



TECHNOLOGIST CHECK-OFF LIST FOR FLUORO EXAMINATIONS

Acquiring an optimal pediatric fluoro exam with minimal radiation dose to the patients must be a coordinated effort between the radiologist and the technologist. With the primary focus on patient's safety, comfort and the desired outcomes, the following should be considered:

1. **Know your patient.** Become familiar with the basic ages and stages of child development in order to anticipate how the patient will react to the situation.
2. Talk with parents and patients before the exam about reactions to previous imaging reactions and to new social situations. Find out if your patient has special needs or limitations that might affect the exam. Use the information to prepare the room and to prepare yourself.
3. Find out what comforts and calms your patient, such as favorite toy, blanket, pacifier, cartoon character. Work these into the exam to establish a personal connection.
4. Present information in age appropriate language. Most toddlers are encouraged by talking about what is happening at the moment. Pre- school and young children need to know what is going to happen before it happens. Find out what works for your patient.
5. Know your equipment. Be familiar with the availability of pulse fluoro. Know the exposure rate of your equipment in all modes of operation, with and without filtration.
6. Share your technical knowledge with the imaging team. Protect your pediatric patient from excessive radiation dose by challenging the use of adult fluoro protocols in our department. Advocate for the use of alternative imaging when appropriate for the desired outcome. Keep track of fluoro times for all pediatric studies and work together to reduce those times.
7. Prepare for the exam. Have all supplies, and extras, in the room and within arms reach. Suction supplies must be available for oral contrast studies. Monitors and oxygen supplies must be available for studies requiring sedation. Equipment and devices must be appropriate pediatric size.
8. Provide radiation protection. Aprons, thyroid shield, and leaded glasses should be available for all personnel. Aprons should be provided to parents who are in the room during imaging. If possible, cover the head and foot of the table with flexible lead pieces to protect personnel required to be in close proximity of the patient.
9. Keep your patient covered as much as possible for the exam. Young patients have modesty and feel vulnerable when exposed. Show them you understand. Core temperature is critical in neonates and must be maintained.
10. Maintain constant verbal communication with your pediatric patient. Use soothing tones and sounds for infants, distraction sounds and words for toddlers, and encouragements for youngsters. Try, when age appropriate, to engage them in what is happening. Give them a sense of control by giving them small choices on what they want to do.
11. Control voluntary and involuntary movement under the fluoro screen by using appropriate immobilization. Protect your patient by wrapping arms and legs in small blanket or sheets.
12. Comfort your patient with musical toys, favorite things from home, pacifiers, or, when appropriate, positioning of a parent at the head of the table.
13. Prioritize patient safety. Keep a constant eye on your pediatric patient. Focus on their response to the introduction of contrast, changes in their behavior, and maintain their position under the fluoro screen.
14. Use tight collimation and child-size size technique for overhead films required to complete the fluoro study.
15. Record accurate fluoro times into the radiology patient document.