From the President

So, another Newsletter and another year as President of SAAD. As always, writing this piece provides a useful opportunity to reflect back on the past year’s activities.

It’s been a busy one and thanks are due to the officers: our Secretary, Francis Collier and Treasurer Steve Jones. The Society could not function without the fantastic work that they carry out on top of their full time jobs. They are the unsung heroes of SAAD and, with the support of Fiona Wraith, Executive Secretary, they make SAAD the dynamic and engaged society that it is.

An example of this engagement is our role on IACSD (Intercollegiate Advisory Committee for Sedation in Dentistry). Nigel Robb represents SAAD on this Committee and has backing from fellow SAAD Trustees David Craig (DSTG Chairman) and Chris Holden. We are waiting with bated breath for the IACSD report, for which, as yet we have no publication date. It is to be hoped that the breath-holding does not result in hypoxia! The report will have an impact on all of us who practise sedation in the UK and Nigel has been proactive in promoting the cause of our members.

On a more positive note, our courses go from strength to strength based on very little advertising, just our reputation. The June course was over subscribed by both dentists and nurses, and the November course is already filling up. This is reassuring in the current climate and is perhaps a reflection of the need for CPD in this vital area. Speaking as a member of the course faculty, the courses are always enjoyable, though they make for a tiring weekend. It’s good for me to have the chance to interact directly with our members who are providing sedation in a variety of settings, and I always learn something when chatting with them.

The course fills all the requirements of a five year cycle for CPD in sedation. Many participants in the courses are repeat customers and this is testament to the standard of teaching and the recognition that SAAD provides the best sedation course in the UK. All thanks must go to Course Director David Craig for his meticulous attention to detail.

I had the pleasure of representing SAAD at the BDA conference in Manchester in the hands of dentists. Following publication of the IACSD report, the SAAD Board will look at all the SAAD paperwork in this area, particularly the practice inspection documents and make sure that all documents are in line with new guidance.

There are also changes ahead with the commissioning of dental services in England and Wales. The Board have been in touch with the National Dental Commissioning Group to offer our help and advice. We will keep a watching brief on this area, one that will affect many of our members.

April this year. This involved a short presentation of inhalational sedation. I then showed how to administer it to a willing ‘volunteer’ in the demonstration theatre in the main hall. Thanks to Pauline and Joaquim Martinez of McKesson for providing the machine and cylinders, and for bringing them all the way from Chesterfield.

SAAD has charitable status, and one of the ways we fulfil our obligations is by promoting research: the three year funding of a PhD at the University of Sheffield is reaching its conclusion. Joe Hulin, (SAAD PhD student) is presenting a poster at the British Society of Paediatric Dentistry Conference which will be published in the International Journal of Paediatric Dentistry. Joe will also be speaking at the SAAD Symposium on 13th September. SAAD Board plan to consider whether we will either sponsor another PhD, or look at other ways of supporting research in the field of sedation.

This newsletter contains details of our conference on the 13th September. Thanks to Sadie Hughes and David Pearson, two of our newest Board members, who have invited the speakers. It promises to be an interesting day, and I encourage as many of you as possible to attend and look forward to seeing you there.
Secretary’s Report

I have been very pleased to receive a wide variety of correspondence from professional colleagues, both in the United Kingdom and abroad, from SAAD members as well as those who are not. Email is by far the easiest to deal with, as it allows me to reply ‘out of hours’ and where appropriate to attach documents or other relevant information.

CORRESPONDENCE
Some examples of recent queries that have found their way to me by email:

1. I was asked what type of consent form should be used when providing sedation. The format of consent forms varies considerably from area to area within the United Kingdom. However, a form of consent appropriate for treating a patient where consciousness is to be impaired should always be used. In particular, the type of sedation to be used should be specifically mentioned, as well as details of the dental treatment proposed, worded in a way which the patient can understand. Sufficient information should be given to the patient to allow them to give valid and informed consent.

