

# INFORMATION FOR PATIENTS AND CARERS INVOLVED IN MEDICAL EXPOSURES

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## Introduction

Directive 2013/59/Euratom was partially transposed last year in Royal Decree 601/2019, on the justification and optimization of medical exposures. It highlights the importance of informing patients subjected to medical exposures about radiation protection aspects.

According to current Spanish legislation, every person subjected to a medical exposure must receive adequate information on the benefits and risks associated with the radiation dose resulting from the exposure.

Before 2020, information for those patients and carers was provided face-to-face, with the staff member answering any questions and concerns about medical exposure. The current Covid-19 pandemic crisis has been an impediment to provide this information in the usual way.

The purpose of this study is to show the information developed on ionizing radiation and its effects, both for patients undergoing diagnostic procedures with X-rays and/or radionuclides, and for those who care for them when necessary, as well as the way it has been adapted to be effectively provided despite the current situation.

## What information material has been developed?

Information material (leaflets, posters and videos) has been created by the Medical Physics and Radiation Protection Department of the Hospital Universitario La Princesa (Madrid, Spain) to implement the Spanish legislation.

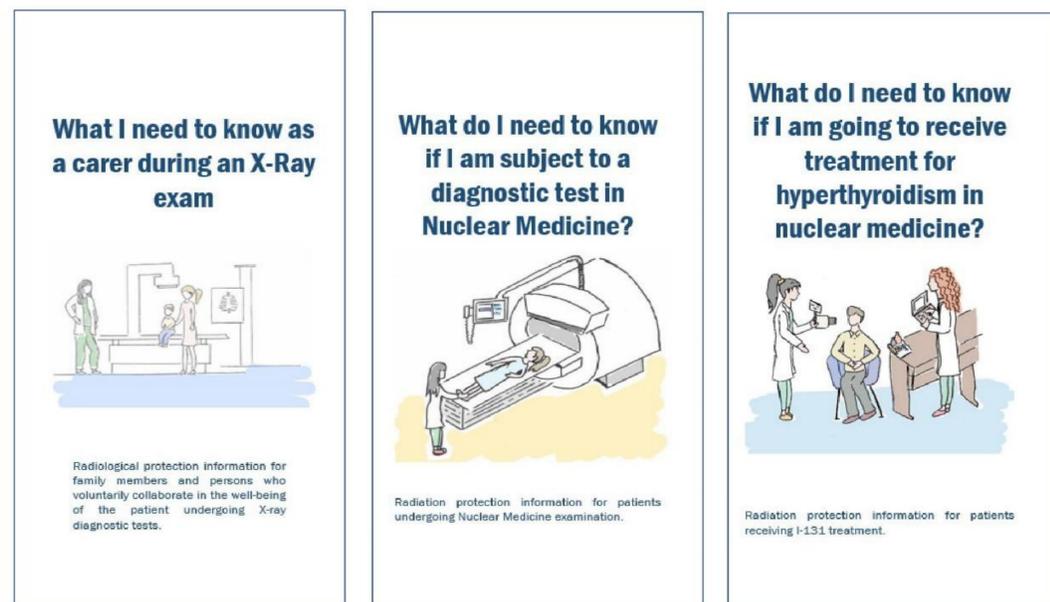


Figure 1. Information leaflets front

Information material	Who it is aimed at	Where to find it
Poster	Women who voluntarily assist in the welfare of the patient undergoing diagnostic X-ray procedures and who are or may be pregnant.	Paediatric waiting rooms
Video	Women who are or may be pregnant, who have doubts about medical exposure.	The Hospital Universitario La Princesa website.
Leaflet 1	Carers who voluntarily collaborate in the well-being of the patient undergoing diagnostic X-ray procedures.	Radiology department waiting rooms and website.
Leaflet 2	Patients undergoing a diagnostic Nuclear Medicine procedure.	Nuclear Medicine patient waiting rooms and website.
Leaflet 3	Patients with hyperthyroidism disease undergoing metabolic treatment with I-131.	Nuclear Medicine patient waiting rooms and website.
Frequently asked questions	Patients, carers and staff.	The Hospital Universitario La Princesa website.

Table 1. Information material designed

## Discussion and Conclusions

- It is essential that both patients and carers who are subject to medical exposures are provided with clear and simple information to ensure radiological protection inside and outside hospital facilities. This information must be accessible and easy to be understood, and patient feedback is encouraged and discussed.
- Because of the current situation, on-line adaptation is necessary in order to be able to continue providing patient information. This adaptation to the present situation can be seen as a step forward, for the information is much more accessible, taking into account that face-to-face mode was only accessible to the patients themselves that came to the hospital.