Authorized User / Radiation Safety Officer Training for Veterinary Users

Module 7: Radiation Surveys and Patient Release

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Introduction

- This module focuses on the practical aspects of regulations regarding:
 - Radioactive contamination
 - Surveys for radiation
 - Shipping and receiving of radioactive materials
- It also covers generic information regarding the use radioisotopes in therapy:
 - Pet owner interview
 - Pet owner precautions
 - Pet release Criteria

(Isotope – specific details are taken up in Module 9)

Assigned reading:

- 7.1. NRC Regulatory Guide 8.2: Administrative Practices in Radiation Surveys and Monitoring
- 7.2. NRC Regulatory Guide 8.39, Rev 1: Release of Patients Administered Radioactive Materials

<u>Outline</u>

- Radiation Units of Measurement: A Review
- Monitoring for Ambient Dose Rates and Contamination
 - Daily closeout surveys
 - Weekly wipe test surveys
- Department of Transportation (DOT) Regulations
- Treatment Workflow
 - Pet owner interview
 - Pet owner precautions
 - Release measurement techniques
 - Post-release actions by pet owner
- Quiz

Radiation Units of Measurement: A Review

Radioactivity	Quantity Units			Units Describing	Radiation Field			
Becquerel (Bq)	Curies (Ci)		Roentgen (R)	Radiation Absorbe (rad)	ed Dose Roent	tgen Equivalent Man (rem)		
SI unit	Customary unit		Photon ionization in air (exposure)	Amount of ene deposited in unit r medium	ergy Biolog mass of depo	gical effect of energy sited by radiation in system		
Decays per second (dps)	3.7 x 10 ¹⁰ Bq		2.58E-4 C/kg	SI unit: Gray (Gy) = 100 Gray = J/kg	SI unit:SI Unit:y (Gy) = 100 radSievert (Sv) = 1Gray = J/kgSv = Rad*			
Mathema	tical Notations: Pref	ixes		Where:				
giga	G	10 ⁹		C I	= Coulombs = loules			
mega	Μ	10 ⁶		C	F = Quality Facto	or		
kilo	k	10 ³		Useful Conv	version Factors			
milli	m	10-3	1 mCi = 37 MB	1 mCi = 37 MBq = 0.37 GBq 1 MBq = 27 μCi = 0.027				
micro	μ	10-6	1 m P/h = 0.99	mrom/h	1 mrom/h = 1.1	26 mD/h		

How To Use Various Units of Measurement: A Review

Units Describing Radiation Field									
Exposure	Contamination	Occupational Dose							
Roentgen (R)	dpm/mCi/Bq	Roentgen Equivalent Man (rem)							

- Use Roentgen (R) when describing an exposure in air or mR/h for exposure rate in air.
 - "Exposure" measures how much radiation is present in air.
 - Measured with an ion chamber or a GM ratemeter.
 - Used for daily surveys or release measurements.
- Use dpm when describing how much radioactivity or contamination is present.
 - Dpm is "disintegrations per minute." 1 mCi = 2.22E6 dpm; 1 Bq = 1/60 dpm
 - Use a GM ratemeter to quantify contamination on a wipe sample (See Module 7 for more details).
 - Dpm = cpm/eff; where cpm is the counts per minute on the GM ratemeter and eff is the efficiency for the isotope in question.
- Use rem or Sievert (Sv) when describing the "occupational dose," or biological effect to the human body as a system.
 - These units are used to communicate risk in terms of cancer induction probability.
 - Note, the US still recognizes the rem (1 Sv = 100 rem).
 - This is the unit you will see on your dosimetry or occupational badge report.
- While it is recognized that exposure (mR) and dose (mrem) are different concepts, the units are often interchanged for radiation safety purposes. This builds an additional layer of conservatism, given that 1 mR = 0.88 mrem. If a particular standard in mrem is met with an mR measurement, it ensures that the requirement is met with 'room to spare'.

Ambient Dose Rate and Removable Contamination

Contamination is simply unwanted radioactive materials.

