

## MANAGING PATIENT DOSE AND STAFF EXPOSURE IN FLUOROSCOPIC PROCEDURES

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"Our X-ray machine is broken, but if you'll describe your pain in detail, our staff sketch artist will give us a fairly accurate drawing of the problem."

## ACKNOWLEDGEMENTS

Phil Rauch

## INTRODUCTION

- A. Patient Imaging Challenges
- B. Exploiting Design Features wrt Dose & Imaging
- C. Scatter Radiation: Effect of Filtration
- D. Operational Issues
- E. Training of Operators of Fluoroscopes
- F. Real Time Clinical Dose Measurements
- G. Some of FDA New Rules--June 10, 2006

## MANAGING PATIENT DOSE

### OPERATOR & STAFF STRAY RADIATION DOSE

0.1% of Primary Radiation Dose to Patient @  
1 Meter from the Primary Entrance at Patient

Total Patient Entrance Exposure

## MANAGING PATIENT DOSE

Operation of Machine

Fluoroscopy Time

# of Rec Images

Total Patient Entrance Exposure

## MANAGING PATIENT DOSE

Machine Design

Exposure Rate

Exposure/Image

Total Patient Entrance Exposure

## MANAGING PATIENT DOSE

Machine Design

Exposure Rate

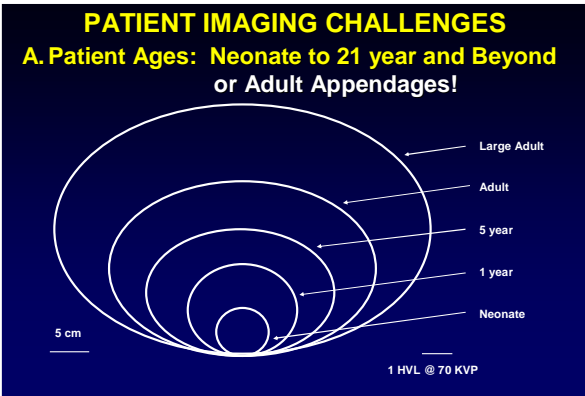
Exposure/Image

Operation of Machine

Fluoroscopy Time

# of Rec Images

Total Patient Entrance Exposure



- PATIENT IMAGING CHALLENGES**
- B. Clinical Dynamic Range of mAs per Frame to Maintain Fixed kVp**
1. PA Projection
    - a. 9 Half Value Layers
    - b. Range of 512!
  2. LAT Projection
    - a. 14 Half Value Layers
    - b. Range of 16,000!
  3. **Appendages** (same at LAT Projection)

- PATIENT IMAGING CHALLENGES**
- C. Image Quality Concerns**
1. **Limited Anatomical Size**
    - a. **Magnify** anatomy in image
    - b. **Improve** High Contrast Resolution
      - i. Image Processing: **Edge Enhancement**
      - ii. **Increase Matrix Size** of Digital Image
      - iii. **Reduce Focal Spot Size**
  2. **Imaging Task Affects Required Dose**

- PATIENT IMAGING CHALLENGES**
- C. Image Quality Concerns**
3. **Limited Subject Contrast**
    - a. **Elevate contrast concentration**
      - i. Smaller Vessel diameters
      - ii. Compensate with concentration

## PATIENT IMAGING CHALLENGES

### C. Image Quality Concerns

#### 3. Limited Subject Contrast

##### b. Limited Injections per study

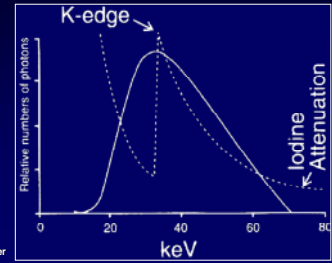
- i. Injection of chamber or great vessel: 1 cc/kg
- ii. Toxicity: 4 - 6 mL/kg of 350 mg/cc iodine

## PATIENT IMAGING CHALLENGES

### 3. Limited Subject Contrast

#### c. KVp matched to k-edge of contrast media

- i. 70 kVp for Standard Filtration

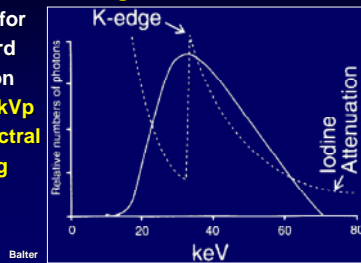


## PATIENT IMAGING CHALLENGES

### 3. Limited Subject Contrast

#### d. KVp matched to k-edge of contrast media

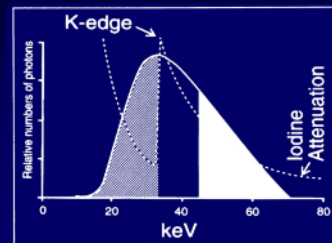
- i. 70 kVp for Standard Filtration
- ii. 55 - 60 kVp for Spectral Filtering



