

Project Activity Instructions for Students

“A Chest X-Ray Is Equal to 10 Days of Natural Radiation. Is Radiation Bad?”

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Updated 4/25/18

Overall Purpose/Project Length

Students will make connections between biological responses, radiosensitivity among different organs, and implementation of safe exposure practices to minimize radiation dose to the patient. This project should be able to be completed in three class periods or less.

Key Terms

Human anatomy, cellular structure, organ systems, analysis, writing, drawing, interpretation, types of radiation, radiation theories, radiation sensitivity, radiation damage, radiation calculations, organ sensitivity, dose limits, charting, prediction, critical thinking, communication, collaboration

Student Learning Objectives

Upon completion of this activity, the student should be able to:

- Calculate organ radiosensitivity.
- Students will make clear connections between biological responses and radiosensitivity among different organs.
- Understand the reasons for minimizing radiation dose to the patient.
- Provide simple, yet clear explanations to the patients on how many doses they received.

List of Materials and Equipment

- Course notes
- Calculator
- Computer
- Internet access
- Word
- Textbook
- Handouts

Real-world Scenario

A patient comes into the Radiology Department to get a routine series of chest x-rays. As the student is asking personal health history, the patient indicates a history of breast cancer and is concerned about the level of radiation already received and the amount that these exposures will give. The patient asks if the radiation will affect all the organs in the chest area the same and relatively how much dosage will be received.

Background Material

To prepare for the assignment the students should take the first lab period to review these links and resources below to give them a review of the material to be covered. Students should have a firm understanding of the human anatomy and physiology, especially cell structure and replication processes:

Videos:

[Mitosis Video – Khan Academy](#)

[Cellular Radiation Sensitivity Video](#)

[Are x-rays really dangerous?](#)

[Background Equivalent Radiation](#)

Links:

[Effects on Organ Tissues slides](#)

[Slideplayer video for Principles of Radiation and Law of Bergonie and Tribondeau](#)

<http://www.whiteripleyradsafety.com/4-3/>

<http://www.whiteripleyradsafety.com>

[NRC - Dose in our daily lives](#)

[Radiation – what is the risk?](#)

[National Sci https://www.radiologyinfo.org/en/info.cfm?pg=safety-xrayence](https://www.radiologyinfo.org/en/info.cfm?pg=safety-xrayence) [Foundation – Radiation sensitivity](#)

[National Science Foundation – Interaction with matter](#)

Class PowerPoint:

Class PowerPoint

Students will engage in the following teaching strategies:

- Teamwork
- Data gathering
- Calculation
- Simulation
- Analysis
- Research

Activity Steps

Lab period 1:

- To allow a better understanding of the foundation of cells and radiation sensitivity, students should review the links provided.
- Students should partner up to review the videos and links and collaborate on the findings to make sure each student has a good understanding of the material.
- Students should refer to their lecture PowerPoint, notes, and textbook for reinforcement and clarification.

- Once complete with review, the students should gather in larger groups to discuss their outcomes and get feedback on questions.
- Students should take good notes in preparation for the next lab period.

Lab period 2:

- Students should pair up with a partner and find a place where they can have access to the computer, textbook, and their notes. Students should bring their calculator.
- Students will be given several worksheets to complete for reinforcement of the applied concepts.
 - Calculations for Tissue Weighing
 - Cell Replication and the Law of B & G
 - BERT Worksheet
- After completing the worksheets:
 - The students should use the cellular structure and replication notes and compare to the outcomes on the worksheets as a basis to analyze and predict how the organs will react to exposure to radiation.
 - This will allow students to understand which parts of the body are more sensitive from exposure to x-rays and be able to give a better explanation to their patients in the healthcare setting.
 - Take the calculations and write them in order of greatest to least sensitive to radiation.
 - Interpret the results and compare them to the concept of Law of Bergonie and Tribondeau which identifies how cells replicate compared to their sensitivity to radiation.
 - The students should take the information concerning the chest area (lungs) and refer to the information from lecture concerning background equivalent radiation. This will allow the student to come up with a real-life comparison to how much natural radiation is equal to one chest x-ray.
- After all worksheets are completed, students should get into larger groups to compare and interpret the data collected.
- Discussions should be centered on the difference of radiosensitivity of the tissues and why. Refer to all resources in lab (notes, worksheets, internet searches, and instructor).
- Students should return to individual desks and work on a simulation response to the scenario:
 - A patient comes into the Radiology Department to get a routine series of chest x-rays. As the student is asking personal health history, the patient indicates a history of breast cancer and is concerned about the level of radiation already received and the amount that these exposures will give. The patient asks if the radiation will affect all the organs in the chest area the same and relatively how much dosage will be received.
- Students should be prepared to practice this in the next lab period with their classmates.

Lab period 3:

- Students should practice how to communicate their answer to the scenario to a patient in a mock simulation with classmates.
 - Maintain good eye contact, have good voice inflections to engage the patient, and have good body language when interacting with the patient.
- Immediate verbal feedback will offer improvements on how to clearly and effectively communicate to the patient without causing undue worry about the amount of radiation received.
- Students should be prepared to answer additional questions.
- Students should construct a simple chart to post in the x-ray departments about their findings to educate the technologists and help provide a dialogue between the staff and students on practicing safe radiation standards with patients by using lead shields whenever possible.

- Take home: students will write a two-page summary to make connections between the Law of Bergonie and Tribondeau, chest exam radiation exposure, and radiation protection for the patient. There should be at least two sources to document your findings and should be in APA style format.

Expected Results

- a. Students will use this chart to calculate the dose of radiation to the specific organ. The radiation dose comes from the readout off the control panel in the x-ray room. For simulation purposes, the numbers can be estimated.
- b. Students should understand the difference and sensitivity of different types of cells. This supports the Law of Bergonie and Tribondeau that states the faster a cell replicates, the more sensitive it will be to radiation.
- c. Students will conclude that the gonads are the most sensitive to radiation based on cellular replication.
- d. The colon, stomach, bone marrow, and lungs are considered moderately sensitive to radiation compared to other organs.
- e. The thyroid, bone surface, skin, and bladder will be the lowest in sensitivity to radiation.
- f. Students will refer to the following chart from their lecture notes to help determine how much natural radiation is equivalent to a chest x-ray exam. This is something understandable to the average patient. However, anything past the first row would cause alarm to the patients and should be avoided. Radiation is safe at low numbers, but not in high replicated areas concerning the bone marrow or digestive system.