- There are two categories of radioactive contamination:
 - Fixed
 - Removable
- Your radioactive materials (RAM) license sets two types of trigger levels to ensure compliance with regulations:
 Ambient dose rate and removable contamination in the areas where you use unsealed radioactivity

These limits are set for two types of areas at the facility:

- 1. For a "controlled area" such as the hot lab, dedicated waste storage room, or in-patient animal enclosure, where access is restricted
- 2. For an "uncontrolled area" such as a generic injection room, where more people have access

Typical Trigger Levels for ⁹⁰ Y and ^{117m} Sn	Ambient Dose Rate	Removable Contamination
Controlled Area	5 mrem/h	10,000 dpm/100cm ²
Uncontrolled Area	0.2 mrem/h	1,000 dpm/100cm ²
Typical Trigger Levels for ¹³¹ I	Ambient Dose Rate	Removable Contamination
Typical Trigger Levels for ¹³¹ I Controlled Area	Ambient Dose Rate 5 mrem/h	Removable Contamination 2,000 dpm/100cm ²

Daily Closeout Surveys for Ambient Dose Rates

Daily closeout surveys are conducted in areas of use where you're looking for:

- Sources or waste not appropriately shielded
- Contaminated areas
- Any other radiation or source of radioactivity which shouldn't be exposed
- Daily closeouts should include all areas that were used with radioactive material during the day, such as dose preparation area, injection area, imaging area, and waste storage area. Animal housing cages or enclosures, as well as bedding and any other potentially contaminated items will be surveyed after release of the treated patient, before use by a new occupant. Cold waste containers will be surveyed to look for RAM items accidentally disposed of.
 - For animals that are housed for extended periods of time before release to owner, a daily survey will be conducted of the animal's room and surrounding areas. Acrylic shields will be placed if necessary if any areas outside the enclosure exceed
- animal's room and surrounding areas. Acrylic shields will be placed if necessary if any areas outside the enclosure exceed trigger limits (for ⁹⁰Y).

Daily closeouts can be completed with a GM ratemeter.

- The preferred equipment for ¹³¹I is a Ludlum Model 3 with a 44-9 pancake GM probe. For ^{117m}Sn and ⁹⁰Y, it is the Ludlum 26-1 integrated frisker / ratemeter.
- Even though the instrument reads in mR/h, the readout is considered interchangeable with mrem/h in this context (to be extra conservative).
- The trigger level for uncontrolled area is set to be 0.2 mrem/h, between natural background radiation (0.02 to 0.05 mR/h) and the regulatory upper limit of 2 mrem in 1 hr. Notice here that mR/h and mrem/h are being used interchangeably.

	Ambient Dose Rate
Controlled Area	5 mrem/h
Uncontrolled Area	0.2 mrem/h

Daily Closeout Surveys (continued)

- Daily closeout surveys are completed with a GM ratemeter.
- Take a background reading with your GM counter in mR/h (typically 0.02–0.05 mR/h).
- Slowly move your GM probe over the surfaces which must be surveyed (areas where you used unsealed RAM).
 - You will hear the audible "clicks" using the audio function.
- (Gross rate background rate) = net exposure rate

Example:

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Gross reading = 0.5 mR/h
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Background = 0.05mR/h

Net rate = 0.5 mR/h - 0.05 mR/h = 0.45 mR/h



Sample Daily Closeout Report

- Maintain a floor plan showing all areas of RAM use, identifying all areas and objects pertinent to the RAM license, such as dose preparation bench, "L" Shield, hot and cold waste containers, injection table, scan room table, animal housing enclosure used for IsoPet patients, etc.
- Daily Survey is required:
 - Only in areas where RAM were used
 - Only on days when RAM were used
 - It is customary to perform surveys along with weekly wipe tests as well, even if no RAM was used that day. These are called Weekly Surveys
- If excessive dose rate is found (> 0.2 mR/h):
 - Record reading
 - Decontaminate the area
 - Resurvey
 - Record action in comments section.

DAILY CLOSEOUT REPORT

DEPARTMENT: Canine Ward	LOCATION: Animal Medical Center				
INSTRUMENT: Ludium 26-1 Dose	SERIAL NUMBER: 12345				

* Unless otherwise specified, measurements made with GM survey meter with results in mR/h. \checkmark = background reading 0.02 mR/h

Note that Action level is 0.2 mR/h for an uncontrolled area and 5 mR/h for controlled areas. Daily closeout surveys are only required on days of use.

