



# NEWSLETTER

Society for the Advancement of Anaesthesia in Dentistry

July 2006 Issue 6

## President's Report

This has been another busy and successful year for SAAD. The Society has maintained its position as the UK's largest provider of postgraduate sedation training and has continued to contribute to the advancement of pain and anxiety control in all areas of dentistry. We continue to liaise closely with our colleagues in the Association of Dental Anaesthetists, the Dental Sedation Teachers Group, the International Federation of Dental Anaesthesiology Societies and at the National Examining Board for Dental Nurses.

Several SAAD Trustees have contributed to the work of the Standing Dental Advisory Committee's Expert Group on Conscious Sedation, which was convened to make recommendations on the use of 'alternative' sedation techniques. The Society has also responded to consultation documents from the National Dental Advisory Committee (Scotland), the General Dental Council and the Resuscitation Council (UK).

As President, I am acutely aware that everything the Society achieves is the result of the hard work and enthusiasm of individuals – the Officers, the Trustees and the ordinary members of SAAD. It is appropriate, therefore, that in writing this report I acknowledge the support and industry

of those who have worked with me this past year.

Probably the single most important matter so far undertaken by the Board of Trustees (the new name for what used to be SAAD Council) is the new SAAD Trust Deed and Constitution. The old Trust Deed had to be abandoned because it no longer met the legal and practical requirements of a modern charity. President-elect Diana Terry led on this and I am extremely grateful to her for all the time and effort she devoted to this complex and arduous but important task. With the assistance of Jason Leitch and Bill Hamlin, Diana also resolved the long-ignored question of professional indemnity for members who advise practitioners and/or teach on our postgraduate courses.

The SAAD National Course in Conscious Sedation for dentists and dental nurses continues to be highly successful. The November 2005 and March 2006 courses were full and the July course is already heavily oversubscribed. The course faculty continues to teach the most useful and most widely used conscious sedation techniques while also providing an introduction to some of the so-called 'alternative' techniques. The problem of arranging hands-on experience with patients has not been resolved, although we are pleased to see that other organisations are offering this facility, albeit for only a very small number. Organising and running a course for 140 people three times a year requires a first-class faculty and a dedicated team of administrators and, in my role as Course Director, I'd like to express my thanks to everyone who makes our courses so successful, in particular Derek Debus, Toni Philpot and Busola Oguntula.

Those of you who have recently attended a National Course at the Robin Brook Centre at



David Craig  
President of SAAD

St Bartholomew's Hospital will be delighted to hear that, at long last, the building is to be refurbished. However, this has meant that all courses in 2006 are being held at Queen Mary, University of London in Mile End Road. So far, this alternative accommodation has proved highly satisfactory, with improved dining facilities – and much more palatable food! Whether the course will eventually return to Barts depends upon a number of factors, but at the time of writing it looks unlikely that there will be sufficient satisfactory catering facilities. Although it has often been suggested that the National Course should be run outside London and/or at a variety of venues, the logistics make this unrealistic – sorry!

In response to comments from members of the Faculty and participants, a new National Course Handbook is in preparation and will – with a following wind – be available in time for the November 2006 course. The Trustees have also recently approved a scheme to offer a small number of course participants the loan of an RA machine for a period of six months. This scheme will be operated by McKesson/Cestrudent of Chesterfield.

I am delighted to be able to report that Dr Peter Milgrom has recently been appointed

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to the SAAD Visiting Professorship in Pain and Anxiety Control for Dentistry at King's College London Dental Institute (KCLDI). Peter is currently Professor of Dental Public Health Sciences at the University of Washington in Seattle. He has a long-standing interest in the management of dental anxiety and will, I am sure, make a contribution to SAAD's activities, particularly research. Peter has already spent some time at KCLDI (Guy's campus) and we are all looking forward to having him address our Annual Conference later this year. The negotiations between SAAD and KCLDI were initiated by Douglas Pike and have been brought to fruition by Derek Debus.

Last year's Annual Conference explored the impact that Primary Care Trusts are having on the provision of conscious sedation in primary care. I am sure that those of you who were at this very well attended meeting will

agree that this was a most relevant topic to discuss and at a most appropriate time. At present, the annual conferences are organised by Carole Boyle, Barry Devonald and Hugh Lyons.

I am also pleased to be able to tell you that the SAAD website ([www.saaduk.org](http://www.saaduk.org)) has now been completely redesigned. The website is the Society's gateway – the first port of call for anyone interested in SAAD courses or our wider involvement in pain and anxiety control. I am extremely grateful to Chris Holden for seeing this project through to a most satisfactory conclusion.