2. I was asked where the midazolam formulation most suitable to administer by the intranasal route could be procured. This may be ordered from the Pharmacy at St Thomas’ Hospital, London and is a concentrated formula of 40mg/ml. The technique is said to have transformed the provision of dental care for patients with more severe learning disabilities, but should only be used by clinicians who are competent in the subsequent intravenous cannulation, which is considered to be an integral part of the technique.

3. Several correspondents enquired about the experience and training required of individuals suitable to carry out the duties of a recovery nurse within the context of a sedation service. In general, a recovery nurse for sedation who is supervising a patient in a recovery room (suitably chaperoned) would normally be an experienced sedation-trained dental nurse having current registration with the General Dental Council. On occasions, such a person might be a registered general nurse with documented experience in providing recovery for general anaesthetic or sedation patients, and who is a current Nursing and Midwifery Council registrant. The issue of care during recovery needs to be taken very seriously, always with suitably trained and experienced staff providing care at this stage of the patient journey.

4. I am sometimes asked whether SAAD courses may be provided in locations other than Central London. This is, unfortunately, not a practical proposition for logistical reasons.

I was asked by colleagues who wish to offer sedation courses to others, if their course can in some way be validated and ‘badged’ as SAAD courses. I am afraid that any course which is not the ‘real McCoy’, including any course run privately by a SAAD Trustee, cannot be described as a SAAD course.

LIST OF MENTORS
The list is periodically updated, and may be accessed by SAAD members through the website. I am occasionally asked for advice about how mentoring should work, and I usually advise people initially to read two relevant articles in the 2006 and 2010 editions of SAAD Digest (both accessible on the website) written by Derek Debuse and me, respectively.

RA LOAN SCHEME
The RA Machine Loan Scheme gives a small number of dentists who have completed the SAAD course the opportunity to loan RA equipment for a period of six months, following submission of an application and satisfactory project plan. Details of this scheme are on the website.

WEBSITE
The revised format website has been a great success and particular thanks go to Fiona Wraith for her attention to getting it ‘up and running’. The new format has proved easy to use, with many visitors, enabling people to register online for SAAD courses, to pay subscription fees, purchase SAAD literature and gain verifiable CPD online. SAAD has a Twitter #tag, SAADuk, with a link from the website.
**SAAD Symposium**

**Drugs:**
the Good,  
the Bad  
and the Ugly

13 September 2014

You are invited to attend SAAD’s Annual Symposium, a day of presentations related to dental sedation. The SAAD Symposium Organisers have again gathered together a diverse, stimulating and authoritative panel of speakers.

Our morning session will look at the history of sedatives and discuss the issues of sedating patients taking other medications. Then, during the afternoon session we are fortunate to have an international speaker addressing the problem of sedation resistant patients and the use of hypnosis for these cases. In addition to this, a criminologist will be enlightening us about the recreational drugs some of our patients may be taking. There will also be a summary of the most recent sedation guidelines, the sedation politics that have influenced these guidelines and the implications for SAAD members.

The programme includes...
- Drug and Alcohol Misuse and its Effect on Dental Treatment and Dental Sedation
- History of Conscious Sedation
- Hypnosis for Sedation Resistant Patients
- What you Always Wanted to Know about Street Drugs
- Sedating Patients on Multiple Prescribed Drugs
- Current Sedation Politics and How it will Effect Future Sedation Practice

The full programme is available from the SAAD website.


SAAD members £150  
Non members £195

Nurses, Hygienists and Therapists £100  
Student members £30 (students please contact fiona@saad.org.uk to register)

SAAD members are also warmly encouraged to attend the Annual General Meeting at the end of the scientific programme.

