



Midland
Regional
Hospital
Tullamore

INFORMATION FOR CARERS AND COMFORTERS

Today you have been asked to assist in an exam involving the use of radiation.

Please read the following information before proceeding. It is important that you understand the risks involved.

What is a carer and comforter?

A carer and comforter is someone who knowingly and willingly incurs an exposure to ionising radiation by helping in the support and comfort of individuals undergoing a medical exposure.

In MRHT it is our policy that the role of a carer/comforter must in the first instance be provided by a family member.

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Legislation in Ireland requires that dose constraints are applied for the protection of carer/comforters. These are outlined in the following table.

Dose Constraint	Category of Carer/Comforter	Note
3mSv per event	Adult (not pregnant)	
15mSv per event	Adult (over 60yrs)	
0.3mSv	Pregnant adult	Only permitted in exceptional circumstance
1mSv	child	

Understanding these numbers and the risks involved.

You will receive approximately 4mSV of radiation annually by living in Ireland, this is the same as 40 chest x-rays.

Dose	Probability of detriment from exposure	Explanation	x-ray equivalent
<0.1mSV	One in a million or less	Minor	Chest x-ray
0.1-1mSv	One in 100,000	Intermediate	Abdomen/spine X-ray
1-10mSv	One in 10,000	Moderate	CT brain scan
>10mSv	One in 1,000	Substantial	CT abdomen

As the carer/comforter you will not be exposed to the primary beam (full radiation). There will be some low dose radiation scattered in the room during the exam and the lead we will give you to wear will help to protect you from it. It is important that you understand that the benefit will be to the patient.

We aim at all times is to keep your radiation dose as low as possible (<0.1mSv).

Guidance on Dose Constraints for Carers and Comforters and Individuals Participating in Medical and Biomedical Research Involving Medical Exposures to Ionising Radiation. HIQA February 2020.

The Statutory Instrument (S.I.) No.256/2018 – European Union (Basic Safety Standards for Protection Against Dangers Arising from medical Exposure to ionizing Radiation)