



# NEWSLETTER

## From the president...

Welcome to the SAAD summer newsletter. I hope it finds you all well. Thank you to those who joined us in June, at the Science and Industry Museum in Manchester, for the SAAD / BAOS joint study day. This was the first collaboration between the two societies, and it was a great success. A big thank you to Thomas Lees, Paul Howlett, Fiona Trimmingham and Kiera Essex who were pivotal in organising such an interesting and well-run day. Please keep a look out on the SAAD website and our social media platforms for information on our next joint study day.



Sadie Hughes  
SAAD President

Whilst I am on the topic of large educational gatherings, SAAD's annual symposium is only a few weeks away, and we look forward to welcoming you to the Royal Society of Medicine in London, on 30<sup>th</sup> September. We have a great line up of topics including capnography for dentistry, airway assessment and the provision of sedation for people with a substance use disorder. As a reminder, there will be a poster presentation with awards for first and second place. Booking has already opened and can be accessed from the SAAD homepage. I encourage you all to check out the programme.

The SAAD / FDS RCS England jointly funded Pump Priming Grant, to assist early career researchers or those new to research, will be available from autumn 2023 with funding being awarded to any successful applicants in late spring 2024. I know there are many sedationists doing great work in primary care, but financial and time pressures prohibit them from pursuing research into areas of interest. SAAD have worked with the Faculty of Dental Surgery at the Royal College of Surgeons of England to ensure that this funding is open to any member of the dental team wishing to share and formalise their work in sedation, analgesia, and anxiety management for dentistry. Details will be emailed to members as soon as they are available.

The warmer weather makes the SAAD Winter Webinars seem a long time ago, however I cannot let the opportunity pass to thank all of those involved, particularly Carole Boyle, for the behind-the-scenes organisation. These webinars are very popular with members, and we are always happy to receive suggestions for topics. Hopefully these will be back next winter but watch this space!

This year's SAAD essay prizes have now been awarded. It is always a pleasure to recognise the hard work that goes into the submissions, so a thank you and well done to everyone who submitted an essay or case study. I am delighted to offer my congratulations to this year's prize winners: Laura Irving for the Dental Student Essay Prize, Vivet Makota for the DCP prize and Charlotte Richards for the Drummond-Jackson Essay Prize.

I hope you enjoy this issue of the SAAD summer newsletter and I look forward to seeing you at this year's SAAD symposium in September.

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# SAAD Noticeboard

## Subscriptions

It is possible to renew your subscription by setting up a direct debit. This is the most cost-effective method for the society to collect subscriptions. To set up a direct debit please email [anna@saad.org.uk](mailto:anna@saad.org.uk)

Please be aware dental subscriptions will be increasing to £60 from 1st September 2023.

## Online CPD

There are up to thirteen hours of sedation CPD available online from the SAAD website. This is complimentary to members and costs £15 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!

## SAAD Prizes

SAAD offers three essay prizes.  
The closing date for submissions is 31 March 2024.

*Dental Students - £500*

*DCPs - £500*

*Drummond-Jackson Prize - £750*

[Further details](http://www.saad.org.uk) are at [www.saad.org.uk](http://www.saad.org.uk)

## Research Grants

Grants are available to aid research in pain and anxiety control in dentistry. [Further details](#) are on the website.

## SAAD Courses & Schemes

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

- *National Course in Conscious Sedation for Dentists & Dental Nurses*
- *SAAD Assessed Sedationist (SAS) Scheme*
- *SAAD Assessed Sedation Nurse (SASN) Scheme*
- *SAAD Assessed Sedation Hygienist/Therapist (SASH/T) Scheme*

[Online registration](#)

### Course dates:

<u>2023</u>	<u>2024</u>		
11 & 12 November	2 & 3 March	18 May & 15 June	2 & 3 November

## SAAD AGM

Saturday 30<sup>th</sup> September, during the lunch break of the symposium.

Further information is available at [www.saad.org.uk/agm](http://www.saad.org.uk/agm)

## SAAD Poster Prize

Submission deadline 10 September.

[Further information](#) is on the website.

## IS Machine Loan Scheme

A scheme for practitioners to trial inhalation sedation in the practice setting is facilitated by SAAD. A free six-month loan of an inhalation sedation machine is available to members who have attended a recent SAAD Course. There will be the option to purchase the machine at a discounted rate at the end of the trial. [Further information.](#)

## SAAD Safe Sedation Practice Scheme

Have your practice evaluated in accordance with the [SAAD Safe Sedation Practice Scheme](#).