## SPECTRAL BEAM FILTRATION

### A. Change in Quality of X-ray Spectrum: Match Energy of X-rays to Absorption of Contrast Media

1. Pass 33 - 44 keV X-rays
2. Attenuate
  - a. < 33 keV X-rays Dose
  - b. > 40 keV X-rays Contrast



## SPECTRAL BEAM FILTRATION

### B. Required Steps

1. Based on most recent attenuation data
  - a. Add Filter
  - b. Maximize Tube Current
  - c. Reduce High Voltage
2. Excessive Pulse Widths are tempting to allow use of heavier filter

## PATIENT IMAGING CHALLENGES

### C. Image Quality Concerns

4. Freeze Patient Motion With Pulsed Fluoroscopy
  - a. Pulse Width Ranges
    - i. Pediatrics: 1 - 5 msec
    - ii. Adults: 3 - 10 msec

## AFFECT OF PULSE WIDTH

PW 2.4 ms  
Displayed 7.5 fps

PW 7.4 ms  
Displayed 7.5 fps

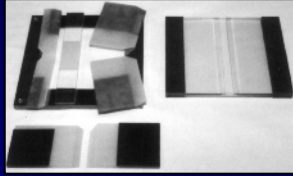
## AFFECT OF PULSE WIDTH

PW 2.4 ms  
Displayed 7.5 fps

PW 7.4 ms  
Displayed 7.5 fps

## SPATIAL BEAM SHAPING

- A. Circular & Rectilinear Shutters
- B. Electronic Indicators of Position
- C. Equalization Filters: Attenuation Compensation
  - 1. Linear & Rotational Movement
  - 2. Shaped Tapered Lead - Acrylic Blades
  - 3. Interchangeable
  - 4. Less Integral Dose
- D. Tight Collimation
  - 1. Scatter Reduced
  - 2. Less Integral Dose



## PATIENT IMAGING CHALLENGES

### D. Patient Doses Below 70 kVp Are Excessive

- 1. Newborn (Appendage) **Fluoro Frame**
  - a. 70 kVp & 0.01 mAs: 0.046 mR
  - b. 45 kVp & 0.08 mAs: 0.20 mR
- 2. Newborn (Appendage) **Cath Frame**
  - a. 70 kVp & 0.1 mAs: 0.48 mR
  - b. 45 kVp & 0.8 mAs: 2.0 mR
- 3. Newborn (Appendage) **DSA Recorded Image**
  - a. 70 kVp & 3 mAs: 14 mR
  - b. 45 kVp & 24 mAs: 110 mR

## MANAGING PATIENT DOSE

MACHINE DESIGN

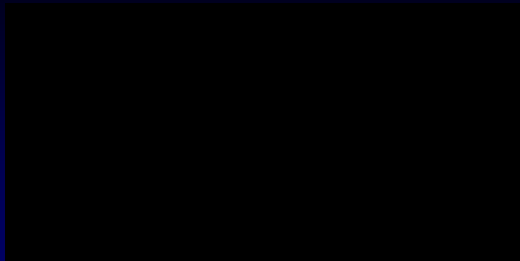
Exposure Rate

Exposure/Image

Total Patient Entrance Exposure

VARIABLE  
RATE  
PULSED  
FLUOROSCOPY

## Fluoroscopy – Pulsed vs. Continuous



Pulsed Fluoro - 30pps  
(Displayed at 7.5 fps)

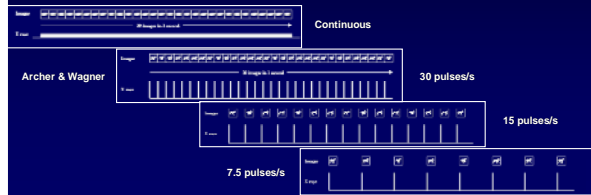
Continuous Fluoro  
(Displayed at 7.5 fps)

