NEW ZEALAND SPEECH AND LANGUAGE THERAPY
CLINICAL PRACTICE GUIDELINE ON
VIDEOFLUOROSCOPIC STUDY OF SWALLOWING

Teaching Supplements
These teaching supplements were produced to support specific competency recommendations in the New Zealand Clinical Guideline for VFSS. They aim to provide speech-language therapists with basic knowledge in selected specialist areas of dysphagia management within the New Zealand context.

Radiation training for speech-language therapists
“All SLTs participating in VFSS should gain and maintain knowledge of radiation safety practices for themselves and their patients within the workplace. All SLTs should understand the implications of prolonged radiation and minimise patient exposure through carefully considered liquid/food/strategy selection” (NZ Guideline for VFSS 2011).

- Power point presentation by Dr. Jacqui Allen FRACS
- Self-learning Quiz by Anna Miles SLT

You will need:
- a Windows or Mac based computer
- Broadband Internet connection (DSL, Cable)
- a web browser & access to ‘You Tube’ *
- the ability to listen to the commentary with either headphones &/or speakers

* If ‘You Tube’ is ‘blocked’ on your work network, you may be able to ask your Information Technology Services to allow you access for this purpose.

Instructions:
1. Download and read the relevant sections of the NZ SLT Clinical Guideline on VFSS
2. Click on the You Tube links below. The tutorial is split into 2 parts;
   http://youtu.be/4OfWFbobS6Y
   http://youtu.be/Y3W6j0c2898
3. Watch the tutorial movie
4. Download the quiz, complete, check your answers and print for your portfolio

This teaching supplement provides you with a basic level of theory in the area of radiation safety. It does not aim to ensure your clinical competency but may contribute to your overall continuing professional development within this specialist area. Local policy & supervisor advice should be taken to ensure theory is applied safely & appropriately into practice.

This teaching supplement has been through peer review.

It will be reviewed every four years to ensure the information remains up-to-date.

If you are unable to watch the presentation through ‘you tube’, please contact Anna Miles & she will attempt to support you.

Anna Miles
Professional Teaching Fellow- Speech Science, The University of Auckland
a.miles@auckland.ac.nz
NEW ZEALAND SPEECH AND LANGUAGE THERAPY
CLINICAL PRACTICE GUIDELINE ON
VIDEOFLUOROSCOPIC STUDY OF SWALLOWING

Radiation Training for speech-language therapists
Anna Miles, Professional Teaching Fellow, The University of Auckland

Learning Objectives
1. To define the principles of ionizing radiation during fluoroscopy.
2. To describe the possible effects of ionizing radiation on an adult, child and fetus.
3. To describe the effects of time, distance and shielding on the radiation effect for patient and therapist and how to reduce it.
4. To describe the New Zealand National Radiation Laboratory (NRL) Policy for safe practice including radiation monitoring and radiation protective equipment.
5. To describe the roles and responsibilities of the members of the radiation team in radiation safety.

Self-learning Quiz

The purpose of this quiz is support your learning by allowing you to check your understanding of the content of the presentation and your ability to apply the knowledge to clinical practice.

You can print off your quiz and responses for your portfolio as proof of your continuing professional development.

1. The following instrumental assessments of swallowing involve ionizing radiation;
   a) Endoscopy
   b) MRI
   c) fluoroscopy
   d) all of the above

2. An individual’s average background radiation per year is 3mSv and an average fluoroscopic swallow dose is;
   a) 0.04-1mSv
   b) 3mSv
   c) 0.01mSv
   d) 5mSv

3. Radiation dose is effected by;
   a) BMI
   b) gender
   c) exposure time
d) all of the above

4. Younger patients are;
a) 10 times less susceptible to injury from radiation exposure
b) 5 times more susceptible to injury from radiation exposure
c) 10 times more susceptible to injury from radiation exposure
d) no different in their susceptibility to injury from radiation exposure

5. Radiation can lead to;
a) birth defects to embryos in pregnant women
b) sterility
c) thyroid cancer
d) all of the above

6. The legal responsibility for controlling radiation dose/ screening time lies with;
a) the professional leading the VFSS
b) the NRL licensed professional in the room
c) the MRT
d) the referring medical practitioner

7. How can an SLT minimize radiation exposure in a patient during a VFSS?
a) Have a planned patient-specific protocol
b) Communicate with radiology staff when screening can be stopped e.g. during chewing
c) Help position patient without the beam on
d) all of the above

8. All SLTs performing VFSS must wear;
a) lead gown & thyroid shield
b) radiation monitoring badge
c) gloves for close exposure
d) all of the above

Congratulations you have completed the self-learning quiz. Please check your answers below and print as evidence for your portfolio.

Anna Miles
Professional Teaching Fellow- Speech Science, The University of Auckland
Radiation Training for speech-language therapists

ANSWERS

1. c
2. a
3. d
4. c
5. d
6. b
7. d
8. d

My score was ……. out of 8.

Three things I learnt while completing this teaching supplement were;

1. 

2. 

3. 

Three things I will change clinically are;

1. 

2. 

3. 

Name……………………………………………………………….

Date completed………………………………………………..