

From the President...

At this time of year, with holidays being taken as respite from busy work-based schedules, temporary abeyance of the school-runs, less stressed teenagers after their examinations and the weather being more conducive to good cheer, the pressure is usually at much reduced levels – I hope this is the case for you!

Since the publication of the Winter Newsletter the indicators on the 'workload gauges' have remained pretty much at the high end for SAAD with plenty to keep the Trustees hard at it.

The Paediatric Sedation Study Day in March, held in Hunt's House at Guy's Hospital, organised jointly between SAAD and the South-East Branch of the British Society of Paediatric Dentistry, proved to be a most successful event. The programme, which encompassed a wide range of paediatric sedation topics, was extremely well supported with 300 attendees on the day; it is proposed to organise further joint activities in the future.

The Study Day programme was opened by Professor Richard Welbury, Richard has since been appointed Commander of the British Empire (CBE) in the Queen's Birthday Honours list published this June, for "services to paediatric dentistry, dental education and safeguarding of children". On behalf of SAAD, hearty congratulations to Richard for such a well-deserved award that recognises inspirational leadership and commitment during a distinguished career in paediatric dentistry.

This year's edition of the Digest should have been delivered to you either as a printed document or in digital format. Three articles, relating to illicit drugs, are a reminder of the care needed when dental sedation is administered to patients who use other psycho-active drugs, especially if the user does not declare this when a medical history is taken at the assessment visit. Concerns that the relocation of Nigel Robb, Editor of the Digest, to the antipodes would hamper the production of the Digest were, fortunately, unfounded; thanks to the Editorial Board for another excellent edition.

The new SAAD-funded PhD will be commencing this month by a researcher based at the University of Leeds, who will investigate: *'The short and long term effects of use of nitrous oxide/oxygen sedation as compared with GA, on childrens' future level of dental anxiety and acceptance of dental treatment'*. SAAD will receive regular progress reports which will be transmitted to SAAD members by our administrative and communications team through social media, Newsletters, Digest and Annual Symposia; we wait with interest to be apprised of developments.

This year's annual Symposium and AGM, to be held at the Bridgewater Hotel, Manchester on Saturday 28 September, is fast approaching; registration is now open so if you have not already registered please consider attending - you will be more than welcome. The programme will include presentations on hypnosis, acupuncture, aspects of human factors and patient safety, the provision of sedation services in the 'office' environment by a practitioner based in the USA and an update on the development of a new intravenous agent of the benzodiazepine family of sedation agents. The speakers have considerable experience and knowledge in their areas of expertise so it should be an interesting and worthwhile event.



Steve Jones
SAAD President

Next April will mark the fifth anniversary of the publication of the IACSD *'Standards for Conscious Sedation in the Provision of Dental Care'* that signalled such a profound impact on aspects of education and training for dental sedation. The committee that produced the report has been reconvened to review the document under the Chairmanship of Callum Youngson, Dean of Liverpool Dental School. SAAD is again represented by two members who will undoubtedly contribute to the full.

Two successful National Courses have been delivered so far this year, in March and June, with a third one to be held at the beginning of November; the commitment of the faculty led by David Craig, Course Director and Carole Boyle, Assistant Course Director, and also the quality of the content continues to be a 'jewel in the crown' of SAAD's

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SAAD Annual Symposium & AGM

Manchester

Saturday 28 September 2019

www.saad.org.uk

Online registration is open!

Further details on page 3 of this newsletter

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activity. There continues to be a steady stream of clinicians undertaking the SAAD Assessed Sedationist (SAS), SAAD Assessed Sedation Nurse (SASN) and the SAAD Assessed Sedation Therapist (SAST) schemes, which augurs well for both clinical personnel and patient care.

The use of Cognitive Behaviour Therapy (CBT) has become an increasingly utilised tool in the management of patients who experience difficulties accepting dental care; SAAD Trustees have recently agreed funding for Tim Newton, Professor of Psychology as Applied to Dentistry at Kings College

London, to update the CBT Toolkit that was similarly produced in 2011. On completion, SAAD members will have online access to this facility which may be used for the benefit of patients.