*This symposium provides an opportunity to meet others who share an interest in dental sedation, earn 6 hours verifiable CPD and to visit the City of London.*

*We look forward to seeing you in September!*

Sadie Hughes & Dave Pearson  
SAAD Symposium Organisers

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**SAAD Notices**

**National Course in Conscious Sedation for Dentists, Dental Nurses, Hygienists and Therapists**

SAAD has been running courses for over forty years. The courses are hugely successful due to the combination of skills and knowledge of a faculty of medical and dental disciplines. Above all SAAD teaches safe and sensible procedures based on science independent of the emotional politics so often associated with these subjects. SAAD courses are practical, rewarding, and fun!

**Course dates:**
- **2014**  
  8th & 9th November
- **2015**  
  7th & 8th March  
  13th & 14th June  
  7th & 8th November

Online registration [www.saad.org.uk/courses/online-registration-dates-times-costs/](http://www.saad.org.uk/courses/online-registration-dates-times-costs/)

Enquiries: toni@saad.org.uk or 07583 039 309 (text message)

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**RA Machine Loan Scheme**

A scheme for practitioners to trial inhalational sedation in the practice setting is facilitated by SAAD. A six-month loan (at no charge) of an inhalational sedation machine is available to members who have attended a recent SAAD Course.

There will be the option to purchase at a discounted rate at the end of the trial.

For further details and an application form [www.saad.org.uk/equipment-loan/](http://www.saad.org.uk/equipment-loan/)

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**SAAD Essay Prizes**

SAAD awards several prizes for essays on any subject related to Conscious Sedation, Anxiety Control, General Anaesthesia or Analgesia in dentistry.

- Dental Students - £300  
- Dental Nurses - £300  
- Drummond-Jackson Prize - £500

Closing date for submissions 31 March 2015  
Further details at [www.saad.org.uk/awards-prices-grants/](http://www.saad.org.uk/awards-prices-grants/)

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**Research Grants**

Grants are available to aid research in pain and anxiety control in dentistry  
Further details at [www.saad.org.uk/awards-prices-grants/](http://www.saad.org.uk/awards-prices-grants/)

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**Contact details**

General enquiries:  
info@saad.org.uk  
020 7631 8893

Course enquiries:  
toni@saad.org.uk  
07583 039 309 (text)

Executive Secretary:  
fiona@saad.org.uk  
01302 846 149

SAAD website:  
[www.saad.org.uk](http://www.saad.org.uk)
**SAAD News**

**IACSD and IEGTSSD**

Nigel Robb

SAAD continues to be busy on the political front and I have been representing the Society on the Intercollegiate Advisory Committee for Sedation in Dentistry (IACSD). As those of you who read the Newsletter and Digest regularly will know, this Committee has been in existence for a long time now. It is still trying to produce guidance to replace the current documents that were published in 2003 and 2007.

The progress is very slow. Fortunately, two other Trustees are on the Committee (David Craig and Chris Holden). We have found the process difficult and frustrating. We are still not sure when the document will emerge but hopefully it will be later this year. We will update you via the website and at the annual Symposium.

The Independent Expert Group on Training and Standards for Sedation in Dentistry (IEGTSSD) has submitted to the British Dental Journal a report of the audit carried out on the NICE Paediatric Sedation Guidelines. IEGTSSD are currently awaiting the result of the refereeing process.

Involvement in groups such as these is important to ensure that guidance is both appropriate to lead to safe practice, but also doesn’t make unnecessary demands on practitioners. The fact that SAAD was invited to be on the IACSD shows that the Society is viewed as appropriate to express an opinion in this area. It is apparent at meetings that the SAAD Trustees present have the majority of the sedation expertise at the table.

I hope that soon we shall be able to report the successful conclusion of the project, but I fear it may be some time away.

**Safe Practice Scheme**

Chris Holden

SAAD has historically assessed practices by peer review for maintaining standards in sedation. In the early 1990s the ‘Evaluation Scheme’ as it was then known, was directed to standards in general anaesthesia, with a small section addressing conscious sedation. The Evaluation Scheme was used by the Family Health Authorities (the precursors of FHSAs and PCTs) to monitor primary care facilities providing general anaesthetic services within the general dental services contract. The assessment was an in-depth investigation of environment, staff training and live patient cases. It was an examination by nature and gave little practical help to those not achieving the standard.

