

PUBLIC SUBMISSION

As of: 1/21/16 4:15 PM
Received: January 21, 2016
Status: Pending_Post
Tracking No. 1k0-8nig-fhea
Comments Due: February 16, 2016
Submission Type: Web

Docket: NRC-2015-0020
Nuclear Request for Sodium Iodide I-131 Treatment and Patient Release Information

8

Comment On: NRC-2015-0020-0014
Sodium Iodide I-131 Patient Release Information Collection; Request for Information

11/16/2015

Document: NRC-2015-0020-DRAFT-0020
Comment on FR Doc # 2015-29027

80 FR 70843

Submitter Information

Name: Miguel de la Guardia

Address:

Cook Children's Medical Center / Dept. of Radiology
801 7th Avenue
Fort Worth, TX, 76104

Email: Miguel.delaguardia@cookchildrens.org

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General Comment

I'm looking forward to the new NRC guidance to revise my policies and procedures to match a more standardized method for instructing our patients on the radiation safety practices they need to follow when released home.

One things I want to pass on is that those of us that also perform therapy with other forms of I-131 like MIBG follow the thyroid therapy release guidelines. We have a unique situation in that most of our patients are children, so except for a few thyroid Rx patient, all are kept in hospitalized radiation isolation and then released to further isolation at home.

If publishing our instructions, pleas remove the Cook Children's logo.

Attachments

Release Instructions

Iodine Therapy Patient screening

SUNSI Review Complete
Template = ADM - 013
E-RIDS= ADM-03
Add= D-B Howe (dbh)

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Medical Center

Department of Radiology
801 Seventh Avenue
Fort Worth, TX 76104

Radioisotope Therapy Patient Release Instructions for Patients who Self-Care

1. **Treated Mothers with Nursing Children** - Do NOT resume breastfeeding until 90 days after the therapy. Failure to follow this guidance may result in PERMANENT damage to the thyroid gland of the nursing child and/or other serious long-term health problems for the child.
2. Use stringent contraceptive measures to avoid pregnancy for 90 days after therapy.

After your therapy follow the instructions below until: _____

3. Your children should be cared for by another person.
4. Drink plenty of liquids and urinate frequently.
5. Avoid going to public places and direct physical contact with other people.
6. Stay at least 3 feet (1 meter) from all individuals and at least 6 feet (2 meters) from children and pregnant women.
7. Avoid going to public places (restaurants, theaters, parks) or traveling in public transportation (planes, taxi, busses, trains, etc.).
8. Sleep alone after the therapy.
9. Do not prepare food for others after the therapy.
10. Use disposable or separate plates, cups utensils, etc.
11. Do not share towels, tooth brush, soap, washcloths and other personal care items.
12. Use separate rest room facilities, that is, a toilet, bath and shower not used by other members of the family.
13. Always sit to use the toilet and use care so that the area around the toilet is not soiled with urine and flush the toilet 2 times after each use.
14. Treated menstruating women should use tampons or napkins that can be flushed down the toilet.
15. Wear disposable gloves while using the toilet and wash hands well every time after using toilet.
16. Bed linen and clothing should be washed separately with the usual detergent for two weeks after therapy. The tub or washing machine should be rinsed once (that is, run an extra rinse cycle on the machine after linen and clothes have been taken out of the machine).

I understand the above mentioned safety instructions and guidelines as explained to me and I am willing and able to follow them in order to minimize radiation exposure to others:

Patient or Guardian signature: _____ Date _____

Patient Identification Sticker

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Medical Center

Department of Radiology
801 Seventh Avenue
Fort Worth, TX 76104

Radioisotope Therapy Patient Release Instructions for Persons Requiring Care by Others

After the child's therapy follow the instructions below until: _____

1. Have the child drink plenty of liquids and urinate often.
2. Minimize close contact with the child (closer than arm's length) for longer than fifteen (15) minutes per hour and only as necessary to care for the child. If this is not possible, or desirable for psychological reasons, contact should be as short as is necessary.
3. Do not nap with the child, or hold them on your lap.
4. Do not let the visitors or other children play or hold the child for after therapy.
5. Keep the child at least 3 feet (1 meter) from all individuals and at least 6 feet (2 meters) from children and pregnant women.
6. Young treated children with pregnant mothers should be cared for by someone else.
7. Use disposable plates, cups, utensils, bottles and personal care items from all others in the home.
8. Use separate towels, washcloths and other personal care items.
9. Use disposable diapers and be sure to place in outdoor garbage can at least once a day.
10. Wearing gloves, bathe the child daily.
11. Use disposable gloves while changing diapers or helping the child to the toilet. Flush the toilet 2 times after each use.
12. Wash hands carefully with soap and water after changing diapers or handling urine, vomitus or stool (even though you wore gloves).
13. Bed linen and clothing should be washed separately with the usual detergent for two weeks after therapy. The tub or washing machine should be rinsed once (that is, run an extra rinse cycle on the machine after linen and clothes have been taken out of the machine).