## GENERATOR CONTROLS

### A. Variable Rate Pulsed Fluoroscopy

#### 1. Image Quality vs Radiation Dose

##### a. Proper Pulse Rate Balances Temporal Information Loss vs Patient Dose



## GENERATOR CONTROLS

### A. Variable Rate Pulsed Fluoroscopy

#### 2. Tube Current

- a. Minimum: 10 mA
- b. Maximum: 100 mA

#### 3. Limited Range High Voltage

- a. Std Filtration: ~ 70 kV
- b. Spectral Filtration: ~ 55 - 70 kV

## GENERATOR CONTROLS

### A. Variable Rate Pulsed Fluoroscopy

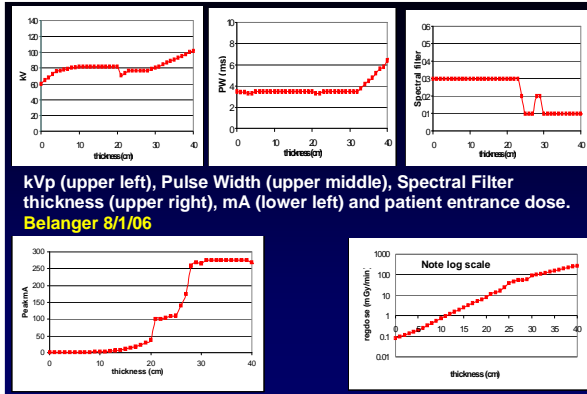
#### 4. Preferred Modulation of Technique Factors

##### a. Starting Values

- i. 65 - 70 kVp
- ii. 3 msec

##### b. Modulation Hierarchy

- i. Tube Current
- ii. Pulse Width (limited range)
- iii. High Voltage



## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure (IRE)

1. Operator Selectable: Task Oriented
  - a. Low (Half of Normal)
  - b. Normal
  - c. High (Double of Normal)
2. Beware of Marketing Strategies
  - a. Two level systems
  - b. "Machine cuts exposure in half"
    - i. Relative to what?

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Exposure

3. What should "NORMAL" IRE be?
  - a. No Absolute Standard
    - i. Imaging Task
    - ii. Equipment Design
    - iii. Operator Preference?
  - b. Structure Other Exposures Relative to "Normal"
  - c. Acceptance Test Machine to Verify Structured Exposure Values

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

3. What should "Normal" be?
  - d. Minimum IRE
    - i. Good Image Quality
    - ii. Diameter of Vessel to Image
    - iii. Contrast Concentration in Vessel
    - iv.  $IRE \propto 1 / p^2 c^2 D^2$ 
      - p = precision
      - c = concentration of contrast
      - D = diameter of vessel
    - v. Reduced Perceived Noise ( $p^2$ ) Improves IQ

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 3. What should "Normal" be?

##### e. **Maximum IRE**

- i. Perceived Noise Determined by System Noise
- ii. System Noise =  $[QM^2 + EN^2]^{0.5}$   
QM = Quantum Mottle  
EN = Electronic Noise
- iii. Want QM > EN
- iv. **Excessive IRE Degrades Image Quality** for large patients

## CONTROL OF IMAGE RECEPTOR EXPOSURE

23 cm FOV @ 80 kVp  
Standard Filtration  
30 Pulses per Second

<u>Operational Mode</u>	<u>Normal IRE Range (nGy/p)</u>
Standard Fluoro (II)	15
Standard Fluoro (Flat Panel)	25 - 35
Digital Angiography	450 - 900
Digital Subtraction Angio	4,500 - 9,000
Cardiac Digital	100 - 150

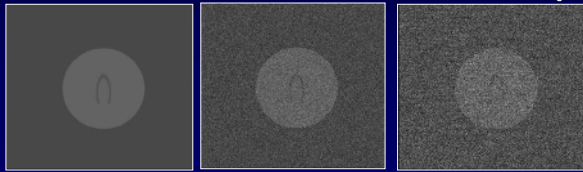
## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 4. **Reduced** Variable Rate Pulsed Fluoroscopy

##### a. **Reasons for Rejection**

- i. Temporal Resolution Loss
- ii. Increase in Perceived Noise



## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 4. Variable Rate Pulsed Fluoroscopy

- a. **Increased Perceived Noise With Decreased Pulse Rates,**

**NOT LOSS OF TEMPORAL RESOLUTION**

**is the Primary Cause of Rejection of Low Pulse Rate Fluoroscopy**

**Noise - Random**

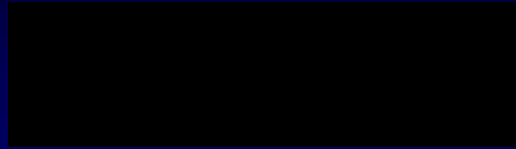
Where are the 3's?

```
8958425412835642102650172651270657592429  
6576515015990176512915601765017657603141  
6768737976671516161449120241717245670124  
5501456576598244210542320675127688696252  
8980949198894838482661452562949566892456
```

**30 Frames/sec**

**Noise - Random**

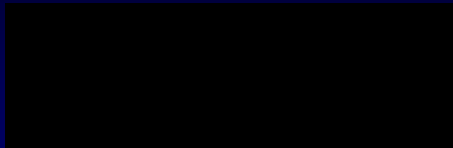
Where are the 3's?