Following ‘A Conscious Decision’ the Report commissioned by the Department of Health, SAAD produced a ‘Practice Checklist’ in 2004 to facilitate the rapid assessment of primary care facilities, ensuring adoption of minimum standards. Although user friendly, the checklist became less useful with time as evidence emerged of its widespread use by assessors with less than ideal assessor specification, appointed by some authorities. The checklist had begun to be used without reference to the whole document in some places. In 2007 the document was updated to accommodate national guidance in ‘Alternative Techniques’.

Several iterations of the checklist followed until 2013. By this time there was a full assessment process in place to help practitioners achieve the desired standards. Where minor or major deviations occurred, a route was offered to meet the standards. The process had developed to one of assessment followed by structured assistance. There was reference to mandatory fields in the checklist and also to recommended items. Most were cross-referenced to national guidelines. Adoption of the person specification for the assessors is considered a vital part of the process whoever commissions the assessment. The scheme is now being applied routinely within individual practices, corporate bodies, and secondary care sedation in hospital.

Adaptation of the checklists has been used in parts of the UK where SAAD has not been the inspecting body. SAAD does not certify this use. The issue of inappropriate use of the scheme remains a challenge. In a General Dental Council hearing in 2014 an original 2004 checklist was produced by one party suggesting it was the current standard. Commissioners need to ensure the scheme is adopted properly.

In 2013 the SAAD Board considered that the Safe Practice Scheme should be reconsidered in its entirety. Over the last year a working party has produced a new document that will completely replace the previous documents. The scheme retains its title but is now a standardised quality assurance assessment in implementing national standards. It is a more in-depth quality assessment of a service, taking into account the Academy of Medical Royal Colleges sedation guidance of 2013. It will be published following the deliberations of the Intercollegiate Advisory Committee on Conscious Sedation. Until that time SAAD is piloting the scheme alongside the current Safe Practice Scheme.

The outcome will be an assessment process directed at helping practitioners in achieving a demonstrated national standard through an effective and efficient process. Above all, when carried out by SAAD assessors it is not a spot check examination but a process designed to ensure that all facilities both in primary and secondary care meet the national standards for patient safety and optimal care.

**Commissioning of Dental Sedation Services**

Paul Howlett

Since the publication of ‘Guidance for Commissioning NHS England Dental Conscious Sedation Services: A Framework Tool’ in May 2013, SAAD have shared this document with key stakeholders including the Department of Health, NHS England and the BDA.

We have subsequently received correspondence from David Geddes, Head of Primary Care Commissioning for NHS England seeking clarification of how SAAD envisaged this guidance being taken forward. SAAD are aware of the work of the National Dental Commissioning Group and its subgroup the Special Care Commissioning Guide Working Group (SCCGWG) and hope that the framework published may be used as a resource in the development of new national guidance. An offer of structured links with this group was made by SAAD in February 2014, but, to date, this has not been formally accepted.
SAAD do not have direct representation on SCCGWG, but hope to maintain a dialogue with this group and would be willing to offer any assistance or advice if appropriate. It is the aspiration of the SAAD Board that the commissioning and delivery of effective and safe dental conscious sedation services are considered a priority by SCCGWG and the current inequalities and variations throughout England are reduced for the benefit of patients.