In some ways last year's AGM marked the end of an era. Both our Honorary Secretary Douglas Pike and our Honorary Treasurer Hugh Lyons retired after many years of service. What the Society owes these individuals simply cannot be estimated.

Fortunately, we have managed to find superb replacements – Derek Debus has taken on the role of Honorary Secretary and Steve Jones the position of Honorary Treasurer.

Finally, my report would be incomplete without an expression of thanks to Fiona Wraith, our Executive Secretary. Fiona is enthusiastic, super-efficient, endlessly cheerful and, most important of all, full of common sense. I can't imagine how the Society would function without her.

The Trustees next meet on Friday 22 September. The AGM takes place after the annual conference on Saturday 23 September. I look forward to seeing you there.

David Craig  
May 2006

## **SAAD Conference 2006**

### **Pain and Anxiety Control in Dentistry and Medicine**

### **23 September 2006**

At this year's meeting we will be welcoming the SAAD Visiting Professor at King's College London, Peter Milgrom. In the morning he will give an overview of sedation techniques used in the United States. His particular interest is in behavioural management, and we will learn how these non-pharmacological approaches can be used. In the afternoon Peter will present results of research into new sedation techniques.

Medico-legal aspects of sedation concern us all, and Mike Clarke from Dental Protection will look at the special challenges posed by extremely anxious people.

Isaac Marks is Professor Emeritus at the Institute of Psychiatry, King's College London. He has a particular interest in computer aids to help patients overcome anxiety and fear, and will describe how such programs could be used by dental patients.

The day will end with Andrew Morley, Consultant Anaesthetist at Guy's and St Thomas' Hospitals, London. He will outline how and when sedation is used in medicine.

This promises to be an informative and interesting day with a variety of topics and speakers.

#### **Peter Milgrom**

This year Professor Milgrom became the SAAD Visiting Professor in Pain and Anxiety Control at King's College London. He is the Director of the Dental Fears Research Clinic, where he maintains a practice limited to the care of anxious patients, and Professor of Dental Public Health Sciences at the University of Washington, Seattle. Peter is the author of five books, including *Treating Fearful Dental Patients: A Patient Management Handbook*, of which he is senior author, and over 200 scientific papers. He trained at the University of California, San Francisco and joined the University of Washington in 1974.

#### **Mike Clarke**

Dr Mike Clarke qualified from Cardiff in 1979 and, following a long career as a GDP, began working for Dental Protection in 1995. He has been active in dental politics for many years and is a regular contributor to the dental press. He is a former member of the Department of Health's Standing Dental Advisory Committee and is a past vice-chairman of the BDA's Private Practice Committee. Mike has lectured extensively for over fifteen years, both within his role with Dental Protection and in the wider aspects of general dental practice. Recently Mike

successfully completed his Master in Philosophy in Medical Law at Glasgow University.

#### **Isaac Marks**

Professor Isaac Marks trained in psychiatry at the Bethlem-Maudsley Hospital from 1960–63. He became an Honorary Consultant Psychiatrist at the Institute of Psychiatry in 1968. In 2000 he became Professor Emeritus at the Institute. Isaac's research has included the treatment of anxiety, phobic, obsessive-compulsive and sexual disorders, and interactions between drugs and behavioural psychotherapy. He has developed computer aids to evaluate treatment outcomes and for self-help, which has long been a central interest.

#### **Andrew Morley**

Dr Andrew Morley was appointed Consultant in Anaesthesia at Guy's and St Thomas' NHS Foundation Trust, London in 1999. His anaesthetic training was in London and at the Chinese University of Hong Kong, where he was a lecturer in anaesthesia and intensive care from 1995–98. Andrew's research interests include assessment of the depth of anaesthesia using EEG and the bispectral index. He is the author of the GST Trust sedation policy and the co-author of the Trust's intranet sedation site, which offers interactive learning and accreditation.

Carole Boyle  
June 2006

## ADA Winter Meeting

The ADA Winter Meeting, entitled 'Substance misuse – meeting the challenges', was held at the Association of Anaesthetists in London. The programme, suggested by Dr Andrea Wraith, was expertly put together by Dr Christine Arnold, Senior Dental Officer, Halton, and featured experts from several disciplines throughout the UK.