**15 Frames/sec**

**Noise - Random**

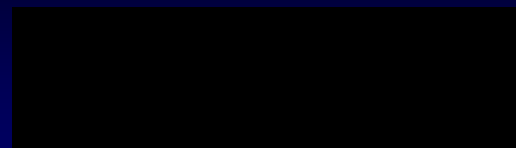
Where are the 3's?



**8 Frames/sec**

**Noise - Random**

Where are the 3's?



**4 Frames/sec**

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 4. Variable Rate Pulsed Fluoroscopy

##### c. Structured Exposures Relative to "Normal"

##### i. $IRE / \text{Frame} \propto (30 / \text{Pulse Frequency})^{1/2}$

- Less frame integration by eye
- IRE / Frame Increased as Pulse Rate Decreases
- Introduces **ALARA vs ALAP!**

## PERCIEVED NOISE PHANTOM

Rotating Gear  
HC Motion

Uniform Background  
Perceived Noise

Spring  
LC Motion



Baby Ben Travel Alarm by Westclock

## AUFRICTIG PRINCIPLE

IR Exp/frame = X

Patient Exp Rate **Reduced** 4X

## AUFRICTIG PRINCIPLE

IR Exp/frame = X vs 2X Patient Exp Rate **Reduced** 2X

## AUFRIHTIG PRINCIPLE

IR Exp/frame = X vs 2X    Patient Exp Rate Doubled

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 4. Variable Rate Pulsed Fluoroscopy

##### c. Structured Exposures Relative to "Normal"

- i.  $EERIR/Frame \propto (30/\text{Pulse Frequency})^{1/2}$
- ii. New relationship for  $< 7.5$  pulses/sec

**Exposure/Frame  $\propto$  Constant**

## AUFRIHTIG PRINCIPLE

IR Exp/frame = 2X    Patient Exp Rate Reduced 7.5X

## CONTROL OF IMAGE RECEPTOR EXPOSURE

### B. Image Receptor Entrance Exposure

#### 5. Structured Exposures Relative to "Normal"

##### a. "Spectral Beam" Filtering

- i. Greater Effective Energy of Beam
- ii. Less X-rays @ same Exposure
- iii. Quantum Mottle Increases
- iv. **Double Exposure wrt Standard Filtration**
  - ALARA vs ALAP!

## CONTROL OF IMAGE RECEPTOR EXPOSURE

- B. Image Receptor Entrance Exposure
- 5. Structured Exposures Relative to “Normal”
  - b. Function of FoV Change
    - i. Old equipment with fixed apertures
      - Exposure  $\propto 1/\text{FoV}^2$
      - Exposure Rate **Quadruples** with a 11 cm FoV vs a 22 cm FoV
      - Excessive Patient Dose

## CONTROL OF IMAGE RECEPTOR EXPOSURE

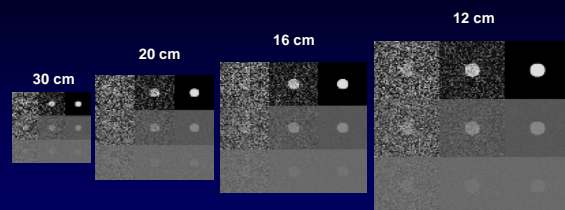
- B. Image Receptor Entrance Exposure
- 4. Structured Exposures Relative to “Normal”
  - b. Function of FoV Change
    - ii. Newer equipment with image intensifiers
      - Exposure  $\propto 1/\text{FoV}$
      - Exposure Rate **Doubles** with a 11 cm FoV vs a 22 cm FoV
      - Exposure increase reduces perceived noise in a sharper image
      - ALARA

## CONTROL OF IMAGE RECEPTOR EXPOSURE

- B. Image Receptor Entrance Exposure
- 4. Structured Exposures Relative to “Normal”
  - b. Function of FoV Change
    - iii. New equipment with flat plate detectors
      - Exposure  $\propto$  Constant
      - Exposure Rate **Unchanged** with a 11 cm FoV vs a 22 cm FoV
      - Sharpness Primarily Determined by Size of Plate’s Pixels, not Size of FoV
      - **Small vs Large Plates**
      - ALARA or ALAP?

## Options for Dose Change with Field of View

Illustration of FOV Change without Dose Change



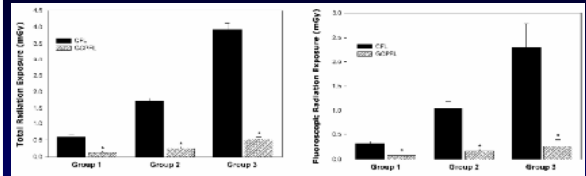
How much does IQ improve with magnification alone?