Congratulations and best wishes to Jen Hare, Consultant Health Psychologist, - a member of the Digest Editorial Board - who gave birth to a daughter earlier this year. Congratulations are also due to SAAD Trustee, and Consultant in Special Care Dentistry, Zahra Shehabi on the birth of her twin girls.

The second volume of the history of SAAD which was commissioned to

celebrate our Diamond Jubilee, documenting the period from year 2000 is now in the final stages of production; hopefully copies will be available in the not too distant future.

My thanks to the SAAD Trustees and Fiona, Executive Secretary for their continued support and sheer hard work that 'makes it all happen'; all much appreciated.

I wish you well for the summer and look forward to catching up with you at the Symposium in Manchester next month.



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 fiona@saad.org.uk for the link.

Online CPD

There are seven hours of sedation CPD 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!

SAAD Prizes

SAAD offers three essay prizes.

Dental Students - £300

DCPs - £300

Drummond-Jackson Prize - £500

The closing date for submissions is 31 March 2020. [Further details](#) are at www.saad.org.uk.

Inhalation Sedation Course for Hygienists and Therapists (SAST scheme)

2 & 3 November 2019

Further details at www.saad.org.uk

SAAD Training

- * *National Course in Conscious Sedation for Dentists & Dental Nurses*
- * *SAAD Assessed Sedationist (SAS) scheme*
- * *SAAD Assessed Sedation Nurse (SASN) scheme*
- * *SAAD Assessed Sedation Therapist (SAST) scheme*

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!

[Online registration](#)

Course dates:

2019

2 & 3 November

2020

15 & 15 March

13 & 14 June

7 & 8 November

Online Advert Board

SAAD members are able to post adverts relating to sedation on the SAAD website free of charge. Adverts for situations vacant or equipment will be acceptable. Either log on and place the advert, or contact [Fiona](#).

IS Machine Loan Scheme

A scheme for practitioners to trial inhalation sedation in the practice setting is facilitated by SAAD. A six-month loan (at no charge) of an inhalation 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. [Application form](#).

Research Grants

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

SAAD Safe Sedation Practice Scheme

Have your practice evaluated in accordance with the [SAAD Safe Sedation Practice Scheme: A Quality Assurance Programme for implementing National Standards in Conscious Sedation for Dentistry in the UK](#). For further details or to arrange an evaluation please contact fiona@saad.org.uk.



SAAD Annual Symposium & AGM

Saturday 28th September 2019



The Bridgewater Hall
Manchester

This year's SAAD Symposium will be in Manchester!

The symposium will provide five hours sedation CPD and fulfils the GDC's development outcomes for A, B, C and D; effective communication, effective teamwork, the development and maintenance of skills in treating anxious patients and the maintenance of behaviours and attitudes, putting patients interests first. RCoA CPD approval has been applied for.

Mike Gow - 'Hypnodontics' in practice

Chris Dickinson - Acupuncture in dentistry and its use in pain and anxiety control

Marion Parris - Human Factors; the role of cognitive distortions in clinical decision making

Susan Suliman - Patient safety investigation and just culture

Mahnaz Hashmi - Psychiatric conditions

Jonathan Mendia - Sedation in the USA

Bryan Kerr - Remimazolam for dental sedation: novel, faster, better?

We look forward to seeing many of you there!

Online registration & further details at www.saad.org.uk

Keeping Up to Date with Social Media Facebook, Twitter & Instagram

SAAD has a Facebook page, Twitter feed and now an Instagram page!



[@SAADDental](https://www.facebook.com/SAADDental)



[@saaduk](https://twitter.com/saaduk)



[@SAADdentistry](https://www.instagram.com/SAADdentistry)



The dental charity dedicated to the advancement of knowledge in pain and anxiety control for dentistry



British Society of
Paediatric Dentistry
South East Branch

GETTING MORE GIGGLES

Paediatric Sedation & Anxiety Management

Study Day

Saturday 23rd March 2019

A report from the Study Day

Malihe Moeinian

Specialist in Paediatric Dentistry
Community Special Care Dental Services
King's College Hospital

Clinical Tutor

King's College, London



Malihe Moeinian

On Saturday, 23rd March 2019, 300 excited delegates were seated at Guy's Campus, King's College, London, all set for the study day "Getting More Giggles", Paediatric Sedation and Anxiety Management.