**SAAD PhD update**

Joe Hulin

I have now started my third year as a PhD student at the University of Sheffield and have recently begun recruiting participants for the third and final stage of my study. In my last update I mentioned some of the difficulties I experienced in recruiting participants for the first stage of the study. This stage involved conducting a series of interviews with children aged 10-16 years who had received previous dental treatment with inhalation sedation, intravenous sedation or under a general anaesthetic. The information gained from these interviews was then to be used to inform the content of a decision aid for children undergoing dental treatment with sedation or general anaesthetic in the future. Fortunately, despite the slow start, I managed to conduct enough interviews to reach my target on schedule and to move on to the second stage of the study before the end of December. In this second stage I further developed the content of the decision aid through presenting it to a focus group of experts in paediatric dental sedation, before conducting further interviews with patients and parents in order determine the acceptability and usability of the tool. The third stage of the study will now be used to determine the effect of the decision aid in terms of changing patient outcomes and experiences within their dental sedation care pathway. This involves the use of questionnaires to measure patient and parent decisional conflict, knowledge and anxiety as well as looking at the impact of the decision aid on attendance rates and compliance with treatment. For this stage of the study participants are being recruited from the Royal Liverpool University Dental Hospital and I am pleased to say that after one month of recruitment I am currently meeting my targets, making the early starts and long train journeys to Liverpool worthwhile!

**SAAD App**

Fiona Wraith

The SAAD Board is looking to develop a SAAD app that will ease access to SAAD information for its members from their mobile devices. We would be interested in what you would like to see included in the app and would appreciate your suggestions. Please take a moment to drop me an email fiona@saad.org.uk or respond to the forum post http://www.saad.org.uk/saad-forums/forum/general/

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**SAAD Membership**

Membership of SAAD is open to any registered medical or dental practitioner whether based in the UK or abroad. Associate Membership is available to dental nurses, hygienists and therapists.

The Society’s work is only possible through the support of its members. This work includes:

- Regular running of SAAD Postgraduate Courses.
- SAAD courses for dentists, dental nurses, hygienists and therapists.
- Representation on committees of enquiry, study groups, and virtually all official advisory bodies concerned with dental anaesthesia and sedation.
- Advice to professional protection societies.
- The furthering of research into the provision of pain and anxiety control.
- Functioning as a member of the International Federation of Dental Anaesthesiology Societies- IFDAS – (which gives each SAAD member automatic membership).

No other organisation offers such comprehensive activity in relation to pain and anxiety control in dentistry.

Members have access to the membership area of the SAAD website where they may download SAAD documents, register for the SAAD courses or the SAAD Symposium at reduced rates, and purchase SAAD Literature at a discounted rate. Members are also eligible for the SAAD RA machine loan scheme.

Subscriptions run by the calendar year, and may be renewed online. [www.saad.org.uk/saad-membership/apply-online/](http://www.saad.org.uk/saad-membership/apply-online/)

Subscription fees 2014:

- Dental and medical professional (UK address) £40
- Dental and medical professional (Overseas address) £43
- DCP (UK address) £25
- DCP (Overseas address) £28

Also offered is student membership of SAAD, which is free for dental and medical undergraduates registered at a University in the UK or Ireland. [www.saad.org.uk/saad-membership/apply-online/student-membership-application/](http://www.saad.org.uk/saad-membership/apply-online/student-membership-application/)

Andrew Wickenden
SAAD Membership Secretary
Enquiries to fiona@saad.org.uk
**DSTG Annual Conference**

The Dental Sedation Teachers Group Annual Conference was held in the very pleasant surroundings afforded by the Rose Bowl at the Well Met Conference Centre in Leeds on 20th May 2014. Around 100 delegates were welcomed to Leeds by Professor Helen Whelton, the Dean of the University of Leeds Dental School, who alluded to the efforts of Dr Alistair Speirs in organising the conference which took the theme ‘Training for the Future’.

The initial presentation by Professor Michael Minogue concentrated on newer concepts of understanding and methods of learning, and their possible influence on curriculum design.

Dr Kathy Wilson outlined different teaching methods, and concentrated on those based on Information Technology. She demonstrated E-Learning for Health Care, an online system which was available to the NHS workforce, and for which it was possible to register and access training, including for conscious sedation, for the whole dental team.