## CONTROL OF IMAGE RECEPTOR EXPOSURE

- B. Image Receptor Entrance Exposure
5. Structured Exposures Relative to "Normal"
    - a.  $IRE/Fr = IRE/FR_N * (30 / \text{Pulse Frequency})^{1/2}$
    - b.  $IRE_{\text{spectral filter}} = 2 \times IRE_N$
    - c.  $IRE(\text{FoV}) \propto 1/\text{FoV}$  (Image Intensifier)
    - d.  $IRE(\text{FoV}) \propto \text{Constant}$  (Flat Plate)
    - e.  $1/2 \times IRE_{\text{high}} = IRE_{\text{normal}}$
    - f.  $IRE_{\text{normal}} = IRE_{\text{low}} \times 2$

## ANIMAL VCUG STUDY RESULTS

Ward VL, Barnswolt CE, Strauss KJ, et al. *Radiology* 2006; 238: 96-106.



Total Radiation Exposure

Fluoroscopic Radiation Exposure

**7 - 10 Fold Reduction in Skin Entrance KERMA**

## CLINICAL VCUG STUDY

- A. **Effective Dose** for Small Child (8 - 8.5 cm girth)
1. Pulsed Fluoro (69  $\mu\text{Gy}$ ) ~ **10x** > RNC (6  $\mu\text{Gy}$ )
  2. Con Fluoro (590  $\mu\text{Gy}$ ) ~ **100x** > RNC (6  $\mu\text{Gy}$ )
- B. **Estimated Risks:**
1. Pulsed Fluoro ~ 8 days Bkg Radiation
  2. Con Fluoro ~ 68 days Bkg Radiation
  3. RNC < 1 day of background radiation

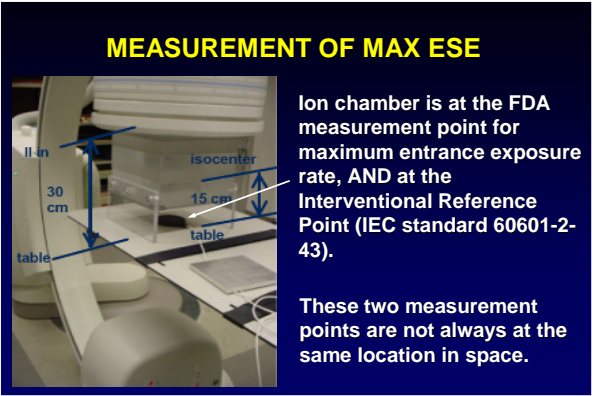
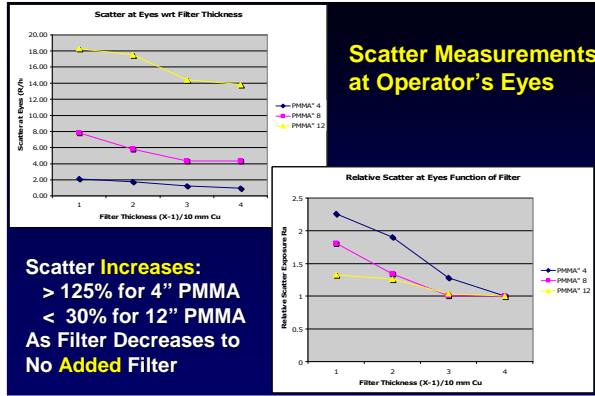
## Scatter Measurements at Operator's Eyes

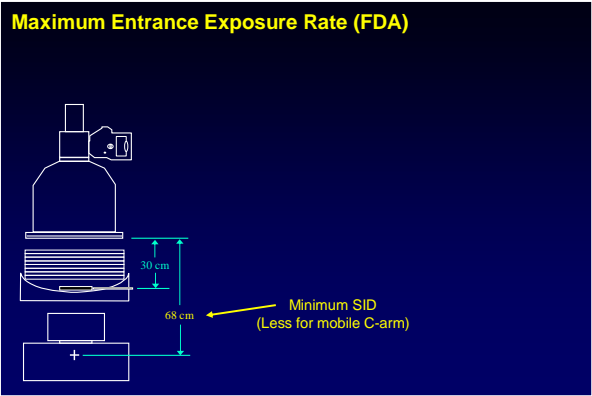
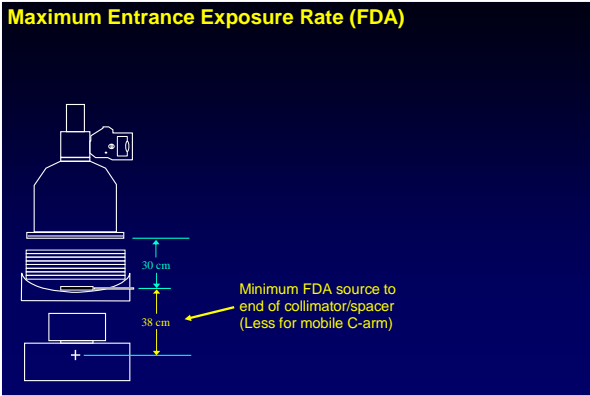
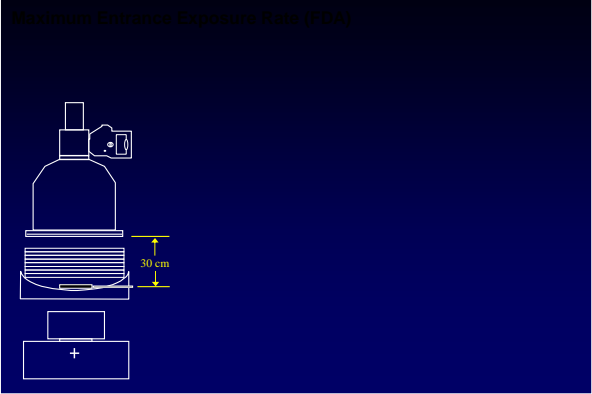
Grid In