Dr Yi Kwan Loo, SAAD Trustee, started the session with a warm welcome to all attending the study day, which was co-hosted by SAAD and the British Society of Paediatric Dentistry (BSPD) South East Branch. This was followed by an introduction from SAAD's president, Dr Steve Jones. Dr Jones welcomed all delegates with an introduction to sedation and SAAD history.

The first speaker, Prof Richard Welbury, Consultant in Paediatric Dentistry, University of Central Lancashire and Cumbria Foundation NHS Trust, presented "Putting the Buzz into Paediatric Sedation: to Infinity and Beyond".



Richard Welbury

Richard emphasised the need to know seemingly trivial facts such as when *Toy Story 4* is released, as communication and building trust play crucial roles in Paediatric Dentistry. He further emphasised that the dentist must always talk and communicate with children at their level and not expect that they are small adults. He outlined the evidence that caries incidence is still high, leading to an average of 3 missed school days a year and that 62% of parents reported their child had had toothache. He pointed to the

link between dental phobia and anxiety alongside poor oral hygiene, and that this leads to an increase in the number of carious teeth and due to behaviour management issues, an increase in the number of tooth extractions.



Yi Kwan Loo

The second speaker of the day, Dr Clare Ledingham, Specialist in Paediatric Dentistry, Mersey Care NHS Foundation Trust and a BSPD representative on the SDCEP Guideline Development Group for Dental Sedation, presented, "The Happy Air Stuff".



Clare
Ledingham

Her talk covered a thorough review of inhalation sedation, how it works, the machines and the relevant rules and regulations. She started by talking about the history of nitrous oxide (N₂O), known as laughing gas, which was firstly introduced back in 1800 for scolding wives, followed by the discovery of anaesthetic and mild analgesic features of the N₂O. She mentioned that various factors including age, medical history, complexity of treatment, number of quadrants requiring treatment, perceived anxiety and anticipated response, play key roles in patient selection for inhalation sedation. She recommended the use of mindfulness apps such as *Calm*, *Dreamy Kid* and *Headspace*.

Clare went through the properties of N₂O such as its solubility which results in inhalation sedation with nitrous oxide being a quickly reversible procedure. Then, she explained the three different planes of sedation and different types of scavenging, passive and active.

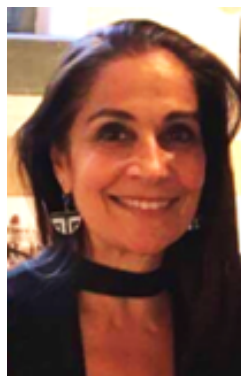
Furthermore, she highlighted that clinicians involved in sedation, should ensure they fulfil the 12 hours verifiable CPD in a 5-year's cycle requirement. At the end, she reminded clinicians to keep a sedation logbook and carry out audit regularly.



A full house!

At this point, the audience went for a short break, which was a great opportunity to socialise and discuss the first lectures' subjects with others.

After the break, Dr Liege Matharu, Paediatric Specialist and co-author of the Cochrane review of paediatric sedation in dentistry, shared her experiences of "Intravenous Sedation in Paediatric Dentistry".



Liege
Matharu

She pointed to the different guidelines for sedation in paediatric dentistry such as The Intercollegiate Advisory Committee for Sedation in Dentistry (IACSD) 2015 and The Scottish Dental Clinical Effectiveness Programme (SDCEP) 2017. These are the main and most relevant sedation guidelines and standards. She believes that the current guidelines are a great help with regards to improving sedation service. They emphasise the need for Paediatric Intermediate Life Support

(PILS) training updates, to provide information leaflets, and emphasise the need to update protocols and forms and encourage group emergency scenarios and audits; however, the question is whether any supportive evidence exists for these guidelines and what we can do as dentists and the dental profession to improve the lack of evidence in the field.