I understand the above mentioned safety instructions and guidelines as explained to me and I am willing and able to follow them in order to minimize radiation exposure to others:

Patient or Guardian signature: _____ Date _____

Patient Identification Sticker

Iodine Therapy Patient Evaluation Form

NOTE: To be completed before discharge is scheduled.

Patient Information

Patient Name: _____ Date: _____

Gender: Male Female DOB _____ Age _____

Persons Interviewed: Patient Guardian Parent Other

Is patient a breast-feeding child? Yes No

Is patient a mother breast-feeding a child? Yes No

NOTE: Children of treated mothers MUST discontinue breast-feeding before the therapy is given.

Dwelling Information

Type of dwelling: Single-family Multifamily

Apartment Dormitory

Other _____

Does the patient have sole access to bathroom facilities? Yes No

Number of bathrooms _____

If not single-family, possible proximity to neighbors: _____
feet

Household members:

First Name _____ Gender Male Female

First Name _____ Gender Male Female

First Name _____ Gender Male Female

First Name _____ Gender Male Female

First Name _____ Gender Male Female

First Name _____ Gender Male Female

General Information

Is the patient scheduled to receive less than 33 mCi of I-131 product? Yes No

Is any visitor or household member pregnant? Yes No

Is the patient capable of self-care? Yes No

Is the patient/caregiver willing and able to follow the at home confinement and release instructions? Yes No

Is the patient continent? Yes No

Is everyone living in the house at low risk for radiation exposure (that is NO small children 10 years of age or others that depend on the patient for care)? Yes No

If the answer to any of the above 6 general information questions is NO, the therapy should be administered as an inpatient.

Are there any regular visitors to the house?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
If yes, can these visiting arrangements be modified to reduce contact?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/> N/A
Does the patient visit anyone regularly?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
If yes, can these visiting arrangements be modified to reduce contact?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/> N/A
Can patient be isolated (stay at least 3 feet from other people)?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
Does patient/caregiver understand the importance of the isolation?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
Is the trip home less than 4 hours?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
Can the patient delay return to work/school or daycare for 2 weeks after treatment?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	

A "NO" response to one or more of the above questions does not necessarily preclude the patient from receiving treatment as an outpatient, but the response must be factored into the patient release calculations.

Items Discussed With Patient/caregiver

- _____ Patient instructions (Patient instructions are required for all radionuclide therapy.)
- _____ Importance of limiting contact with individuals (distance and time)
- _____ Sleeping arrangements
- _____ Added precautions for children and pregnant women
- _____ Personal care
- _____ How long to wait before becoming pregnant
- _____ Procedures for notification of healthcare workers if hospitalized or receive medical care
- _____ Handling of waste
- _____ 500 mrem limit for care-giver for the next 12 months

Patient Release Criteria

Any patient administered therapeutic amounts of a radioisotope will not be released out into the general public until one of the following conditions are met:

- 1) Administered activity does not exceed the value listed in Column 1 of Table U1 in Section U.1.3 of Appendix U of NRC - NUREG-1556; Volume 9, Rev. 2 for I-131 (33 mCi).
- 2) Calculated retained activity at time of release does not exceed the value listed in Column 1 of Table U1 in Section U.1.3 of Appendix U of NRC - NUREG-1556; Volume 9, Rev. 2 for I-131 (33 mCi).
- 3) Measured dose rate at one meter from the patient (from the surface of the patient) does not exceed the value listed in Column 2 Table U1 in Section U.1.3 of Appendix U of NRC - NUREG-1556; Volume 9, Rev. 2 for I-131 (7 mR/hr for adults).
- 4) Patient-specific calculations according to the procedures NRC Regulatory Guide 8.39 demonstrate that the maximum likely dose of radiation to an individual exposed to the patient does not exceed 500 mRem per year.
- 5) Release of any patient with exposure of 2mR/hr or more at 1 meter require instructions and additional isolation at home – See release Manual.

NOTE: All related measurements and/or calculations made to determine if release criteria have been met, must be maintained in the patient's permanent treatment records for review.

Determination Performed by:

Technologist: _____	Date: _____
Authorized user-physician: _____	Date: _____
Radiation Safety Officer Review: _____	Date: _____