Members of the DSTG committee had the opportunity to experience the haptic surgical simulation system the previous day, which can provide realistic rehearsal for dental clinical procedures in complete safety, whilst allowing first year students to develop manual dexterity and spatial awareness at an early stage in their course. Dr Andrew Keeling outlined the wide range of clinical skills that could be enhanced with the use of such technology. This theme was reiterated by Dr Alan Mighell who emphasised the importance of online learning and simulation in training for medical emergencies.

Dr David Burgess talked about his research into dental anxiety, discussing the fact that many patients felt that a lack of empathy from the dentist immediately following a traumatic event for them significantly contributed to their long-term anxiety about dental care. Dr Stephen Faye discussed the continuing problem of managing dental caries for children.

The lunch break, which allowed a considerable amount of social interaction between delegates, and an opportunity to visit the trade stands and poster displays, was followed a very concise DSTG AGM in which the Society’s business was conducted in record time.

Dr Fiona Mackenzie reported on her research, which investigated the influence of acupuncture on dental anxiety. Her research demonstrated that concomitant use of acupuncture with intravenous midazolam during operative dental treatment can reduce the dose of midazolam required. Dr Paul Brady reported upon his on-going research into the use of capnography monitoring during conscious sedation and its influence on the on the incidence of arterial oxygen desaturation and hypoxia.

Dr Shreenal Jagisi reviewed her article based on her survey results from the staff and students in dental schools, and their attitudes towards the teaching and exposure of students to conscious sedation throughout the undergraduate dental course.

Dr Gill Greenwood gave a review of some of her special care patients, indicating the wide range of clinical cases treated by her team. An appeal was made by Dr Jon Pedlar on behalf of his charitable support group for anxious dental patients, RAFT (Relief of Anxiety and Fear of Treatment), for which he would like support and funding.

There were two papers presented relating to the use of midazolam in children. One was a pilot study by Dr Ajit Tanday on the effects of midazolam on blood pressure in children post sedation compared with the baseline readings, and the other, by Dr Arathi Papineni McIntosh, was a review of the side effects of oral and intravenous midazolam in children undergoing dental treatment. Both studies confirmed the safety of midazolam for use in children.

This proved to be an interesting and enjoyable conference, for which our thanks and congratulations should be extended to the organiser, Dr Alistair Speirs and his team.

Francis Collier
SAAD Hon. Secretary

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**SAAD Digest**

**Electronic Digest**

If you would prefer to receive an electronic version of the SAAD Digest rather than the printed copy, and save a few trees into the bargain, please contact Fiona Wraith, fiona@saad.org.uk. As soon as the Digest is available you will receive a link to view or download the electronic version.

**Submission Deadlines**

The submission deadline for consideration for publication in the January 2015 Digest is 1st September 2014

**Guidelines for Authors**

If you intend to submit a paper or article for consideration for the SAAD Digest please ensure that you have read and abided by the Guidelines for Authors. Papers that do not comply will, unfortunately, have to be returned for revision. The guidelines are available from http://www.saad.org.uk/wp-content/uploads/2012/12/SAAD-Guidelines-for-authors-2013-05.pdf

**Online CPD**

Two and a half hours of sedation CPD is available online from the SAAD website. This is complimentary to members and costs £10 for non members. Simply log on as a member, set yourself a username and password for the CPD section, answer the multiple choice questions relating to the latest volume of the Digest and download your certificate!

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**Autumn Newsletter**

This year will be the first year that the Society will publish two electronic Newsletters, keeping SAAD members up to date with the world of dental sedation. This Newsletter will in future be the Spring Newsletter. A further newsletter will be available in November, starting this year, and this will be the Autumn Newsletter. Please make sure we always have your current email address.

**The SAAD Editorial Board are interested in receiving original papers or case studies for publication in the SAAD Digest**

**Submission deadline 1st September**
## Diary Scan

### 2014

<table>
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<td>December</td>
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### 2015

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<tr>
<td>October</td>
<td>tbc EFAAD 2015 5th Congress, tba.</td>
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No responsibility can be taken for any errors or omissions however caused. The Diary Scan is continually updated at www.saad.org.uk/events.