[Further details](#) are on the website



## 'New Frontiers' Sedation and Oral Surgeon Joint Study Day



Friday 23<sup>rd</sup> June 2023 saw the latest in a series of joint SAAD / specialty association sedation-themed study days. On this occasion we were joined by our colleagues from the British Association of Oral Surgeons (BAOS) at the Science and Industry Museum in Manchester.



Over 200 attendees from both societies heard from an excellent panel of speakers covering a range of issues pertinent to the practice of oral surgery under conscious sedation.

After the Presidential Welcome from Sadie Hughes (SAAD), Kathy Wilson (Associate Specialist / Clinical Lecturer – Sedation & Special Care Dentistry) from Newcastle started the morning session with an overview of the current training standards and guidelines which need to be met before dentists and dental nurses can practice independently. All members of the team must have completed suitable theoretical training and validated / assessed supervised clinical experience. Thereafter, the importance of undertaking audit, keeping a logbook, and completing the necessary CPD was highlighted. Kathy described the DCT sedation teaching programme in Newcastle combining clinical practice, pain and anxiety modules (via <https://portal.e-lfh.org.uk>), ILS training, Work-based assessments and multi-source feedback. Satisfactory completion of this is forwarded to the deanery leading to the award of a certificate of competence allowing independent practice.



Rob Endicott (Peripatetic Dental Sedationist) explained that Remimazolam is the first real step forward in IV sedative agents since Midazolam was introduced to widespread practice in the 1980s and, as such, is an exciting development. Rob described his recent extensive use of this drug to date, ranging from very short cases to complex implant cases lasting several hours. He gave an overview of the pharmacodynamics and pharmacokinetics that allow us to tailor this drug to time-specific needs; even to the point of being able to lighten the sedation to allow a toilet break mid-



case before re-sedating. Potential patient safety advantages of Remimazolam over Midazolam where highlighted including the fact that its elimination half-life is more comparable to Flumazenil suggesting that re-sedation after reversal would be less of a clinical issue.

Mention was made of the latest IACSD position statement on the use of Remimazolam (available at SAAD.org.uk) and that it can be used by those who are currently competent to use Midazolam but who also have completed a CPD course with suitable and relevant aims and objectives.



After the morning coffee break, Laleh Sharifian (Peripatetic Dental Sedationist) gave a fascinating insight to her work. Whilst current guidance states that a thorough pre-sedation assessment must be carried out by an experienced clinician, there is a role for remote consultations when appropriate. Laleh described a variety of patient assessment tools, in addition to highlighting how different personality types can create difficulties and challenges during the assessment process. Importantly there was also comment made on the roles and responsibilities of the dental practice in terms of staff training, equipment and ensuring the suitability / qualifications of the sedationist employed.



To conclude the morning session, Imran Suida (Specialist Oral Surgeon) showcased his work undertaken in collaboration with HEE Yorkshire & Humber to improve local and regional access to conscious sedation training. He outlined the current STAC requirements pertinent to those who wish to become a sedation mentor or to set-up an accredited sedation training course (<https://www.rcseng.ac.uk/dental-faculties/fds/publications-guidelines/standards-for-conscious-sedation-in-the-provision-of-dental-care-and-accreditation/>). The benefit of local sedation peer review was also discussed along with the implementation of new assessment methods: the Entrustable Professional Activity. This work-based assessment tool builds on currently available documents and provides more flexibility allowing individual parts of the process to be signed off in stages, ultimately building to overall competence. Imran kindly shared a link to these documents with the audience.





Lunch was then served with opportunities for attendees of both societies to socialise and share experiences.



Following lunch, Matt Dorman (Specialist Oral Surgeon) and Ashleigh Stamp (Clinical Fellow In Paediatric Dentistry) made a joint presentation detailing their respective work related to sedation use to help with oral surgery for teenagers.

Matt's interest in peri-orthodontic surgery has developed over the past 20 years after initial discussions with OMFS colleagues as how to undertake and improve ectopic canine surgery out with the operating theatre. Initial concerns about dissociative behaviors / adverse events were challenged and a successful treatment protocol has developed and is carried out in primary care with short waiting times. Could this be a model for all of us? Clinical research was shared with the audience as to which groups best tolerated sedation along with practical pointers and a recommendation to give it a go!



