in Nuclear Medicine

Bijan Modarai\*

Department of Radiation Oncology, University of Michigan, Ann Arbor, China

**Corresponding author:** Bijan Modarai, Department of Radiation Oncology, University of Michigan, Ann Arbor, China, E-mail: bijan@gmail.com

**Received date:** August 28, 2024, Manuscript No. IPIMP-24-19900; **Editor assigned date:** August 30, 2024, PreQC No. IPIMP-24-19900 (PQ); **Reviewed date:** September 09, 2024, QC No. IPIMP-24-19900; **Revised date:** September 16, 2024, Manuscript No. IPIMP-24-19900(R); **Published date:** September 23, 2024, DOI: 10.36648/2574-285X.9.3.74

**Citation:** Modarai B (2024) Enhancing Radiation Safety in Nuclear Medicine. J Med Phys Appl Sci Vol.9.No.3: 74.

### Description

Nuclear medicine is an essential field in healthcare, offering diagnostic and therapeutic solutions through the use of radioactive substances. From diagnosing cardiovascular diseases to treating cancer, nuclear medicine has a significant impact on modern medicine. However, the use of ionizing radiation presents inherent risks, necessitating stringent safety protocols to protect patients, medical personnel and the public. This article describes the best practices in radiation safety in nuclear medicine and examines the advancements and future directions for improved safety protocols. Radiation safety is a fundamental of nuclear medicine, aiming to mitigate the risks associated with exposure to ionizing radiation. The fundamental principle guiding radiation safety is ALARA which prioritizes minimizing radiation exposure to the lowest possible levels without compromising diagnostic or therapeutic effectiveness. This principle underscores all protocols and best practices within the field, emphasizing the protection of everyone involved. Minimizing exposure for patients is a primary goal in nuclear medicine. This requires calculating the optimal dosage necessary to achieve diagnostic clarity or therapeutic efficacy without excess radiation. Techniques such as personalized dosing based on body weight, age and specific medical conditions help optimize safety. Healthcare workers who handle radioactive materials are at an elevated risk of radiation exposure. They follow established protocols, including using protective gear, monitoring devices and adhering to strict handling guidelines to mitigate exposure. Regular training on radiation safety is essential to maintain proficiency and adherence to evolving standards. Proper disposal and containment of radioactive waste are vital to prevent environmental contamination and safeguard the public. Waste is treated through methods such as decay-in-storage and secure containment. Strict regulatory oversight governs waste disposal processes to prevent accidental radiation leaks into the environment.

### Best practices in radiation safety

**Use of personal protective equipment:** Personal protective equipment such as lead aprons, thyroid shields and gloves are standard in nuclear medicine to protect staff from radiation. Although personal protective equipment does not entirely block radiation, it significantly reduces exposure, especially during prolonged procedures.

Workers also use shielding devices like lead glass panels or movable barriers to further reduce direct exposure during procedures.

**Radiation monitoring and dosimetry:** All personnel exposed to radiation are required to wear dosimeters, devices that measure accumulated radiation exposure over time. Dosimetry ensures compliance with exposure limits set by regulatory bodies such as the International Commission on Radiological Protection (ICRP). Real-time monitoring systems and regular checks ensure immediate detection of abnormal radiation levels, enabling prompt corrective action.

**Dose optimization techniques:** Optimizing the administered dose is critical for both diagnostic and therapeutic procedures. Dose optimization considers factors like the type of radiopharmaceutical used, the method of administration and the duration of the procedure. Recent innovations include adaptive imaging technologies that adjust the dose dynamically based on patient feedback or imaging requirements, improving both safety and diagnostic accuracy.

**Regular training and education:** Continued education on radiation safety protocols is mandatory for all nuclear medicine professionals. Training includes updates on new technologies, regulatory changes and practical scenarios to improve preparedness. Many institutions provide annual workshops and training modules to reinforce knowledge on emerging safety standards and practices.

**Quality control:** High-quality imaging and therapeutic equipment are central to effective nuclear medicine. Regular equipment maintenance ensures the accurate delivery of doses and minimizes unintended exposure due to equipment malfunction. Quality control tests, including calibration of equipment and verification of dose accuracy, are mandatory in most facilities to adhere to safety standards.

### Technological advancements

**Dose calculation and monitoring:** Artificial Intelligence (AI) is transforming nuclear medicine by assisting in the precise calculation of doses and real-time monitoring of radiation exposure. AI-powered systems can predict optimal dosing levels based on patient-specific parameters and adjust them as needed. Additionally, AI can monitor exposure patterns for staff, identifying areas for process improvement and helping reduce cumulative exposure.

**Digital imaging:** Advances in imaging technology allow for clearer images at lower radiation doses. Digital imaging techniques and hybrid imaging modalities like PET/CT and SPECT/CT provide high-resolution images, enabling accurate diagnostics while minimizing exposure. Low-dose imaging techniques also offer faster scan times, reducing the time patients and staff spend in radiation zones.

**Radiopharmaceutical dispensing systems:** Automation in radiopharmaceutical preparation and administration reduces direct handling of radioactive substances by healthcare workers. Automated dispensing systems allow for precise dosages with minimal human intervention, reducing both exposure and human error.