

TO: Diethrich E MD

ID#: 00183

Department: CVO

FROM: Healthwest Reg Med Cntr
Attn Wayne Watkins RSO
Nuclear Medicine Dept
1947 E Thomas Road
Phoenix AZ 85016

October 29, 2004

SUBJECT: Level 1 Radiation Exposure

The intent of an ALARA program (“as low as reasonably achievable”) is to maintain exposure to radiation at levels that are as low as feasible. Our radiation safety program is based on the premise that radiation exposure is not risk free and therefore, exposure should be kept to levels below the limits permitted by the State, the Nuclear Regulatory Commission and other regulatory agencies. ALARA is critical to current radiation protection philosophy.

The following table lists our organization’s Level 1 investigational levels and shows any exposure exceeding a given limit for the 08/05/04 - 09/04/04 wear period.

EXPOSURE	INVESTIGATIONAL LEVELS (MREM)			
	FOR THIRD QUARTER		CUMULATIVE FOR THE YEAR	
	LEVEL 1	ACTUAL	LEVEL 1	ACTUAL
WHOLE BODY DEEP:				
LENS OF EYE:	375	660	1500	2070
WHOLE BODY SHALLOW:				
EXTREMITY:				

Monitored personnel are notified when their exposure exceeds this level’s criteria.

Your dose is relatively low and below regulatory limits, but indicates a need to review work procedures for possible reduction of exposure. Apply the basic rules of time, distance and shielding to keep your exposure as low as possible.

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ID#: 00183

Department: CVO

FROM: Healthwest Reg Med Cntr
Attn Wayne Watkins RSO
Nuclear Medicine Dept
1947 E Thomas Road
Phoenix AZ 85016

October 29, 2004

SUBJECT: Level 2 Radiation Exposure

The intent of an ALARA program (“as low as reasonably achievable”) is to maintain exposure to radiation at levels that are as low as feasible. Our radiation safety program is based on the premise that radiation exposure is not risk free and therefore, exposure should be kept to levels below the limits permitted by the State, the Nuclear Regulatory Commission and other regulatory agencies. ALARA is critical to current radiation protection philosophy.

The following table lists our organization’s Level 2 investigational levels and shows any exposure exceeding a given limit for the 08/05/04 - 09/04/04 wear period.

EXPOSURE	INVESTIGATIONAL LEVELS (MREM)			
	FOR THIRD QUARTER		CUMULATIVE FOR THE YEAR	
	LEVEL 2	ACTUAL	LEVEL 2	ACTUAL
WHOLE BODY DEEP:	375	620	1500	1900
LENS OF EYE:				
WHOLE BODY SHALLOW:				
EXTREMITY:				

Monitored personnel are notified when their exposure exceeds this level’s criteria.

Your dose is above our level 2 limit and indicates a need to review work procedures for possible reduction of exposure. Reduce your exposure. Apply the basic rules of time, distance and shielding to keep your exposure as low as possible.

We routinely investigate level 2 exposures. Employees are required to complete the applicable questions of this questionnaire. Please reply as quickly as possible so that we can evaluate any factors affecting your exposure.

Please return to: Healthwest Reg Med Cntr
 Attn Wayne Watkins RSO
 Nuclear Medicine Dept
 1947 E Thomas Road
 Phoenix AZ 85016

1. Was the badge placed or stored near radiation?
2. Did you accidentally expose yourself to a beam of radiation?
3. Did you hold a patient during radiation exposure?
4. Did you work significantly more hours or procedures during this period?
5. Were you involved in procedures requiring unusually high exposure to radiation?

Please describe any unusual incident or provide any additional information that will help explain your dose:

Signature _____ Date _____
 Diethrich E MD ID#: 00183