Ashleigh outlined her current PhD looking at how and why differing behaviour management techniques can be used to support young people receiving surgical dental care. She is leading the SUMMIT (Sedation in Under 16s to Manage Maxillary Impacted Teeth) research study. The aim of the study is to search and understand the reasons behind current practice in terms of management / support techniques employed by dentists to facilitate surgical care and patients' / guardians' experiences of this care provision. Ashleigh is recruiting dentists / participants and can be contacted by interested parties at [ashleigh.stamp@newcastle.ac.uk](mailto:ashleigh.stamp@newcastle.ac.uk)



The day concluded with an overview of capnography in the dental setting and wearable tech for sedation by local Consultant Anaesthetist, Gareth Kitchen. Capnography is routine in anaesthetic clinical practice for sedation and forms part of Royal College of Anaesthesia's guidelines. Whilst it is not mandated in the UK for use in dentistry during conscious or moderate sedation, many are choosing to purchase machines able to undertake capnography when existing pulse-oximeters are being replaced as prices reduce. As such, familiarity with the benefits and science behind this are of notable benefit. Pulse-oximetry informs us that hypoxia has already happened due to inherent delays in the process whereas capnography tells us what is happening in real time.

A video demonstration was also given of a wearable virtual reality headset that can be used to aid the creation of a calming environment for adults and children alike.



Julie Burke made the farewell remarks at the end of an excellent, varied and thoroughly enjoyable day and it is hoped that we can hold a similar joint day at some point in a few years' time.



By Thomas Lees  
SAAD Trustee



## SAAD Membership



Throughout its 60 years, SAAD has been at the forefront of the postgraduate teaching of sedation and the representation of dentists who offer sedation for their patients. These activities are equally as important now, as they were then.

***SAAD is a dynamic society, and there are many benefits of membership.***

- ◇ SAAD Digest
- ◇ Annual Symposium special rate
- ◇ Newsletters
- ◇ Membership Area of SAAD Website
- ◇ Representation
- ◇ Research grants
- ◇ National Course in Conscious Sedation for Dentistry special rate
- ◇ Online CPD
- ◇ IS Loan Scheme
- ◇ Experienced Advice and Support
- ◇ Practice Evaluation Scheme
- ◇ Essay Prizes

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

Please note:

As a society we have managed to keep the membership fee static for a number of years, however a small increase is now necessary to maintain commitments to our members.

With effect from 1<sup>st</sup> September 2023, the annual UK subscription fee will increase to £60 and the international subscription fee will increase to £70.

The fee paid by DCPs will remain the same.

Further details of all these benefits are available from the SAAD website [www.saad.org.uk](http://www.saad.org.uk) or [info@saad.org.uk](mailto:info@saad.org.uk)

**JOIN SAAD HERE!**

# SAAD Digest

The SAAD Digest is the Journal of the Society for the Advancement of Anaesthesia in Dentistry and has been published regularly since 1970. It has been produced in its current format since 2006 with one edition being published each year in February. All editions produced since then are available online.

The Digest has become a unique and invaluable international forum for all interested in the advancement of knowledge in pain and anxiety control for dentistry.

## Current Issue



[SAAD Digest 2023 Vol 39](#)

## Submission Deadlines

The submission deadline for consideration for publication in the 2025 Digest is **30 June 2024**.

## Guidelines for Authors

The Editorial Board invites contributions from all those active in the field. 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.

## Electronic SAAD 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](#). As soon as the Digest is available you will receive a link to view or download the electronic version.

## Online CPD

Verifiable sedation CPD based on the refereed papers in the current edition of the Digest is available from the website. Access is complimentary for SAAD members. [Online CPD](#). Safe

The submission deadline for publication in the February 2025 Digest is 30 June 2024.



[SAAD Digest 2022 Vol 38](#)



[SAAD Digest 2021 Vol 37](#)



[SAAD Digest 2019 Vol 35](#)



[SAAD Digest 2017 Vol 33](#)



[SAAD Digest 2015 Vol 31](#)



[SAAD Digest 2013 Vol 29](#)



[SAAD Digest 2011 Vol 27](#)



[SAAD Digest 2009 Vol 25](#)



[SAAD Digest 2007 Vol 23](#)



[SAAD Digest 2020 Vol 36](#)



[SAAD Digest 2018 Vol 34](#)



[SAAD Digest 2016 Vol 32](#)



[SAAD Digest 2014 Vol 30](#)



[SAAD Digest 2012 Vol 28](#)



[SAAD Digest 2010 Vol 26](#)



[SAAD Digest 2008 Vol 24](#)



[SAAD Digest 2006 Vol 22](#)