It was interesting to know that there had been a total of 31 known deaths related to dental sedation in the USA. These, however, were related to 'deep sedation' rather than mild and moderate sedation as is practised in the UK. This emphasised that patient selection and appropriate sedation administration are important to reduce the risks. Although there are guidelines to aid clinicians, it is crucial to remember that the clinician should be competent, confident and use their professional judgment with the help of guidelines to provide the best care for their patients.

The fourth speaker, Dr David Craig, is Consultant and Head of Special Care Dentistry, Guy's and St Thomas' NHS Trust, a SAAD Trustee and was a member of the Intercollegiate Advisory Committee which produced the IACSD sedation recommendations. His presentation was entitled 'Training and Accreditation in Sedation for Paediatric Dentists'.

David
Craig

The learning objectives were to understand the rationale for the IACSD recommendations, training requirements for basic and advanced techniques, current training opportunities and the role of the Sedation Training Accreditation Committee (STAC). He stated that the Intercollegiate Advisory Committee for Sedation in Dentistry (IACSD) addressed long-standing concerns about safety from different parties including patients, commissioners and practitioners, particularly the administration of multi-drug sedation in children. It had updated and expanded upon the previous guidelines with input from the Academy of Medical Royal Colleges (AoMRC). Consequently, the IACSD document is the 'go-to' standard for dentists, doctors, nurses and dental care professionals wishing to clarify who does what to whom and where. It covers expectations of care for children and young adult patients such as patient assessment, team training requirements and continual professional development.

He mentioned the transitional arrangements for experienced sedation practitioners and DCPs who were practising sedation prior to publication of the document and emphasised the need to keep a record of sedation experience, CPD, audits and ILS/PILS compliance. He outlined that new starters to the sedation team must undertake validated education and training and have demonstrated an acceptable level of competence. The clinician must complete 10 and 20 cases for inhalation and intravenous sedation under supervision, respectively. Since the supervisors play such a key role in a clinician's training, it is advisable and important to check those

providing supervised clinical experience. STAC has a duty to accredit non-university courses, approve clinical supervisors and publish a list of STAC accredited training programs. The SAAD Assessed Sedationist (SAS) and SAAD Assessed Sedation Nurse (SASN) schemes run alongside the SAAD National Course to facilitate this period of supervised clinical practice needed to be able to provide independent patient care, as stipulated by the IACSD document.

Following this, all the morning speakers took questions from the floor in a session led by Dr Janet Davies, Chair of the BSPD SE Branch and Consultant in Paediatric Dentistry at Barts and The London School of Medicine and Dentistry.

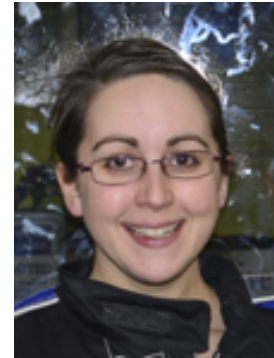
Janet
Davies

There was an interesting discussion about organisation of diaries across various dental settings with the relative pros and cons of session-based sedation sessions versus more *ad hoc* sessions discussed.

After lunch, the first speaker in the afternoon, Dr Charlotte Davies, Consultant in Emergency Medicine at Greenwich and Woolwich NHS Trust, took the audience on an engrossing journey with her presentation "Hypnotic Technique with and without Trance".

Charlotte introduced the concept of hypnosis and its benefits in helping patients with acute pain and anxiety. Hypnosis is an altered state of consciousness, characterised by narrowed attention and an increased openness to suggestion. She highlighted how choice of words is very powerful, and the importance of

using less threatening alternative words and sentences to combat patient fear and anxiety. She expertly demonstrated how instructions can be given to encourage a patient to experience the world in a certain way.

Charlotte
Davies

Charlotte described a hypnotic induction to focus attention and suggest relaxation. She then explained concepts in hypnosis such as hypnotic suggestions, suggestions delivered in a hypnotic context after a hypnotic induction and hypnotic trance, the end state of hypnotic induction, and a half-conscious state characterised by an absence of response to external stimuli. She described the impact of different factors such as gender, home life, school life and social life on the procedure and pointed out the differences between placebo and nocebo.