Date	1	2	3	4	5	6	7	8	9	10	11	12	Survey By
4/15	~	~	~	~	~	~	~	~	~	~	~	~	CAS
4/16	~	~	~	0.5	0.6	~	~	~	~	~	\$	~	CAS

Insert Lab Map Here:

A -WARD



Removable Contamination Surveys

- Wipe Survey
 - Checks for removable contamination
 - Wipe tests are required weekly for all areas of unsealed use
 - Surface area to be wiped for each sample should be 100 cm² (about a 4" x 4" square, or postcard size area), using moderate pressure
 - Take one or more representative sample(s) in each area of use.
 - Radioactive <u>Waste Rooms</u> do not require a weekly wipe test, but do require a weekly survey
 - Trigger levels for further action are based on the hazard posed by the radioisotope. They are more stringent for ¹³¹I than for ⁹⁰Y or ^{117m}Sn.

Typical Trigger Levels for ¹³¹ l	Removable Contamination	Typical Trigger Levels for ⁹⁰ Y and	Removable Contamination	
Controlled Area	$2000 dnm / 100 cm^2$	^{117m} Sn		
Controlled Area	2000 upiny 1000m	Controlled Area	$10,000dnm/100cm^2$	
Uncontrolled Area	$200 dnm / 100 cm^2$	Controlled Area	10,000 upin/ 100cm	
Oncontrolled Area	200 upiny 100cm	Uncontrolled Area	$1.000 dnm / 100 cm^2$	
		Uncontrolled Area	1,000 upin/100cm-	



Minimum Detectable Activity and Wipe Tests

- The instrument used to monitor for contamination must be able to detect below the removable contamination limits.
- A wipe test is taken with a plain 1-inch round filter paper, such as the Whatman[®] No. 1 product.
- 'Home made' wipes from coffee filters also work well: Cut out 1 inch squares, or punch out 1 inch circles using a punch tool. Kim Wipes[®] work equally well.
- The used filter paper is then placed on a clean lead brick with the contaminated side up for scanning.
- Gauze can be used as a quick check for removable contamination, but be sure to cover the GM probe with a disposable glove to avoid contaminating it.
- See next slide for more complete wipe test instructions.



Wipe Test measurement: Ludlum 26-1 (117mSn and 90Y)

- Place the GM ratemeter probe (e.g, Ludlum 26-1) on a clean lead brick to obtain background reading in cpm.
- Wipe an area of 100 cm² (about the size of a postcard).
- Place the wipe on the lead brick with the "dirty" side up.
- Place the GM ratemeter directly over the wipe.
- Allow the unit to settle and take a gross reading/measurement.
- (Gross reading background)/efficiency = quantity of removable contamination.

Example:

Gross reading = 100 cpm Background = 45 cpm Efficiency = 22% or 0.22

(100 cpm - 45 cpm) / 0.22 = 250 dpm of removable contamination

• Record the result on the wipe test survey report .







Wipe Test measurement: Ludlum 44-9 (131)

- Turn on the meter and perform a battery check and verify check source reading.
- Place the pancake probe on a clean lead brick to obtain background reading in mR/h (typically 0.02 to 0.05 mR/h, on the x0.1 scale).
- Wipe an area of 100 cm² (about the size of a postcard).
- Place the wipe on the lead brick with the "dirty" side up.
- Place the probe directly over the wipe. Place a counterweight on the probe if necessary, to hold it steady.
- Allow the unit to settle and take a gross reading/measurement, on the SLOW toggle switch. <u>Watch the needle</u> over 30 sec, to obtain the average value in mR/h.
- Each division on the x0.1 scale above background represents 200 dpm for ¹³¹I
- Ten divisions on the x0.1 scale above background represent 2000 dpm for ¹³¹I
- This method bypasses the need to obtain cpm values and divide by efficiency to obtain dpm.

For a background of 0.03 mR/h in this example, 0.04 mR/h is the trigger for unrestricted areas (200 dpm), and 0.13 mR/h is the trigger for restricted areas (2000 dpm). Contamination levels exceeding triggers require cleanup.