Mr Adrian Brown, Clinical Nurse Specialist at St Mary's Hospital, London, described a simple screening tool used in the A&E department, and the outreach service developed to support people identified as potentially at risk. He demonstrated how those professionals dealing with people presenting with a minor medical or dental emergency may have the opportunity to refer those with alcohol or substance abuse to other specialist agencies. The Paddington Alcohol Test (PAT) 2005 is a simple tool that enables staff to address sensitive issues and refer clients to an Alcohol Liaison Nurse, who has specialist skills in this area and is able to give advice soon after presentation when there is more likelihood of a positive response to advice about drinking in this emergency setting. Further details can be obtained from [ade.brown@nhs.net](mailto:ade.brown@nhs.net).

Dr Jamie Barbour, Gastroenterologist from North Tees, examined the individual and medical costs of alcohol-related liver disease and gave us a review of alcohol misuse in the UK and an update on manifestations of organ damage from drug abuse.

Dr Vanita Brookes, Director of Special Care Dentistry, Lancashire Teaching Hospitals NHS Trust, described a community-based project developed for clients of a community drug and alcohol team who exhibited high levels of dental

disease. Basic dental care was provided at a needle exchange centre and 88% of clients required referral to providers of dental care, although this depended on an integrated approach to service development. Clients were noted to be unresponsive to the usual routes of appointments and attendance. There was a vigorous discussion from the delegates as to the challenging requirements of these clients and those of the general population who also have difficulty accessing NHS care but are required to attend appointments.

Dr Anita Nolan from Newcastle described the general signs that suggest possible drug abuse in patients who present for dental treatment. These patients often present as emergency patients and may not be known to the practitioner. She reviewed the individual drug groups most commonly abused, and specific side effects such as bruxism and trismus as a result of increased motor activity were discussed.

Finally, Dr Angelique Mastihi, Medico-Legal Advisor at the Medical Protection Society, reviewed the difficulty of estimating the extent of substance misuse among healthcare professionals. There are now a number of systems in place ensuring patient safety by assisting not only those experiencing difficulties but also their colleagues. There is a wealth of specialist support available for professionals, enabling them to obtain the appropriate advice, assistance, treatment and rehabilitation. Substance abuse cannot be ignored, but professionals need to have their rights to confidentiality, treatment and return to an acceptable quality of life upheld, and those who have concerns about colleagues need similarly robust processes to facilitate best practice.

## SAAD Essay Prizes

SAAD awards several essay prizes for essays on any subject related to conscious sedation, general anaesthesia or analgesia.

Every year one prize is awarded for the best essay written by a dental student and one for the best essay by a dental nurse. Entries are accepted from any dental student or dental nurse from anywhere in the world and the prize for each is £300, presented at the annual study day. The essays are published in the SAAD *Digest* for the benefit of the SAAD membership. Entries must be received by 1 March for the relevant year. All entries must be in English, double-

spaced on A4 size paper and also formatted on disk as a Microsoft Word document. Dental student essays should not exceed 3,000 words and dental nurse essays should not exceed 2,500 words.

Every three years the Drummond-Jackson essay prize is awarded in memory of the founder of SAAD, Dr Stanley Drummond-Jackson, for an essay on any of the above subjects. This essay prize is open to graduates and undergraduates of both dentistry and medicine from anywhere in the world, and any essay submitted should be previously unpublished. The prize for the winner is £1,000. Entries should be received by 31 October 2006, and the winner will be



**Diana Terry**  
**Honorary Secretary of ADA**

The meeting was well received by the delegates, although ADA Council noted the difficulty in obtaining speakers willing to give their time on a Saturday for no fee. There are also concerns regarding the role of specialist societies in providing scientific meetings that are attractive and affordable for the membership. Although there is a requirement for continuing professional development for all medical practitioners (and we await the conditions for the new dental contract), the shortage of funds for study leave, and conflicting demands for professional updates in core and specialist skill areas, presents a challenge to all the specialist societies such as the ADA.

ADA Council have therefore decided to hold the Winter 2007 meeting on a weekday, Thursday 8 February, in the hope that this will serve the membership better. All scientific meetings of the ADA are open to all dental and medical practitioners who have an interest in dental anaesthesia and sedation, and SAAD members are most welcome. Details of ADA activity can be found on [www.dentalanaesthesia.org.uk](http://www.dentalanaesthesia.org.uk) or by links from [www.aagbi.org](http://www.aagbi.org) or from the Specialist Society Co-ordinator [busola@aagbi.org](mailto:busola@aagbi.org).