**Saturday 30th September 2023**  
 The Royal Society of Medicine  
 1, Wimpole Street, London

**Caring for an increasingly complex population:  
 personal insights and personalised care**



**08:30 Registration, Refreshments & Poster Exhibition**

09:30 Presidential Welcome and Introduction Sadie Hughes

*Morning Session chaired by Ashleigh Stamp*

09:35 **Incorporating remimazolam into routine care provision**  
 • A primary care perspective  
 • A secondary care perspective Frank Clough  
 Stacey Clough

**10:25 Childhood sexual abuse and its impact upon dental care \*** Akhila Muthukrishnan &  
 Viv Gordon

**11:15 Morning Break & Poster Exhibition**

11:45 **When is out of hospital sedation not appropriate?** Dave Booth

**12:15 Research Update**  
*SAAD - funded PhD* Marija Borisovaite-  
 Petruliene

12:30 **NHS England Clinical Guide for Dental Anxiety Management** Carole Boyle &  
 Jennifer Hare

**13:15 SAAD AGM & Lunch & Poster Exhibition**

*Afternoon Session chaired by Leah Adams*

**14:30 What's the use in misuse? - Conscious sedation for patients with substance misuse** Hamza Hossenally

15:10 **Airway, ventilation and improving venous access** Heather Rodgers

**15:50 Capnography monitoring within dental conscious sedation** Paul Brady

16:30 **Close** Sadie Hughes

*\*This presentation contains content that may affect some delegates. Some may wish to take an earlier break.*

*SAAD reserves the right to make adjustments to this programme.*

## The SAAD Board



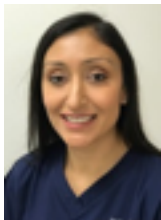
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SSPS Lead



**Thomas Lees**  
Board Member



**Zahra Shehabi**  
Board Member



**Ashleigh Stamp**  
Board Member



### AGM – 30<sup>th</sup> September 2023

The SAAD Annual General Meeting will take place during the lunch break of the Symposium, The **SAAD Symposium**, will take place on **Saturday 30<sup>th</sup> September** at the RSM in London.

Following a three-year term of duty, SAAD Trustees retire by rotation; this year there will be **two vacancies** on the SAAD Board of Trustees.

The nomination form is online and can be accessed via the blue link button below. Nomination forms should be completed and acknowledged **by noon on 15<sup>th</sup> September 2023**.

[Nomination Form](#)

[AGM agenda](#)

## Poster Prize!

For the best poster presented  
at the SAAD Symposium  
Abstracts to be submitted by

**10<sup>th</sup> September**

£250  
1<sup>st</sup> prize

£100  
2<sup>nd</sup> prize



Go to [www.saad.org.uk](http://www.saad.org.uk)  
for further information

# Safe Sedation Practice Evaluation



Safe Sedation Evaluation is not just a checklist

***When was your sedation service last evaluated?***

***Are you confident your service and team meet the IACSD standards?***

***Have you used a service with the approved evaluator person specification?***

Why not have your service evaluated through the SAAD Safe Sedation Practice Scheme to provide you with assurance and peace of mind?

Our evaluators will work with you in a relaxed and supportive way to help your service meet the current national standards for sedation in dentistry.

The evaluation document may be downloaded from  
the documents section of the SAAD website  
[www.saad.org.uk](http://www.saad.org.uk)

## News from SAAD members

### **Congratulations to Kim Peacock on his retirement!**

Kim contacted SAAD to say...

*'I have enjoyed my time in Dentistry, particularly delivering conscious sedation, the skills and experience I was very fortunate to have received at Guys and through SAAD membership.*

*I wish you and all the SAAD membership team the very best for the future.'*

\*\*\*

### **Congratulations to Sharon Williams on her retirement!**

Sharon contacted SAAD to say...

*'It has been an honour to be part of SAAD over many years the highlight was winning the Dental Nurse Essay Prize years ago. It will always remain a highlight of my career (and I still talk about it!) Please give my best wishes to everyone at SAAD for the amazing job you all do'*

\*\*\*

### **With all best wishes for a happy and healthy retirement from SAAD!**

If you have any news you would like to share with the SAAD membership, please send it to [kiera@saad.org.uk](mailto:kiera@saad.org.uk)

## SAAD Online CPD

There are currently **up to eight hours** of verifiable sedation CPD available on the SAAD website. Make sure you log on, complete the MCQs based on the refereed papers in the 2022 Digest and download your certificate.