Sample Wipe Test Report

- Maintain a floor plan showing all areas of RAM use, identifying all areas and objects pertinent to the RAM license, such as dose preparation bench, "L' Shield, hot and cold waste containers, injection table, scan room table, animal housing enclosure used for IsoPet[®] patients, etc.
- A weekly entry is required whether or not radioactive materials were used.
- Perform an ambient survey prior to wipe test. This will be an indicator of potential areas of removable contamination.
- Use a GM counter or well-chamber to assess if contamination is present.
- If removable contamination is found (>1000 dpm/100cm²):
 - Decontaminate the area
 - Re-wipe and retest
 - Record actions in comments section of report.

WEEKLY WIPE REPORT

DEPARTMENT: Canine Ward	LOCATION: Animal Medical Center
INSTRUMENT: Ludium 26-1 Dose	SERIAL NUMBER: 12345

* Unless otherwise specified, measurements made with GM survey meter with results in dpm/100 cm².
 ✓ = background reading (<200 dpm/100 cm²)

Note that Action level is 1000 dpm/100 cm² for an uncontrolled area and 10,000 dpm/100 cm² for controlled areas. Efficiency for a Ludlum 26-1 or Ludlum 44-9 is 20% for ^{117m}Sn.

Date	1	2	3	4	5	6	7	8	9	10	11	12	Survey By
4/15	~	~	~	~	~	~	~	~	~	~	~	~	CAS
4/16	~	~	~	500	600	~	~	~	~	~	~	~	CAS

Insert Lab Map Here:

A -WARD



Radioactive Spill Control

- Sooner or later, every facility will experience a radioactive spill. It is best to be prepared to handle a spill by reviewing spill control procedures periodically.
- Generally speaking, a spill happens when a dose is mishandled, and the contents is ejected to non-intended surface, such as a treatment table, the floor, or on the body of the animal or personnel.
- A hot-spot detected at the daily closeout survey, or urine from a treated animal is not necessarily a spill.
- UREG 1557 Vol 7, appendix L directs that "Licensees should not neglect, delay, or ignore appropriate first aid and other immediate medical needs of injured individuals due to suspected contamination" from a spill. In other words, medical needs of an individual take precedence over spill control procedures.
- Spills can be loosely classified into **major** and **minor** spills. Spills of activities less than 1 mCi may be considered minor, and spills involving >1 mCi, or <u>any personnel contamination</u> may be considered major.
- Each hot lab must have a <u>spill kit</u>, the recommended contents of which are listed on the next page. The spill kit must be examined at least annually to make sure its contents are intact and usable. Discovering that latex gloves have stuck together, or plastic waste bags are in tatters when you have a spill to clean up, is not predictive.
- The most practical tip for spill cleanup is not to spread it and make it worse, for instance using a mop on the floor. Delineating the extent of the spill by carefully surveying with a meter, and confining cleaning to a small area is the way to go.

Radioactive Spill Control (continued)

Recommended contents of a spill kit. A commercial spill kit may be purchased, or one can be put together using in-house materials.

- disposable gloves
- housekeeping gloves
- disposable lab coats
- disposable head coverings
- disposable shoe covers
- roll of absorbent paper with plastic backing
- masking tape
- plastic trash bags with twist ties
- ___ cleanup solution such as RadiacWash[®]
- ___ cleanup gel such as DeconGel ®
- ____ scrubbers, sponges
- "Radioactive Material" labeling tape
- marking pen
- pre-strung "Radioactive Material" labeling tags
- box of wipes
- instructions for "Emergency Procedures"
- clipboard with a copy of the Radioactive Spill Report Form for the facility
- pencil

<u>Radioactive Spill Control (continued)</u>

Minor Spills of Liquids and Solids

- 1. Notify persons in the area that a spill has occurred.
- 2. Prevent the spread of contamination by covering the spill with absorbent paper.
- 3. Clean up the spill using disposable gloves and absorbent paper. Carefully fold the absorbent paper with the clean side out and place in a plastic bag for transfer to a radioactive waste container. Also put contaminated gloves and any other contaminated disposable material in the bag.
- 4. Survey the area with a low-range radiation detector survey meter. Check the area around the spill. Also check your hands, clothing, and shoes for contamination.
- 5. Report the incident to the Radiation Safety Officer (RSO).
- 6. The RSO or his designee will follow up on the cleanup of the spill and will complete the Radioactive Spill Report and the Radioactive Spill Contamination Survey.