40 cm Field of View

Continuous Fluoroscopy













## CONTROL OF IMAGE RECEPTOR EXPOSURE

### C. Anatomical Program Selections Control

#### 3. NEED TAILORED SELECTIONS

1. Girth based
2. Limit range of girths for a given set of technique factors

#### 4. Do Not Assume Vendor Understands These Requirements

## TRAINING OF STAFF

### A. Comprehensive Training Fosters

1. Full Utilization of Equipment Design
2. Optimum Image Quality
3. **Reduced Radiation Dose**



## TRAINING OF STAFF

### B. Who?

1. **Fluoroscopic Operators**
  - a. All **non** Radiologists
  - b. All Radiologists
2. **Technologists Should Reinforce Principles**
3. **Modified for**
  - a. Nurses
  - b. Anesthesiologists
  - c. Other Support Personnel in Procedure Room

## TRAINING OF STAFF

### C. What Type of Training?

1. **Training** Provided at Regular In-Services
  - a. Basic Imaging Principles
  - b. Radiation Protection Principles
2. **"Buttonology"**: Unique Operational Features of Imaging Equipment

## TRAINING OF STAFF

### C. What Type of Training?

3. **Formalized** Credentialing Program for all Fluoroscopic Users
  - a. Didactic Lectures
  - b. Competency Exam
  - c. Hands-On Machine Training Competency

## TRAINING OF STAFF

### D. Administrative Issues

1. Approved at Highest Possible Administrative Level
2. Annual or Bi-Annual Renewal
3. Avoid "Grandfathering"?
4. Credentials from Another Institution?
5. Web data base of credentialed users

## TRAINING OF STAFF

Archer/Wagner

### E. Didactic Lectures

1. Radiation Quantities & Units
2. Biological Effects of Radiation
  - a. **No Warning Sensation**
  - b. Stochastic Injuries

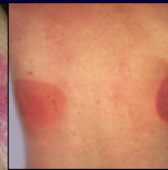


## TRAINING OF STAFF

### E. Didactic Lectures

2. Biological Effects of Radiation
  - b. Stochastic Injuries
  - c. **Deterministic Injuries**
    1. Threshold/Latent Periods

Archer/Wagner

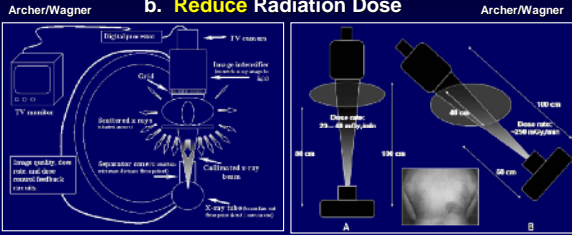


## TRAINING OF STAFF

### E. Didactic Lectures

#### 3. Techniques that

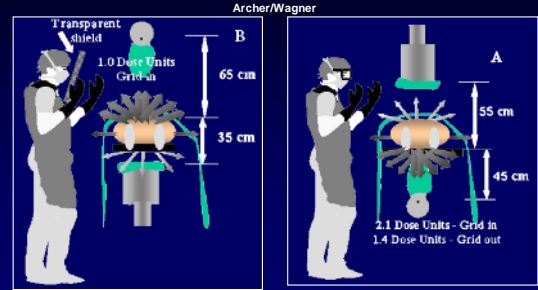
- a. **Improve Image Quality**
- b. **Reduce Radiation Dose**



## TRAINING OF STAFF

### E. Didactic Lectures

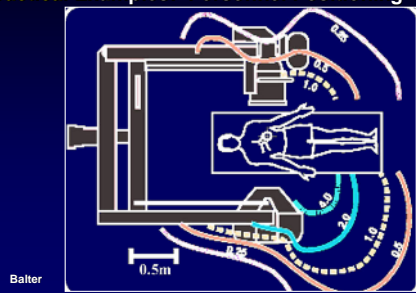
#### 5. Provide **Practical** Examples: Personnel Positioning