Prof Tim Newton, Professor and Consultant in Psychology as Applied to Dentistry at King's College London Dental Institute, and Geanina Bruj, Clinical Nurse Specialist, Dental Health Psychology Team at Guy's and St Thomas' NHS Foundation Trust, presented "Children with Dental Fear and behaviour Management problems: New Directions".

Geanina
Bruj
&
Tim
Newton

They outlined non-pharmacological techniques, the theory behind Cognitive Behavioural Therapy (CBT), services and training. Dental Behavioural Management Problems (DBMP) are unco-operative and disruptive behaviours which make treatment difficult, whilst dental fear and anxiety (DFA) is a psychological reaction that negatively interferes with a child's readiness to go through dental treatments. They mentioned that the prevalence of dental phobia and behaviour guidance problems are 12.8% and 9.6%, respectively. They exemplified how anxiety levels assessments could be carried out in 3 different ways: behavioural measures, self-reported measures and lastly by recording what is reported by others. This was followed by the explanation of the Modified Child Dental Anxiety Scale (MCDAS), environmental changes and coping skills. It was interesting to learn that CBT consists of cognitive therapy to change thoughts and behaviour therapy through graded exposures.

Cognitive therapy covers the thoughts, behaviour, emotions and psychological responses while behaviour therapy works to overcome the fear by gradually increasing exposure to the fear stimuli in a controlled and systemic way. They explained the referral pathway for their CBT service and the planned transfer to primary care followed by the staffing models employed. This highlighted the roles of psychologists, dental nurses, dentists and dental hygienists in a CBT team. Psychologists are responsible for supervision, complex case-co-morbidity, lead on evaluation and audit, service development, training and administration. Dental nurses have a key role in the assessment, delivery of interventions under supervision, evaluation and audit, and service development. Last but not the least, the dentists and dental hygienists have a role in assessment of dental needs and support for graded exposure to dental treatments.

The last speaker of the day, Dr Prabhleen Anand, Consultant in Paediatric Dentistry, Eastman Dental Hospital, shared her views on

“Setting up a Paediatric Sedation Practice - Practical Tips from a Paediatric Dentist”.



Prabhleen
Anand

She highlighted the commissioning guidelines for paediatric dentistry followed by an outline of which techniques are suitable in different settings, the latter being dependent on the trust/ hospital policies and facilities and the patients' ASA rating. She emphasised the need to consider:

- 1) the patient base
- 2) facilities available
- 3) trained personnel available
- 4) local Trust's policies, aims and visions
- 5) local and national guidelines

Prabhleen went on to recommended visiting an existing service to get some ideas. She reflected that a standard operating procedure, proformas and patient leaflets are useful and furthermore, she felt that risk assessment and a self-certified checklist are crucial. Moreover, she overviewed the costs of setting up a sedation facility. At the end, the importance of clinical governance was brought to audience attention. This included audits, PROMS, training and CPD, regular equipment checks and maintenance, protocols and proformas updates, team meetings and emergency training and practice.

To end the afternoon session, speakers took questions from the floor, led by Dr Janet Davies. She then thanked the speakers and delegates and gave special thanks to Dr Yi Kwan Loo and to Fiona

Trimingham for the hard work that had gone into organising the SAAD – BSPD SE Branch study day, “Getting more Giggles” before finally closing the thought-provoking day.



Inhalation Sedation Course for Dental Hygienists and Therapists

SAAD Assessed Sedation Therapist (SAST) scheme

2nd & 3rd
November
2019

Further details and
online registration
www.saad.org.uk



The roles of the trustees

During conversations with SAAD members at our various events, a question often posed is, 'What does a Trustee actually do?' This short article is intended to provide a concise overview of what it means to be a Trustee of SAAD and describes the roles of Trustees undertaken on a day-to-day basis.

First the technical stuff; SAAD is both a Company Limited by Guarantee and also a Charity, necessitating the requirement to be formally registered with the Charity Commission and also with Companies House.

