

PROTOCOL FOR: Iodine-131 (I-131) Therapy: Care of the Patient

PURPOSE: To outline the nursing responsibilities in the care of patients receiving I-131 therapy in amounts > 30 mci.

SUPPORTIVE DATA: Isotope iodine 131 is used in the treatment of hyperthyroidism and thyroid cancer.

After oral ingestion, I-131 is absorbed and concentrated in the thyroid resulting in the shrinkage of thyroid tissue, a decrease in circulating thyroid hormone levels, and the destruction of malignancy.

Radioactive I-131 is mainly excreted in urine, with small amounts being excreted through feces, perspiration, and saliva.

DESIRED PATIENT

- OUTCOMES:
1. Patient will follow necessary precautions related to therapy.
 2. Patient will not experience complications related to treatment.

GENERAL NURSING

- CARE:
1. Explain procedure to patient and check for any history of allergies to iodine.
 2. Necessary admissions testing and lab work must be completed prior to the administration of I-131.
 3. Instruct patient to remain in room after ingestion of I-131.
 4. Encourage patients to drink fluids to speed the excretion of excess I-131.

- SAFETY MEASURES:
1. Room will be prepared by Radiation Safety Department.
 2. Patient is to remain in his room unless otherwise permitted by his physician or a Radiation Safety Officer.
 3. Pregnant women or children under 18 years of age are not permitted to visit.
 4. Visitors are to wear protective shoe coverings, gowns, and gloves.
 5. Visitors must remain 6 feet from patient.

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6. Total time per day which hospital personnel or visitors may spend in the patient's room will be posted on the room door by Radiation Safety.
7. Pregnant nurses or nurses who suspect they are pregnant will not care for these patients.
8. Nurses caring for this patient are to wear radiation film badges provided by the Radiation Safety Department. Do not borrow or wear someone else's assigned badge.
9. Nurses should spend only that amount of time near the patient required for ordinary nursing care. Special instructions may be noted on the precaution sheet on the patient's chart.
10. Nursing personnel should wear a gown, shoe coverings, and disposable gloves when attending the patient. Gloves must be worn when handling urinals, bedpans, emesis basins, and other containers having any material obtained from the body of the patient. Dispose of gloves in designated containers and then wash hands.
11. Deposit gowns, shoe coverings, and gloves in the containers provided in the room.
12. Whenever possible, disposable items should be used in the care of these patients. These items should be placed in the designated waste container.
13. All clothes and bed linens and food trays used by the patient should be placed in containers provided and left in the patient's room until checked by Radiation Safety.
14. All non-disposable items should be placed in a plastic bag and left in the patient's room to be checked by a Radiation Safety Officer.
15. Stethoscopes, blood pressure cuffs, and thermometers are to remain in the patient's room until checked by Radiation Safety.
16. Notify Diet Office of patient's need for Isolation trays.

REPORTABLE
CONDITIONS:

1. If a patient should vomit or urine is spilled, cover with a sheet or blanket and contact the Radiation Safety Department.

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2. If patient should require emergency treatment or should die, contact the Radiation Safety Department and Radiation Oncology LIP immediately.
3. If patient wishes to leave AMA, contact UCHC Police immediately if patient should leave the room.

CODE BLUE

- PROCEDURE:
1. Initiate CPR immediately and follow Hospital Code Blue Procedures.
 2. Follow attached "Radiation Patient Code Procedure".

APPROVAL: Nursing Standards Committee
Medical-Surgical Standards Review
Radiation Oncology Department
Radiation Safety Department

EFFECTIVE DATE: 2/91

REVISION DATES: 12/97, 9/03, 9/05

