

Eight Decades of ICRP Recommendations in Medicine: A Perspective

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Medicine has been intimately associated with radiation since the discovery of x rays in 1895; the first adverse effects from radiation were observed on medical staff and researchers. Consequently, in 1925, the first International Congress of Radiology considered the need of a protection committee, which was established at its second congress in Stockholm in 1928; today, it is known as the International Commission on Radiological Protection, ICRP. The first recommendations in 1928 were devoted to the protection of medical staff in the use of x rays for diagnosis and radium for radiotherapy. Later, ICRP paid attention to the protection of patients, starting in 1970 with *Publication 16* on Protection of the Patient in X-ray Diagnosis, followed by three documents in the broader area of radiation medicine: diagnostic radiology, radiation therapy and nuclear medicine. A major change was made at the end of the century by the introduction of a series of short publications, focussed on specific problems and addressed to specific medical groups. Since then, as many as 16 publications appeared on several issues, such as prevention of accidental exposure in radiotherapy, avoidance radiation injuries from interventional procedures, managing radiation dose in digital radiology and computed tomography, protection in paediatric radiology, and many others.