The aims of SAAD, also known as the 'Objects'; how the organisation is managed, how business affairs are conducted, the *raison d'être* and how Trustees are expected to conduct themselves are laid down in SAAD's Memorandum of Association and the Articles of Association. This is a requirement under the Companies Acts of 1985 and 1989. Laws and Bye-Laws augment the Articles in order to ensure the 'proper conduct and management of the Charity'.

The Rules and Bye Laws give direction on membership, subscriptions, general meetings, votes of members, officers of the Board, the Board and the election of officers, Board meetings, minutes and the accounts. These documents set the standards and act as the governance arrangements for the Society.

The Officers of the Board, also Trustees, are The President, Immediate Past President, Honorary Secretary, Honorary Treasurer, Course Director, Assistant Course Director, Communications Secretary, and Editor. Seven additional Trustees along with these Officers comprise the full Board which conducts the business of the Society. (More technical stuff but please carry on reading!). Additionally, individuals may be co-opted onto the Board for a specific period and subject to review at the end of the period.

The life of a SAAD Trustee is definitely not for the faint-hearted, nor is it beer and skittles all the way!

The term of office for a Trustee is three years and is undertaken on a voluntary basis. Trustees do not receive any remuneration for their commitment and contribution, however, reasonable expenses properly incurred by a Trustee are reimbursed when acting on behalf of SAAD, such as travelling expenses for attendance at Board meetings.



Moving to specific roles, the **President**, Steve Jones, oversees the functioning of the Board, and its sub-committees to ensure that SAAD's activities align with its aims. Such a role requires the employment of leadership, management and supportive skills. Like any dental practice, which needs to be financially sound so that clinical care may be delivered, similarly SAAD needs to be financially viable to be able to function effectively. Thus, the President needs to ensure sound financial management practices are in place, and that regular financial statements are provided by the Honorary Treasurer to the Board.

In order that complete legal compliance is achieved, close working with the **Executive Secretary** is critical, this also facilitates the production of the agendas for Board meetings.

A less obvious but nevertheless important role of the President is to act as a figurehead, to champion SAAD and to act as an ambassador to develop sound working relationships with external organisations, especially those that have an interest in dental sedation.



Kellie Downie, **Honorary Treasurer**, plays a pivotal role in the life of SAAD. Her over-arching remit is to manage the financial affairs of SAAD in line with standards and legislation



Paul Howlett
Communications
Secretary



Steve Jones
SAAD President

laid down by the Charity Commission and Company Law, and also to provide relevant information and advice to the Board on matters financial pertaining to the effective functioning of the Society.

Within that broad description there are a multitude of tasks that need 'constant gardening', e.g. tracking income, ensuring invoices are settled promptly, presenting reports and providing financial advice about SAAD matters to the Trustees at Board meetings and preparation of the accounts for the AGM, to mention the most salient tasks.

Additionally, there is a raft of key working relationships that need to be maintained both internally and externally. This short paragraph does not do justice to each of these roles and the hard work required to keep pace with their demands.



Manni Deol, **Honorary Secretary**, liaises very closely with Fiona Trimmingham, SAAD's Executive Secretary to ensure SAAD runs smoothly. SAAD is very fortunate to have two very dedicated women administering our 'front office' who really do keep us 'shipshape'. SAAD is a busy organisation, never a dull moment with so much always going on that this administrative team really do have to pedal hard with a high cadence rate!

Manni's expertise as a sedationist enables her to provide clinical advice to members who make contact with questions about dental sedation.

(Please see the [FAQ page on SAAD's website](#)).

Fiona has a role akin to a Company Secretary, dealing with non-clinical administrative matters including attending Board meetings to take and then produce the minutes, maintaining our website, organising the Annual Symposium and Study Day meetings, ensuring the smooth organisation of the Editorial Board and Training Board and a host of endless other tasks, including putting the Digest and Newsletters together.

These two inter-dependent team-players perform so effectively and efficiently, mostly unseen in the background and quietly 'getting on with it', that they are almost 'unnoticed'!



