

X-RAY A CHILD — THE CHALLENGE

Professionals x-raying children either love or actively avoid it.

■ **Asking a 4 year old child to move is like trying to hold back a tsunami.**

■ **Hoping to get the perfect hand series on a 2 year old who's scared and doesn't understand what's going on is unrealistic.**

The following tips are complements of Children's Hospital — Oakland, CA.

■ **Introduce yourself.** Become a person to the patient and family, not just a rad tech. Children associate scrubs with pain and the technologist must get past that as soon as possible.

■ **Create trust.** Let the child know right away what you are going to do and that it will not hurt. Specific ways to develop trust include:

■ **Use a demonstration doll.** With young children, use a doll to show them exactly what will happen and how the x-ray will take place. Kids think this is great and can't wait to take the place of the doll.

■ **Rehearse.** Show the patient what the procedure will entail and let the child act it out first. Make it a game and it will seem like a fun challenge.

■ **Be fast.** There is a short window of opportunity to get the examination done. Speed is the key and getting the exam done as quickly as possible reduces potential trauma for the child.

■ **Prepare in advance.** The best way to be fast is to have everything set up before you bring the child into the x-ray room. Be especially cognizant of gonadal shielding.

■ **Distract the child.** Use age-appropriate creative sounds and objects to distract younger children when they are on the table.

■ **Sing songs.** Even small children respond because they enjoy music.

■ **Wear funny things.** Funny headgear can make the procedure and environment less hostile.

■ **Use yourself —** as the demonstration doll showing the slightly older child with your armor foot exactly what you need them to do. (continued on next page)

PRESIDENT'S MESSAGE

The year 2009 has passed quickly. We look forward to serving your chiropractic radiology needs in 2010,

Happy Holidays!

Jan Jacobs, RT.

President, ACRRT

... from the Editor:

Please forward comments, suggestions to:

fldacbr@gmail.com

What would you like to see added to your newsletter?

What would you like to see added to the web site?

Call or fax your suggestions to us at 847 705-1178.

Inside this issue:

XRAY A CHILD — THE CHALLENGE	1
STUDY GUIDE	2
RECERTIFICATION	3
ACRRT	3
2010 MEMBERSHIP	3

If your state association is conducting a class that would qualify for CE's, please send in that information so that we can place it on our web site for other members to view.



IT'S NOT EASY

TO APOLOGIZE
TO BEGIN OVER
TO ADMIT ERROR
TO KEEP TRYING
TO TAKE ADVICE
TO BE UNSELFISH
TO BE CHARITABLE
TO FACE A SNEER
TO AVOID MISTAKES.
TO BE CONSIDERATE
TO FORGIVE AND FORGET
TO RECOGNIZE A SILVER
LINING

BUT IT ALWAYS PAYS.

Compliments – Dr. S. Vlasuk

Study Guides Available

Study guides can be purchased for \$65.00 (including shipping and handling) through the ACRRT office.

Please send a check or money order to:

52 Colfax Street
Palatine, IL. 60067

Please call if you have any questions:

(847) 705.1178

(continued from Page 1)

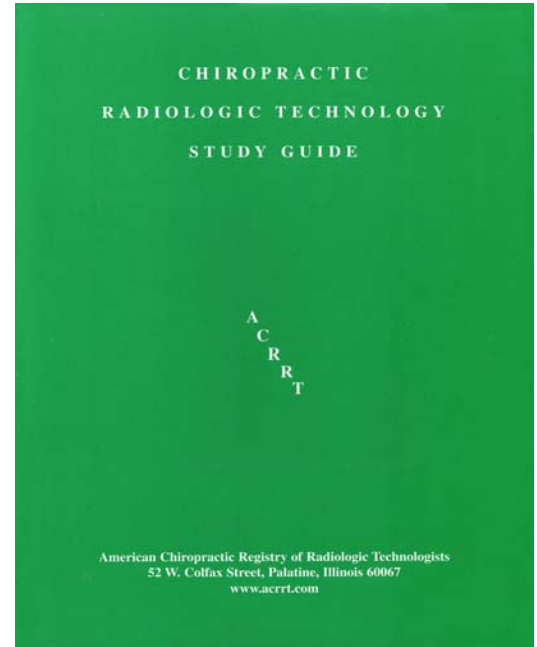
■ **Count down** - Enlist the slight older child in the procedure by making a game of how long it will take. See how high or low you will have to count to complete the exam. Smile a lot and laugh when possible. Make light of a tough situation to help the child feel that the process is going to be OK.

■ **Have patience.** Remember that children may be in pain but unable to communicate it the ways adult do.

■ Working with children can be very rewarding if you can handle the pressure of speed combined with patience. The rewards come when you have talked a child through a fearful situation or shown the child that he or she can have fun.

EXECUTIVE DIRECTOR'S MESSAGE:

After more than 25 years, the STUDY GUIDE has been updated for those students preparing to write their exam.



