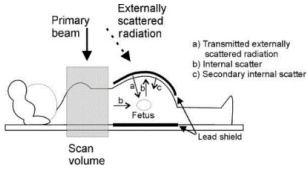


Recomendações do *British Institute of Radiology (BIR)* para o uso de proteções de chumbo em exames de Tomografia Computorizada (TC)

Guidance on using shielding on patients for diagnostic radiology applications

As recomendações no âmbito deste relatório para a modalidade de Tomografia Computorizada são:

| Cenário | Recomendação | Comentários |
|---|---|--|
| Proteção em contacto com o Órgão <i>"In-plane"</i> (adultos e crianças) | Não recomendado. Garanta a otimização por meios alternativos, sempre que possível. | Possíveis efeitos adversos na qualidade da imagem. Performance imprevisível da exposimetria automática (AEC), tornando-a ineficaz, e podendo resultar num acréscimo de dose para o paciente. |
| Proteção do cristalino <i>"In-plane"</i> para pacientes que fazem TC de Crânio. | Não recomendado. Garanta a otimização por meios alternativos, sempre que possível. | Em diversas situações clínicas, os protocolos de baixa dose podem alcançar os resultados de diagnósticos necessários. É necessário realizar uma revisão cuidadosa da qualidade da imagem e se esta está em conformidade com o objetivo clínico. |
| Proteção em contacto com o Órgão <i>"Out-of-plane"</i> (adultos e crianças) | Não recomendado. | A poupança real de dose será baixa. Não é possível limitar a retrodispersão interna da radiação. A maior redução expectável de dose ocorrerá quando a proteção estiver próxima do limite do volume de aquisição, mas é mais propensa a interferir com a AEC se ocorrer falha no posicionamento da proteção ou movimentação da mesma ou do paciente. |

| | | |
|---|--------------------------------|---|
| <p>Utilização de avental de proteção em grávidas (<i>Out-of-plane</i>)</p> | <p>Não recomendado.</p> | <p>A poupança real de dose será baixa. Não é possível limitar a retrodispersão interna da radiação. A maior redução expectável de dose ocorrerá quando a proteção estiver próxima do limite do volume de aquisição, mas é mais propensa a interferir com a AEC se ocorrer falha no posicionamento da proteção ou movimentação da mesma ou do paciente.</p>  |
| <p>Utilização de Proteção gonadal "<i>In-plane</i>"</p> | <p>Não recomendado.</p> | <p>Pouca evidência sobre os benefícios da sua utilização. Exigência de colocação cuidadosa da proteção durante o posicionamento. Além disso, os testículos não estão referenciados como um órgão radiosensível pelo ICRP (para a incidência do cancro). Possíveis efeitos adversos na qualidade da imagem para exames pélvicos (especialmente se proteger os ovários). Os efeitos hereditários associados à quantidade dose típica são negligenciáveis.</p> |
| <p>Utilização de Proteção gonadal "<i>Out-of-plane</i>"</p> | <p>Não recomendado.</p> | <p>Pouca evidência sobre os benefícios da sua utilização. Não é possível limitar a retrodispersão interna (especialmente para ovários). Os testículos não estão referenciados como um órgão radiosensível pelo ICRP (para a incidência do cancro). Os efeitos hereditários associados à quantidade dose típica são negligenciáveis.</p> |

In-plane: A proteção fica exposta ao feixe primário de radiação.

Out-of-plane: A proteção não fica exposta ao feixe primário de radiação.

Traduzido por:

Associação Portuguesa de Imagiologia Médica e Radioterapia (APIMR) V16022023



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Comentado [RPPdA1]: Basta citar o BIR nao?

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