



# CPD4dentalnurses

YOUR FUTURE IN YOUR HANDS

## Sedation Training and the Dental Care Professional

**Aims:** To provide information regarding sedation training for dental care professionals to become a trained sedation nurse; the regulations in England, Scotland, Wales, and Northern Ireland; and, to discuss some aspects of the role of the DCP in dental sedation in practice.

### **Objectives:**

- Identify the regulations related to the regulations for dental sedation in the UK.
- Have knowledge of the training that dental care professionals need to undergo to become a sedation trained DCP.
- Have knowledge of the role of the intravenous sedation trained DCP.

### Introduction

Conscious Sedation provision and training in Dentistry has gone through a number of changes over the past decade or so. It is an area of dentistry which is often overlooked when it comes to funding and patient access, but it is an essential service that has immeasurable benefits to both patients and the profession; not to mention the reduction in health service costs as a result of a reduced need for general anesthetics for dental treatment.

In the UK we carry out conscious sedation which involves the administration of sedative drugs which patients may take orally, inhale or have injected. As well as removing anxiety, these drugs can have many significant side effects that the dental team must be able to recognise and manage in a calm and effective way.

Definition of conscious sedation: **Conscious sedation is a technique in which the use of a drug or drugs produces a state of depression of the central nervous system (CNS) enabling treatment to be carried out, but during which verbal contact with the patient is maintained throughout the period of sedation.**

### Regulations

Regulation and management of health Services in the UK are managed independently for each country i.e., England, Scotland, Wales, and Northern Ireland and, as such, different guidelines for conscious sedation may be present in each. The current situation is as follows:

The Intercollegiate Advisory Committee for Sedation in Dentistry (IACSD) guidelines came out in April 2015 (UPDATED 2020) with the aim of creating a UK-wide guideline document for conscious sedation in dentistry; this was soon implemented by NHS England and underwent a review process by the Chief Dental officers and assigned bodies in Scotland, Wales

and Northern Ireland. (It could not be implemented simultaneously in all countries of the UK as a result of the devolved nature of the health service)

In Scotland the Scottish Dental Clinical Effectiveness Programme (SDCEP) 2017 sedation guidelines are followed which reflect the IACSD guidelines in almost all aspects and in terms of training guidelines refer directly to the IACSD document. Since 2019 in Wales the IACSD guidelines alongside the SDCEP 2017 guidelines are also followed and training guidelines refer directly to the IACSD document again. In Northern Ireland as of November 2022 they follow the SDCEP guidelines as above.

### Dental Care Professional Training

The guidelines state that, as a minimum, dental care professionals must undergo IACSD accredited theory training in the conscious sedation technique in which they wish to assist with. (Inhalation sedation or intravenous sedation), followed by a period of supervised practice (10 cases for inhalation sedation and 20 for intravenous sedation). This may be via the NEBDN dental sedation nursing qualification or any other IACSD accredited course provider.



### Why Become a Sedation Trained Nurse?

There are many reasons why becoming sedation trained can be very appealing; of course, it will improve potential job opportunities and look good on your CV but, more importantly, it can bring variety, increased responsibility and huge job satisfaction to your working life.

There is a large medical component to dental sedation training in terms of understanding how and why sedation works in the way it does and the relevant physiology of the human body. Taking blood pressure and recording patient's vital signs whilst monitoring their condition really ensures dental care professionals are completely involved in the patient's care.

Sedation nurses, during intravenous sedation procedures, will draw up medicines into syringes, assist or sometimes carry out cannulation of veins and take the lead on the overall soft care of the patient from first meeting to full recovery following treatment and beyond.

Sedation practice brings the fun parts of working in a hospital, i.e. the hands-on practical work and closeness of patient care but without all the stresses involved with working on a busy hospital ward. In general practice appointments are longer, the environment becomes more relaxed, calming music is often played and there is a greater focus on really looking after your patient's wellbeing.

Sedation nurses can carry out patient sedation assessments and lead the communication with the patients. The dentists carry out and are responsible for the sedation and dental treatment, but the sedation nurse is in charge of the overall patient care.

Career prospects include, but are not limited to, specialist practice, community care and beyond with job roles extending to lead nurse, head of a sedation team and many more. As a Dentist I really appreciate the added value and benefit of a highly trained sedation nurse and other dentists and employers do too.

Everyone should have the opportunity to enjoy the work they do; we are all in a caring profession, but this can sometimes be forgotten during a busy day or week as we go through the motions. Dental sedation offers us the opportunity to build trust, rapport and empathy with anxious patients and helps us to consider the real meaning of patient care. Sedation carried out in the dental environment is termed "conscious sedation" and I feel this is not only because the patient remains conscious throughout but because it makes us more conscious of the work we do and the care we provide.

### Typical Intravenous Sedation Nurse Role for each patient:



1. Meet and greet the anxious patient, reassure them and begin to build rapport and introduce them to the dentist/dental sedationist.
2. Carry out a written sedation assessment after the patient has had their dental examination; take and record the patient's blood pressure and other vital signs.
3. Check the patient's medical history and discuss in more detail with the patient (and dentist) any aspects that may affect the sedation care and confirm the patient's sedation consent.
4. On the day of treatment, set up all sedation equipment including drawing up and labelling drugs and testing electronic monitors.

5. Take the patient's blood pressure and vital signs before starting, place tourniquet on patient's arm and assist in the cannulation of the patient's veins; or cannulate if trained to do so.
6. Monitor and record the patient's condition throughout treatment and manage/alert the dentist to any potential complications.
7. After treatment ensure the patient meets all discharge criteria, monitor the patient's recovery, remove the patient's cannula and discharge the patient personally to their escorts care along with verbal instructions for their escort.
8. Clear away sedation equipment and start caring for your next patient.

### Author

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### Personal Development Plan and Reflective Learning

This CPD is linked to the following GDC Enhanced CPD Development Outcome:

**C. Maintenance and development of knowledge and skill within your field of practice.**

Reflective learning is now a requirement of the GDC Enhanced Professional Development Scheme. As such, you will now need to answer some reflective learning questions, before your certificate is generated. These will be:

- 1) What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- 2) Comment on any changes/updates needed in your daily work
- 3) How has completion of this CPD article benefitted your work as a DCP?

Examples will be provided. Please remember that you need to fill this in on completion of the exam but you can also update this at any time from your CPD log. If you take a few moments to write your reflection on completion, you will have fulfilled the Enhanced CPD requirements.

### **Further reading - Training Courses**

[www.dentalsedationcourses.co.uk](http://www.dentalsedationcourses.co.uk)

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