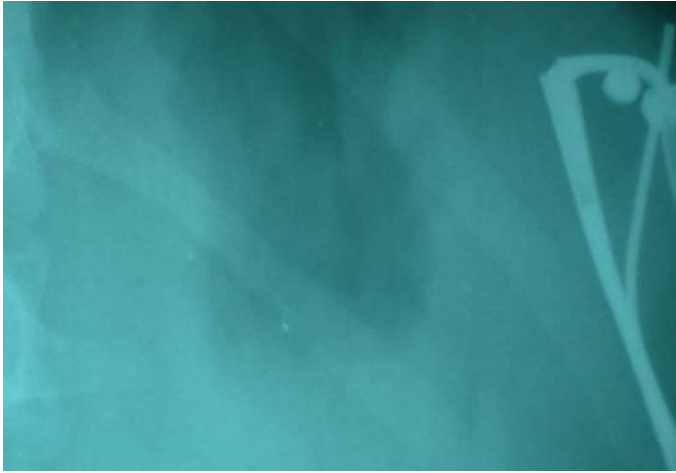
Topics that were included were Digital Imaging, First Aid to include CPR, AED, and the Heimlich Maneuver.

Current members continue to attend classes or take "on-line" classes some from "unapproved" vendors. Please read the Rules and Regulations posted on the web site regarding your CE's. (www.ACRRT.com)



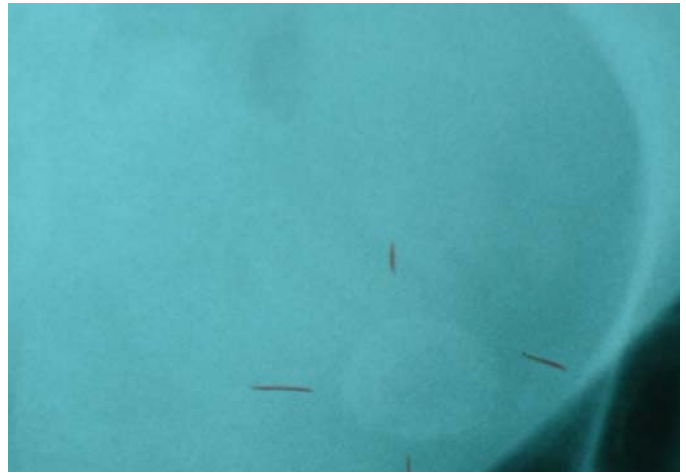
What would happen when you send in your CE's and have them rejected. We suggest to send in the program, topics, and speaker CV PRIOR to attending the program to avoid any disappointments three weeks before your annual renewal. REMEMBER, only subject matter pertaining to RT's will be approved.

- LCP, DC, DACBR

CASE CHALLENGE:**Fig. 1 -LUMBAR SPINE- AP EXAM**

What happened and how could this be avoided?

Answers at end of newsletter.

CASE CHALLENGE:**Fig. 2 -LUMBAR AP EXAM- with shielding.**

Even with the use of shielding, a rounded calcific density is noted within the anatomic pelvis.

Which structure is emphasized?

RECERTIFICATION PROGRAMS—2010

While prior approval of all programs is required, it is impossible for us to maintain all dates, places and faculty of all program presentations.

It is suggested that you contact your state chiropractic association or nearest chiropractic college for information on programs available in your area.

Applications for program approval are being received on nearly daily basis. All dates of presentations are subject to change.

X-ray Recertification

Contact: NCCA

Heather Wrenn, Education Director

Phone (919) 832. 0611

ACRRT

EXECUTIVE HEADQUARTERS

52 W. COLFAX STREET

PALATINE, ILLINOIS 60067-5048

PHONE/FAX: (847) 705.1178

WWW.ACRRT.COM

**2009 MEMBERSHIP RENEWAL**

You will need to send a check for membership dues and continuing education certificate prior to Dec. 31, 2009.

Go to www.acrrt.com for further information.

Self instructed Readings (SIRs) are available now for those needing six (6) hours of continuing education. These are articles that you have 30 days to read, answer corresponding questions and return to our office for credit.

SIRs are available for \$21.00 per hour or \$126.00 for the required six (6) hours. Please contact our office: (847) 705.1178 to order.



ACRRT

**ACRRT
52 West Colfax
Palatine, IL. 60067**



TO:

What would you like to see added to your newsletter?

What would you like to see added to the web site?

Call or fax your suggestions to us at 847 705-1178.

ANSWER TO CASE CHALLENGES

Fig. 1 - Eye glasses in a shirt pocket.

All glasses and cell phones must be removed or they will be shown on the final image.

ASK YOUR PATIENT IF ALL POTENTIAL ARTIFACTS HAVE BEEN REMOVED BEFORE TAKING THE EXPOSURE.

Fig 2 - Even with shielding, enough back scatter is produced that allows the calcification to be visualized and requires imaging follow-up if there are symptoms.