

## Environmental Awareness in Electrodiagnostic Medicine

The American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM) recognizes the growing importance of environmental awareness and stewardship in the practice of neuromuscular and electrodiagnostic (EDX) medicine. The AANEM is committed to promoting sustainable practices that minimize the environmental impact of EDX testing while ensuring patient safety and high-quality care.

### Environmental Concerns in Electrodiagnostic Medicine:

- **Resource Consumption:** EDX studies utilize various disposable items, including electrodes, gels, and needles. This generates significant waste.
- **Energy Use:** EDX equipment consumes electricity during operation and standby modes.
- **Chemical Exposure:** Certain electrodiagnostic procedures, like chemodenervation, involve the use of potentially hazardous chemicals.

### Principles of Environmental Awareness and Stewardship:

AANEM encourages professionals involved in EDX studies to:

- **Minimize Waste:** Adopt practices that reduce waste generation. This includes using reusable electrodes whenever possible, optimizing electrode application techniques to minimize gel use, and properly segregating waste for recycling.
- **Conserve Energy:** Promote energy-efficient practices by powering down equipment when not in use and exploring options for utilizing energy-saving technologies.
- **Safe Chemical Management:** Advocate for the safe handling and disposal of chemicals used in EDX procedures, following all regulatory guidelines.
- **Education and Advocacy:** Educate EDX professionals on environmentally friendly practices and advocate for the development of sustainable products specifically designed for use in electrodiagnostic studies.

### Benefits of Environmental Awareness:

- **Environmental Protection:** By adopting environmentally friendly and sustainable practices, EDX professionals can contribute to the preservation of natural resources and minimize the industry's environmental footprint.
- **Cost Reduction:** Waste reduction and energy conservation can lead to significant healthcare cost savings.
- **Improved Patient Care:** Environmental awareness and stewardship align with the principles of patient-centered care and promoting a healthier environment for patients and healthcare providers.

The AANEM calls on all EDX professionals and institutions to embrace environmental awareness and stewardship. By working together, there can be a sustainable future for EDX medicine while optimizing patient safety and maintaining the highest standards of patient care.

### Document History

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