

## Resources

- American Association of Physicists in Medicine ([www.aapm.org](http://www.aapm.org))
- The American Association of Physicists in Medicine: Communicating Advances in Radiation Education for Shielding (CARES) [www.aapm.org/CARES](http://www.aapm.org/CARES)
- Canadian Association of Medical Radiation Technologists ([www.camrt.ca](http://www.camrt.ca))
- Canadian Association of Radiologists ([www.car.ca](http://www.car.ca))



# Patient Protective Shielding

Medical Imaging



[saskhealthauthority.ca](http://saskhealthauthority.ca)

*Healthy People, Healthy Saskatchewan*

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## What is changing?

Patient protective lead shielding will no longer be routinely provided for procedures using X-rays.

## History of patient shielding:

Patient shielding in medical imaging procedures has been standard practice since the 1950s. It was used because of concerns that X-rays could have harmful effects on reproductive organs or unborn babies.



Image from pixaby.com

## Why the change?

- Research has proven that the human body is not as sensitive to radiation as we used to believe.
- Newer X-ray machines use less radiation to create high quality images.
- Shielding can cover up parts of the body the doctor needs to see making the exam needing to be repeated.

## Do you need to shield children or pregnant patients?

No. Shielding is not recommended for children or pregnant patients. The amount of radiation used in most imaging exams is so small that the risk to a child or an unborn baby is almost zero.

## Why was I asked to wear lead shielding when holding my child for their X-ray? Why is the technologist wearing lead shielding?

The Saskatchewan Health Authority follows ALARA (As Low As Reasonably Achievable) — a radiation safety principle that means to avoid radiation exposure that does not have a direct benefit to you.

- Your child is receiving necessary exposure to radiation in order to help get a diagnosis.
- It is unnecessary for you or staff to receive exposure to radiation. This means that lead shielding will always be provided to those with the potential for unnecessary radiation exposure.

**If you have questions or concerns, please speak to the medical radiation technologist who will performing your exam.**