Diana Terry  
June 2006

announced by March 2007. SAAD reserves the right to publish the winning paper, and the winner may be asked to present the paper at a SAAD scientific meeting. Entries are being accepted at present for this essay prize. The essay should be in English, double-spaced on A4 size paper and also formatted on disk as a Microsoft Word document. The essay should not exceed 5,000 words. Entries, accompanied by full details of name, address, email contact and qualifications, and specifying which essay prize they are entered for, should be sent to: SAAD Essay Prize, 21 Portland Place, London W1B 1PY, United Kingdom, or by email to [saad@aagbi.org](mailto:saad@aagbi.org)

Barry Devonald  
June 2006

## Journal Review

The following are published in *Anaesthesia*:

### September 2004 Volume 59

Averley PA, Girdler NM et al. A randomised controlled trial of paediatric conscious sedation for dental treatment using intravenous midazolam with inhaled nitrous oxide or nitrous oxide/sevoflurane.

Leitch JA et al. A partially blinded randomised controlled trial of patient maintained propofol sedation and operator controlled midazolam sedation in third molar extractions.

### February 2005 Volume 60 pp. 198–200

Correspondence from J. A. W. Wildsmith, who writes that in both the above trials exploring the use of novel techniques for the sedation of difficult patients a consultant anaesthetist was present, and in Averley's trial an anaesthetic assistant and recovery nurse were present. He says that a major requirement for a dental sedation technique is that it is suitable for use by the operator-sedationist, and asks the authors to clarify their opinions as to the appropriateness of their techniques in GDP.

Averley replies that their technique of using a mixture of midazolam, nitrous oxide

and sevoflurane complies with the GDC guidelines on conscious sedation but is not suitable for the operator-sedationist. The presence of a consultant anaesthetist trained in sedation allows constant monitoring of the child and fine-tuning of the sedation, and if inadvertent anaesthesia occurs then it can be managed expertly. This technique requires the same material resources as general anaesthesia and should only be available in specialist accredited primary care centres.

Leitch replies that their study was instigated because of the slow equilibration of midazolam sedation and its long half-life. Patient-controlled propofol sedation is in their view the safest approach. Their study was performed in hospital with full resuscitation facilities. Though not yet suitable for use in GDP, the study demonstrated a better safety profile than intravenous midazolam and with refinement may well be the way forward.

Correspondence from G. Lahoud, who writes implying that the addition of midazolam in the trial by Averley was unnecessary. He cites his own papers (incidentally written with Averley), where inhalational sedation with a mixture of nitrous oxide 40% and sevoflurane 0.1–0.3% produced success in 92% and 89% of cases. He goes on to say that studies have shown that intravenous midazolam does not necessarily improve

amnesia and may well give an adverse result, as well as increasing the possibility of deep sedation. He finishes the letter by asking that the Royal College of Anaesthetists, the GDC and the Association of Anaesthetists ban intravenous sedation in children under 16.

Averley replies that in his trial he went to some lengths to stress the need for properly trained staff to ensure that oversedation did not occur. He supports the anxiolytic and amnesiac properties of midazolam and suggests that banning the use of intravenous drugs even when used by experienced anaesthetic consultants would be a retrograde step.

### April 2005 Volume 60 pp. 373–383

Pandit JJ, Yentis SM. All that glitters ... How to assess the 'value' of a scientific paper.

This is quite a long paper but is certainly well worth reading whatever your speciality. It covers all aspects of how to assess whether a paper is worth the paper it is printed on, what may be influencing the decision of the author(s) to do the research, use of statistics, power of the results, grants etc. It is also quite readable!

Bill Hamlin  
June 2006

## Diary Scan

Date			Organisation	Theme/Title	Venue	Contact
2006	September	6–9	ESRA	XXV Annual ESRA Congress	Monaco	<a href="http://www.optionsglobal.com">www.optionsglobal.com</a>
		19–22	AAGBI	Annual Congress 2006	Aberdeen	<a href="mailto:meetings@aabgi.org">meetings@aabgi.org</a>
		23	SAAD	Pain and Anxiety Control in Dentistry and Medicine	London	<a href="http://www.saaduk.org">www.saaduk.org</a>
	October	4–7	IFDAS	11th International Dental Congress on Modern Pain Control	Pacifico Centre, Yokohama City, Japan	<a href="http://www.ifdas2006.com/">www.ifdas2006.com/</a>
	November	4–5	SAAD	National Course in Conscious Sedation for Dentistry	London	<a href="mailto:saaduk@freeuk.com">saaduk@freeuk.com</a>
		23–24	UK Society for Intravenous Anaesthesia	Annual Scientific Meeting	Chepstow	<a href="http://www.sivauk.org">www.sivauk.org</a>
2007	December	13–14	UK Society for Intravenous Anaesthesia	Annual Scientific Meeting	Queens' College, Cambridge	<a href="http://www.Cambridge2007.org">www.Cambridge2007.org</a>

Compiled by Christopher Mercer  
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