**This is complimentary to members  
(£15 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!



## ***SAAD prize winners announced!***

The 2023 SAAD Drummond Jackson Essay Prize has been awarded.  
The winner is:

**Charlotte Richards for ‘*Dexmedetomidine: pharmacology and its use as a sedative agent*’**

The 2023 SAAD Dental Student Essay Prize has been awarded.  
The winner is:

**Laura Irving for ‘*Do children from more deprived backgrounds have a higher chance of becoming dentally anxious?*’**

The 2023 SAAD DCP Report Prize has been awarded to:

**Viviet Makota for ‘*SCD case study*’**



For more information on the prizes  
and how to enter please visit  
[www.saad.org.uk](http://www.saad.org.uk)



### ***SAAD Essay Prizes***

Three prizes available annually  
Submission deadline 31 March 2024

Drummond-Jackson Essay Prize £750	Dental Student Essay Prize £500
DCP Report Prize £500	Further details at <a href="http://www.saad.org.uk">www.saad.org.uk</a>



## **Sedation Life Support webinar**

**1 hour CPD!**

**Wednesday 6 September**  
**19:00-20:00**  
**Online via Zoom**

This webinar will cover management of some medical emergencies and provide an introduction to a new SAAD course providing practical skills to manage sedation complications.

**Complimentary for SAAD members!!**  
**£25 for non-members**



2023

Further events are listed on the SAAD website

## September

	6	SAAD	Sedation Life Support Webinar	Online	<a href="http://www.saad.org.uk">www.saad.org.uk</a>
	28-30	ESPA	Annual Congress	Prague	<a href="https://www.espacongress.com">https://www.espacongress.com</a>
	30	SAAD	Annual Symposium	London	<a href="http://www.saad.org.uk">www.saad.org.uk</a>

## October

	13-17	ASA	Annual Congress	San Francisco	<a href="https://www.asahq.org/annualmeeting">https://www.asahq.org/annualmeeting</a>
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## November

	11-12	SAAD	National Course in Conscious Sedation for Dentistry	London	<a href="http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses">http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses</a>
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## December

	1	BSSCD	BSSCD Winter Conference	London	<a href="https://www.bsscd.org">https://www.bsscd.org</a>
	3-4	ADSA	Chicago Meeting	Chicago	<a href="https://www.adsahome.org/chicago">https://www.adsahome.org/chicago</a>

## 2024

## March

	2-3	SAAD	National Course in Conscious Sedation for Dentistry	London	<a href="http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses">http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses</a>
	14-16	ADSA	Las Vegas Meeting	Las Vegas	<a href="https://www.adsahome.org/las-vegas">https://www.adsahome.org/las-vegas</a>

## April

	13-15	ADSA	Annual session	Florida	<a href="https://www.adsahome.org/annual1">https://www.adsahome.org/annual1</a>
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## May

	9-10	BSSCD	BSSCD Spring Conference	Liverpool	<a href="https://www.bsscd.org">https://www.bsscd.org</a>
	21	DSTG	2024 Conference	Glasgow	<a href="https://www.dstg.co.uk">https://www.dstg.co.uk</a>
	18	SAAD	SAAD National Course Theoretical Elements	Online	<a href="http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses">http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses</a>

## June

	15	SAAD	National Course	London	<a href="http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses">http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses</a>
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## September

	28	SAAD	SAAD Annual Symposium	London	<a href="http://www.saad.org.uk">http://www.saad.org.uk</a>
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## November

	2-3	SAAD	National Course in Conscious Sedation for Dentistry	London	<a href="http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses">http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses</a>
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## December

	6	BSSCD	BSSCD Winter Conference	London	<a href="https://www.bsscd.org">https://www.bsscd.org</a>
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If you would like to receive email notifications of new, and upcoming events please join the mailing list.



Keep up to date  
with social media  
Facebook, Twitter & Instagram  
SAAD has a Facebook page, Twitter feed  
and an Instagram page!



[@SAADDental](#)



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The SAAD Digest is published annually in January, and the SAAD eNewsletter bi-annually in summer and autumn by SAAD (Society for the Advancement of Anaesthesia in Dentistry).

The opinions expressed in this Newsletter and previous SAAD Digests and Newsletters are those of the authors and are not necessarily those of the Editorial Board nor the SAAD Board of Trustees

SAAD Editorial Board, 21 Portland Place, London, W1B 1PY 01302 578 835 [fiona@saad.org.uk](mailto:fiona@saad.org.uk)

***SAAD: dedicated to the advancement of knowledge in pain and anxiety control for dentistry***