

NOSEČE RADIOLOŠKE INŽENIRKE IN DELO NA RADIOLOŠKIH DIAGNOSTIKAH

PREGNANT RADIOGRAPHERS AND WORK IN DIAGNOSTIC RADIOLOGY

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IZVLEČEK

Uvod in namen: Radiološke inženirke se v obdobju nosečnosti srečujejo z različnimi rizičnimi dejavniki, ki bi lahko ogrozili potek nosečnosti. To so na primer bolnišnične okužbe, stresni dejavniki, fizični napor ter ionizirajoča sevanja. To področje ureja Zakon o varstvu pred ionizirajočim sevanjem in jedrski varnosti, ki navaja, da je treba tako kot ostalim prebivalcem pozornost nameniti tudi plodu. Namen tega dela je predstaviti pogoje, pod katerimi delajo noseče radiološke inženirke na diagnostikah, zakonodajo, ki ureja to področje, in protokol po ugotovljeni nosečnosti.

Metode: Uporabili smo kvantitativno in kvalitativno metodo dela. Podatke smo zbirali s pomočjo spletnega anketnega vprašalnika, ki smo ga poslali članom ZDRI. Zanimali so nas le odgovori radioloških inženirk.

Rezultati: Večinoma so se na anketni vprašalnik odzvale radiološke inženirke, pri čemer je bilo približno 80 % anketirank že nosečih. Ugotovili smo, da je večina nosečih radioloških inženirk imela možnost odločanja o nadaljnjem delu na diagnostiki in skoraj vse so se odločile za delo brez ionizirajočega sevanja (administracija, arhivska dela, magnetna resonanca ipd.). Omenjeno možnost so izbrale iz preventivnih razlogov. O nosečnosti so nadrejene obveščale na različne načine, najpogostejše ustno. Enako kot noseče radiološke inženirke bi v enaki situaciji ravnale tudi radiološke inženirke, ki v času ankete še niso bile noseče.

Razprava in zaključek: V literaturi, ki smo jo preučili, so navedena priporočila, da je za nosečo radiološko inženirko najbolje, da nadaljuje delo brez izpostavljanja ionizirajočem sevanju. V skladu s pričakovanji so se oziroma bi se tako odločile tudi inženirke, ki smo jih anketirali. V Sloveniji se ne uporablja dodatnega dozimetra za merjenje doze, ki bi služila kot pomoč pri natančnejši oceni doze na plod. Možnost njegove uporabe je v literaturi omenjal Faulkner. Ugotovili smo tudi, da ni določeno, kako naj bi se sporočila informacija o nosečnosti. Naš predlog za prihodnost je, da bi se nadrejenim uredil sistem sporočanja nosečnosti, ki bi beležil tudi, kdaj je nadrejeni informacijo o nosečnosti prejel.

Glavne besede: nosečnost, ionizirajoče sevanje, izpostavljenost ploda, varstvo pred sevanjem, učinki ionizirajočega sevanja

ABSTRACT

Introduction and purpose: Pregnant radiographers are exposed to many risk factors, that could endanger the course of their pregnancy. The most common are hospital-acquired diseases, stress factors, physical work and ionising radiation. That last area is covered by the law governing radiation and nuclear safety, where it states that the care for an unborn child should be the same as for an adult person.

The purpose of this work was to present the conditions that pregnant radiographers work under, the law that governs this area of radiation safety and what is the protocol after the radiographer finds out she is pregnant.

Methods: We used quantitative and qualitative working methods. The information was gathered with the help of a survey in the form of an online questionnaire. The survey was sent to members of the Professional Association of Radiographers, but we were only interested in the answers of female radiographers.

Results: The majority of the answers were provided by female radiographers, 80% of who were previously pregnant at some point in time. We determined that most pregnant radiographers had the chance to make a choice about future work in diagnostics. Most of them made a choice to work at jobs without exposure to ionising radiation (administration, archive, magnetic resonance, etc.). They chose that option out of precaution. They informed their employers about their pregnancy in different ways, but most of them only did it verbally. Female radiographers that were not yet pregnant said that they would make the same choices as their pregnant co-workers.

Discussion and conclusion: In the literature we studied, we found some recommendations saying that it is best for a pregnant radiographer to continue work in a working place without exposure to ionising radiation. The majority of the surveyed pregnant radiographers chose that option, which was in line of our expectations. In Slovenia, we do not use an extra dosimeter that could be used for dose measurement to more accurately calculate dose that a foetus is exposed to. This option is mentioned by Faulkner in his work. We also determined that there are not any rules or laws that define how the information should be communicated to their employers. Our proposal for the future is the establishment of a system for informing employers about pregnancy and for receiving information from employer's side, in terms of documentation regarding the receipt of information, etc.

Keywords: pregnancy, ionising radiation, foetus exposure, radiation safety, effects of ionising radiation

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