## TRAINING OF STAFF

### E. Didactic Lectures

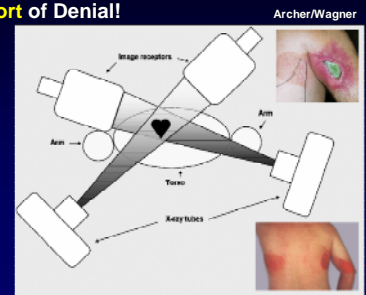
#### 5. Provide **Practical** Examples: Personnel Positioning



## TRAINING OF STAFF

### E. Didactic Lectures

#### 4. Shatter **Comfort** of Denial!



## TRAINING OF STAFF

### F. Competency Exam

#### 1. Multiple Choice Exam

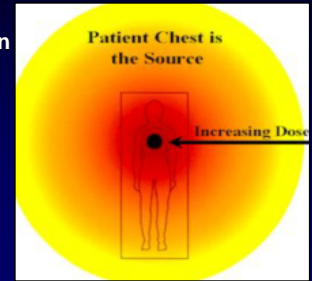
- a. Web based?
- b. Practical applications of topics
  - i. Didactic Lecture
  - ii. Web based Curriculum

#### 2. Other Format?

## TRAINING OF STAFF

### G. Hands-On Machine Training

1. One on One
2. Proper manipulation of each control
3. Checklist for each machine
4. "Chirpie"



## TRAINING OF STAFF

### G. Hands-On Machine Training

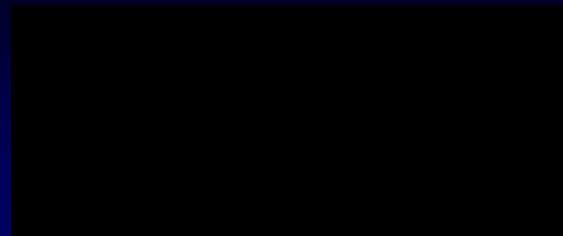
#### 1. Last-Image-Hold

- a. Last Video Frame of Fluoro Continuously displayed after release of Fluoro
- b. High Perceived Noise

#### 2. Fluoro Store Mode

- a. Store Fluoroscopic Video Frame on Disc
  - i. Higher Perceived Noise
  - ii. Less Patient Dose than Recorded Image

## LIH vs. LIVE FLUOROSCOPY



Low Dose (No Frame Integration)

Low Dose (Maximum Frame Integration)

## TRAINING OF STAFF

### G. Hands-On Machine Training

#### 3. Last-Fluoro-Loop Playback/Store

- a. Last 10 second sequence of Live Fluoro displayed in repeatable loop after release of Fluoroscopy
- b. No loss of image quality
- c. Images can be archived
- d. Teaching Aid
- e. **Downside:** Fill up of hard disc storage

## REAL TIME DOSE INFORMATION FOR THE FLUOROSCOPIC OPERATOR

### A. GOALS

1. Allows **Informed Risk-Benefit Decisions** During Study
2. Document **Individual** Clinical Exposures
3. Allows **Management** of:
  - a. Radiation Risks to Patients and Personnel
  - b. Changes in Equipment Performance

## CLINICAL MEASUREMENTS

### B. Additional Reading

Balter S, Shope TB, Fletcher DW, Kuan HM, Seissl H. "Techniques to Estimate Radiation Dose to Skin During Fluoroscopically Guided Procedures"  
2002 AAPM Summer School Proceedings

## CLINICAL MEASUREMENTS

### C. Fluoroscopy Time Limitations

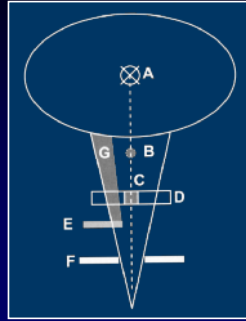
1. Fluoro Dose Rates Vary Over Wide Range
  - a. Patient Size
  - b. kVp
  - c. mA
  - d. Beam Orientation
  - e. FoV
  - f. Source Skin Distance
  - g. Spectral Beam Filtration
2. Dose from Recorded Images Ignored

## CLINICAL MEASUREMENTS

### D. Cumulative Dose

#### 1. DAP

- Isocenter
- Dose Reference Point
- KERMA chamber
- DAP chamber
- “Wedge” Filter
- Collimator Blade
- Reduced Dose Area