Major Spills of Liquids and Solids

- 1. Clear the area. Notify all persons not involved in the spill to vacate the room.
- 2. Prevent the spread of contamination by covering the spill with absorbent paper, but do not attempt to clean it up. To prevent the spread of contamination, limit the movement of all personnel who may be contaminated.
- 3. Shield the source if possible. This should be done only if it can be done without further contamination or a significant increase in radiation exposure.
- 4. Close the room and lock or otherwise secure the area to prevent entry.
- 5. Notify the RSO immediately.
- 6. Decontaminate personnel by removing contaminated clothing and flushing contaminated skin with lukewarm water and then washing with mild soap. If contamination remains, induce perspiration by covering the area with plastic. Then wash the affected area again to remove any contamination that was released by the perspiration.
- 7. The RSO or designee will supervise cleanup of the spill and will complete the Radioactive Spill Report and the Radioactive Spill Contamination Survey.

Radioactive Spill Control (continued)

- Each spill must be documented in a report to the RSO.
- An Area Contamination Form and / or a Personnel Contamination Form must be filled out, as appropriate
- The report must include details of how the spill occurred, and how things can be improved to precent recurrence
- A spill report is not meant to be punitive; it is a means to improve practice and offers an opportunity to correct systematic mistakes, If identified.

Department of Transportation (DOT) Regulations

- The Department of Transportation has regulations surrounding the shipment and receipt of radioactive materials:
 - Each package containing radioactive material will be delivered to the **secure delivery location** listed on your RAM license.
 - This is typically a lockable cabinet which can house a large box.
 - The package must be checked in within 3 hours of receipt and logged on the RAM inventory for the site.
 - A sample package check-in template is included in the supplemental reading materials.
 - The package must be **measured for exposure rate** 1 m from each side <u>and</u> on the surface of the exterior package.
 - A wipe test must be taken of the exterior and interior packaging.
 - Records must be kept for each package containing radioactive material.

DOT Regulations (continued)

The dose arrives as a DOT Class 7 Type A package. It will have markings as a White I package, or a Yellow II package.



Figure-1. Examples of common radioactive package **markings**. These include proper shipping names, package types, UN numbers, and From/To addresses, orientation markers, and weights. For excepted packages, the candy-striped UN number sticker is optional; a simple sign stating the UN number can be used instead.

Specific DOT training is available through the FX Masse Training Course portal entitled "HazMat / DOT Training" This training course is not mandatory to send a license application or license amendment. However, most state regulatory agencies will require an individual associated with the RAM license to maintain DOT certification to oversee shipment and receipt of radioactivity.



Treatment Workflow

- Consultation with pet owner on health issues. Select radioisotope therapy if appropriate (including physical exam / blood work, etc).
- Interview pet owner to determine if they can comply with instructions post-release. Proceed ONLY if you have firm and reasonable assurance that instructions will be followed.
- Explain restrictions depending on radioisotope (more details in module 9): Examples:

The Pet will be released only after 4 days; and may be held for more days (for ¹³¹I)

Close contact with pet only for xx minutes per day per person, for xx days

No co-sleeping allowed for xx days

Pregnant women and children may not be allowed to be close to pet for xx days

Flushable kitty litter may have to be used. Will the home's septic system allow it? (for ¹³¹I)

Urine / feces may have to be collected and stored for xx days

If the pet passes away during xx days / months, its body will have to be brought back to the faculty and frozen for xx months

DO NOT PROCEED WITH THE TEATMENT IF YOU HAVE ANY DOUBTS ABOUT OWNER COMPLIANCE.

- Determine radioisotope dosage in mCi. Order from radiopharmacy, and prepare for treatment.
- Receive the dose; perform check-in procedures per DOT regulations.
- After treatment, perform area surveys for daily closeout; decontaminate spills to within trigger levels.
- Monitor pets in holding, in the restricted area.
- Perform bioassay on all required personnel, if applicable.
- Measure radiation dose from pet to determine if it can be released, after required holding time. NO VISITAITON IS PERMITTED DURING THE HOLDING TIME (For ¹³¹I)
- Have pet owner sign off on instructions and restrictions.
- Perform weekly surveys and wipes. Document results.
- Perform Decay-in-Storage for radioactive wastes. Maintain documentation.
- Meet / perform other regulatory obligations (survey meter calibrations; annual ALARA audit; pay annual DPH fees to maintain license; respond to periodic questionnaires from the DPH, such as the annual low level waste survey).

