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Chapter 2 : First Aid Radiology for the Wards by Latha G. Stead

Book description: The Student-to-Student, Step-by-Step Guide to Radiology Clerkship Success. This survival guide for the radiology wards teaches you how to read and present normal and abnormal x-rays, CTs, and MRIs for the most commonly seen diseases and disorders.

Notes, Diagrams, Tables, and Mnemonics: Diagnostic and interventional radiologists utilize the multiple imaging modalities to identify pathology and treat disease. Many recent innovations and advancements in technology have allowed radiologists to obtain increasingly higher resolution images of the human body. Along with this increase in resolution comes the increasing responsibility to identify and distinguish between details that were once indistinguishable. Advancements in computer technology now allow for advanced 3D reconstruction and 3D modeling, which can also help aid patient care. Radiology truly is at the forefront of merging patient care with science and technology. As a medical student doing a radiology clerkship, you will likely get to see and work with many of the imaging modalities listed below: The pace can vary tremendously within the department. At times, the attendings may be too busy to acknowledge you, while at others extensive teaching on one case is possible. It is essential to remain interested and attentive no matter what degree of attention you are paid. Residents in radiology tend to be very willing to teach medical students. Try to follow one closely, and offer to look up pertinent patient information whenever possible; this way, the resident will be keen to teach on interesting cases. Remain responsible for your safety. Ask the allied staff politely where to source lead aprons, thyroid collars, etc. Learn how the different snaps and buckles work beforehand to avoid delaying the attending during procedures. A basic list of equipment to carry with you includes: One or two black pens 2. Small notepad to track patients and record important teaching points 3. This rotation will be unlike any other you have taken thus far. The attendings and residents at most institutions are aware that there is very little teaching and exposure to radiology throughout medical school. What they are looking for is a keen, interested, and intelligent student. A good grasp of anatomy is helpful, as this understanding of anatomy is fundamental to identifying the radiologic presentation of disease. A few general pointers: Being early will enable you to know what studies need to be read on the day, what the patient list looks like, and also which interventional procedures are going to be carried out. Work with the technicians to further your knowledge. For example, ultrasound techs are specially trained to perform the US examination, and an introduction to this invaluable technique may be gained by interacting with them. Hand in hand with showing interest is the important feature of being affable. Often you will sit and read with one attending all day. Being nice and polite goes a long way in making the day shorter. Asking questions on unclear topics is often necessary for effective learning. Ask questions when they are not too busy; otherwise, write down your questions and ask them at a later time. Women should also wear professional attire in the form of a suit or business skirt and blouse. It is generally better to be overdressed than underdressed as it is much easier to change into scrubs if they are needed than vice versa. Oftentimes, you will have time dedicated in the schedule for reading. Ask the rotation coordinator, secretaries, or librarians if you can check out books, or if you have to keep them in the library. Useful texts besides this book include: You are, in a sense, auditioning for a position in the match. Outside of that, it is always a good idea to do a rotation in the hospital where you would most like to do your residency. Fall is the best season for this, as it is the beginning of interview season. Interviewing after your rotation usually is more of a formality since most of the attendings have already worked with you and know you see the advantage? The biologic effects due to excess x-ray irradiation are a result of the interaction of high energy x-rays with atoms in DNA and other molecules in the body. These high energy x-rays have enough kinetic energy to ionize electrons that can directly damage the DNA or produce free radicals that can also be deleterious to genetic material, and may result in cell death or mutation. Most diagnostic radiologic exams expose patients to relatively low levels of ionizing radiation and are relatively safe. Radiology workers, however, are exposed to the cumulative dose of all examinations they perform and are therefore at a much higher risk. Also, be aware that many interventional procedures are carried out utilizing ionizing radiation i. Ultrasound and MRI exams do not produce ionizing radiation. Higher dose examinations include computed

tomography CT scans and scans involving the use of contrast dyes such as barium or iodine. Pregnancy is also an important consideration in deciding whether to proceed with certain radiologic studies. While most modern radiologic studies do not pose a serious risk to a developing fetus, there is a very small risk of causing serious illness or other complications. This risk varies widely with the type of examination being performed—for example, ultrasound exams have not been demonstrated to increase risk in pregnancy. The dose of radiation a patient is exposed to varies from patient to patient. This dose will depend on the size of the body part examined, the type of procedure, and the type of CT or other equipment and its operation. Using the concept of effective dose allows comparison of the risk estimates associated with partial or whole-body radiation exposures. This quantity also incorporates the different radiation sensitivities of the various organs in the body. Below is a table excerpted from <http://>

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The Student-to-Student, Step-by-Step Guide to Radiology Clerkship Success. This survival guide for the radiology wards teaches you how to read and present normal and abnormal x-rays, CTs, and MRIs for the most commonly seen diseases and disorders.

Chapter 4 : First Aid Radiology for the Wards

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The Student-to-Student, Step-by-Step Guide to Radiology Clerkship Success This survival guide for the radiology wards teaches you how to read and present normal and abnormal x-rays, CTs, and MRIs for the most commonly seen diseases and disorders.

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