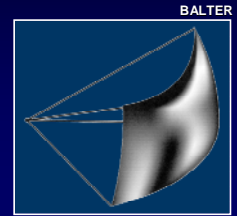


## CLINICAL MEASUREMENTS

### D. Cumulative Dose

#### 2. Dose-Area-Product (DAP)

- Integral of Dose Across Entire Beam
- Indication of Integral Dose--Stochastic Risk
- No Table Top Attenuation Correction
- Inaccurate Skin Dose

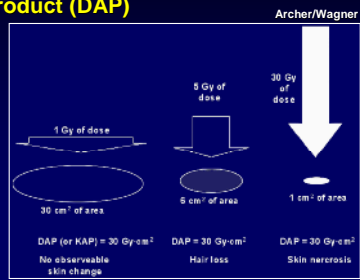


## CLINICAL MEASUREMENTS

### D. Cumulative Dose

#### 2. Dose-Area-Product (DAP)

- Can not predict risk of deterministic injury



## CLINICAL MEASUREMENTS

### D. Cumulative Dose

#### 3. Calculated Patient Exposure

##### a. PEMNET®

##### i. Advantages

- 5% Accuracy
- Database Provided
- Real-Time Displays

##### ii. Disadvantages

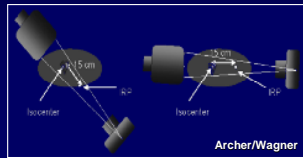
- Additional Cabling
- Noise Free Interfaces
- Involved Calibration
- Database Maintenance



## CLINICAL MEASUREMENTS

### D. Cumulative Dose

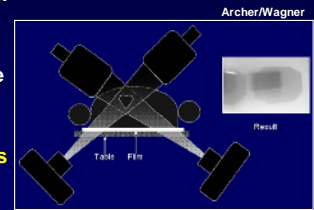
4. Current Cumulative Skin Dose Approach
  - a. Entrance Dose at **I**nternational **R**eference **P**oint defined by IEC
  - b. **IRP** 15 cm toward focal spot from isocenter
  - c. Mandated by CDRH on New Equipment
5. Future
  - a. DICOM Dose
  - b. Header Modifications for Fluoroscopy



## CLINICAL MEASUREMENTS

### E. Peak Skin Dose (PSD)

1. Peak Skin Dose  $\neq$  Cumulative Dose
  - a. **Entrance Port Moves During Exam**
    - i. Beam Orientation
    - ii. Field of View
  - b. **Dose for Port**
    - i. On-Time
    - ii. Patient Size
    - iii. Beam Orientation
  - c. **Overlap of Ports**



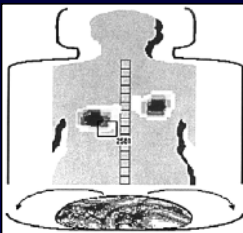
## CLINICAL MEASUREMENTS

### E. Peak Skin Dose

#### 2. Derived Patient Exposure

##### a. CareGraph®

Baltec



- iii. Disadvantages
  - No Longer Available
  - Skin Modeled to One Standard Adult Body
- iv. Advantages
  - More Flexible than Film

## CLINICAL MEASUREMENTS

### E. Peak Skin Dose

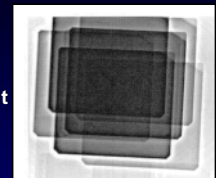
#### 3. X-Ray Film Dosimetry

##### a. Advantages

- i. Dose Distribution
- ii. Universal with any Unit
- iii. Quantitative Dose Info

##### b. Disadvantages

- i. Limited Range
- ii. Factors Affecting Film Sensitivity
- iii. Positioning wrt to the patient
- iv. No **Real-Time** Feedback

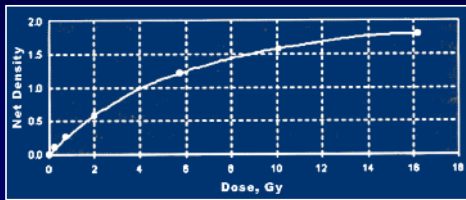


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## CLINICAL MEASUREMENTS

### E. Peak Skin Dose

4. Radiochromatic Film (GAFCHROMIC XR-Type R)
  - a. Chemical Radiation Sensors that Change Color in Response to Exposure



## CONCLUSIONS

- A. Imaging Equipment Needs to be **Configured** for
  1. Wide dynamic range of mAs
  2. Freeze patient motion with short pulse widths
  3. Carefully control subject contrast with limited range of kVp
  4. **Balance image quality needs against increased patient radiation dose with proper entrance exposure to image receptor.**

## **CONCLUSIONS**

### **B. Imaging Equipment Must be Both:**

1. Acceptance Tested &
2. Commission Tested

### **C. Operational Issues Must be Addressed:**

1. All users must be trained
  - a. Core Knowledge
  - b. Equipment Specific Controls
  - c. Real Time Patient Dose Information
2. Risk/Benefit to Patient evaluated realtime