Pre-Screening Interview

- Because the treatment material is radioactive, a pre-screening interview must be conducted with the pet owner to
 verify that they (and their family) can meet certain time and distance restrictions to maintain their radiation dose below
 the federally mandated public dose limit of 100 mrem/year. They must understand that their pet will be radioactive for
 a certain amount of time.
- For ¹³¹I treatment, petting / co-sleeping / holding restrictions will last at least 2 weeks after release.
- For ⁹⁰Y treatment, If the treated tissues are peripheral, and if the possibility of external dose from the beta emissions is significant, owners and family members may have to limit close physical contact to under 30 minutes per day for 10 days.
- Depending on dose rate and treatment location, children and pregnant women may not be allowed to have any
 contact with the animal whatsoever for 10 days (for ⁹⁰Y) and 2 weeks (for ¹³¹I).
- If the treatment location is superficial, plastic or foam padding may be set in place for 10 days, sometimes up to 30 days, to minimize external dose (for ⁹⁰Y).
- If tissue sloughing occurs, owner may be required to clean up with surgical gloves, and secure all material and bring them to the treating facility for disposal, if radioactive (for ⁹⁰Y).
- If the pet dies within a 80 day period after treatment, its body has to be frozen until that period at the treating facility (for ¹³¹I).
- If any of these possibilities exist, the owners must be interviewed prior to the treatment to determine if such restrictions can be met. If they are unwilling or incapable of meeting restrictions, the animal is not a candidate for radioisotope treatment.
 Specific release instructions given to owners are covered in Module 9

Release Measurement

- An exposure rate measurement must be made from the treated animal prior to release.
- The measurement can be completed with a GM ratemeter (e.g, Ludlum 26-1 for ⁹⁰Y, Ludlum 6-1DOSE ^{117m}Sn, Ludlum model 3 or 14C with a 44-9 GM pancake probe and filter for ¹³¹I; or ion chamber).
- The measurement is taken **<u>1 foot or 1 meter</u>** from the treatment site as seen in the diagram below.
- Measured dose rate must not exceed <u>0.25 mR/h @1 foor for ⁹⁰Y and ¹³¹I, up to 0.5 mR/h @1m for 117mSn (or an alternative release criteria as specified by the regulators during the licensing process)
 </u>



Summary of Module 7: Radiation Surveys and Patient Release

- RAM licensees are required to conduct daily closeout surveys with a GM ratemeter to comply with license exposure limits.
- RAM licensees are required to conduct weekly wipe test surveys with filter paper to assess removable contamination. This can be completed with a GM ratemeter Ludlum model 26-1, or a Ludlum model 3 or model 14C with a 44-9n Pancake probe.
- Each received package containing radioactive materials must be checked in following DOT and license requirements. This is typically completed with an exposure rate measurement at one meter, on the surface of the package, and a wipe test to quantify removable radioactivity. The receipt must be logged and added to the site inventory.
- Owners of pets to potentially be treated with a radioisotope must be interviewed to verify that their home life is conducive to complying with the time and distance requirements to meet federal public radiation dose limits.
- The veterinarian must review the Pet Owner Precautions sheet to instruct the owner on the time and distance requirements which follow radioisotope therapy.
- Release measurements must not exceed <u>0.25 mR/h at 1 foot for ¹³¹I and ⁹⁰Y, and 0.5 mR/h at 1 meter for ^{117m}Sn</u> from the animal surface closest to the treatment site.
 - The treated animal cannot be released until the release measurement is equal to or below the above standard.

Supplemental Reading Material

Assigned reading material for Module 7:

- 7.1. NRC Regulatory Guide 8.2: Administrative Practices in Radiation Surveys and Monitoring
- 7.2. NRC Regulatory Guide 8.39, Rev 1: Release of Patients Administered Radioactive Materials

Upon successful completion of the Module 7 quiz, you may continue to Module 8.