Two main objects of SAAD are:

1. To promote and encourage the study of sedation in dentistry
2. To impart knowledge of sedation by means of lectures, classes, demonstrations, discussions and publications.

Two Trustees who have crucial roles ensuring these aims have been, and continue to be delivered are David Craig, **Course Director** and Carole Boyle, **Assistant Course Director**. The National Courses that are held three times per year and have been organised, conducted and driven by David for almost twenty years. He has been ably supported in this by Carole and the members of SAAD's Teaching Faculty. David is also Chair of the Training Board, a sub-committee of the main Board, that ensures structures are in place to deliver the programme, and develops course content which is relevant for clinicians and compliant to the changing and evolving national standards and guidelines.

Year on year, there is invariably a full house of course attendees which is a testament to the esteem and quality of the product that has been delivered under David's leadership.



The recent edition of the SAAD Digest is a reminder of our commitment to honour one of the stated aims of the Society. The format of the 'newly revised Digest' was introduced with the 2006 issue by the SAAD Editorial Board, with Nigel Robb as **Editor**. The Editorial Board has continued to produce fine peer-reviewed journals on an annual basis.



Francis Collier, **Immediate Past President**, is able to act as a pillar of support to the incoming President and also makes a full contribution to Board business drawing on his experience of serving as president for the full-term of three years.



To reflect changes in the 'external environment' a recent review of the Membership Secretary role recommended that a **Communications Secretary** be established.

Paul Howlett, Communications Secretary has the role of ensuring we maintain professional awareness of the SAAD brand and its role in promoting dental sedation and championing high quality training and education. As we move further into the digital world we need to keep abreast of modern developments and develop good communication and engagement with our current members, potential members and other professional organisations. Recently we have established a SAAD social media presence and Paul and Yi Kwan Loo focus on developing these platforms and liaise with all members of the SAAD board to identify informative and up-to-date content. Trying to ensure that SAAD retains its reputation as the premier provider of dental sedation training in the UK is a constant challenge and one that is always evolving.



Leah Adams, Chris Holden, Sadie Hughes, Yi Kwan Loo, Dave Pearson, Shilpa Shah and Zahra Shehabi, all **Trustees**, contribute fully not only to Board business but also to a host of other essential tasks undertaken outwith the committee room that keep SAAD on the front foot.

In conclusion, there is much to be done to ensure SAAD remains at the forefront of dental conscious sedation and this cannot happen without each Trustee being totally committed and willing to take on the challenges that are ever present.

SAAD is immensely grateful for this level of dedication, in this context, the phrase, 'the whole is greater than the sum of the individual components' strongly comes to mind!

Annual General Meeting

*at the SAAD
Symposium*

Saturday 28th
September
2019

AGM starts at 1.15 pm

Bridgewater Hall
Manchester

The AGM documents will be available to members from the SAAD website.

Please log on and then go to

[SAAD AGM Documents](#)

The SAAD Trustees



Stephen Jones
President



David Craig
Course Director



Chris Holden
Board Member



Francis Collier
Immediate Past
President



Carole Boyle
Assistant Course
Director



Sadie Hughes
Board Member



Kellie Downie
Honorary Treasurer



Paul Howlett
Communications
Secretary



Dave Pearson
Board Member



Manni Deol
Honorary Secretary



Yi Loo
Editorial Board
Member



Shilpa Shah
Board Member



Nigel Robb
Editor



Leah Adams
Board Member



Zahra Shehabi
Board Member



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
- * National Course in Conscious Sedation for Dentistry
- * Annual Symposium
- * Online CPD
- * Newsletters
- * IS Loan Scheme
- * Membership Area of SAAD Website
- * Access to the online Advert Board
- * Experienced Advice and Support

SAAD is an active society, well respected in the world of sedation

- * Representation
- * Practice Evaluation Scheme
- * Research grants
- * Essay Prizes

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

Further details of all of these benefits are available from the SAAD website www.saad.org.uk or fiona@saad.org.uk

JOIN SAAD HERE!

How to contact SAAD

Course enquiries...

Course registration, payments, deferrals & cancellations
Hygienist & therapist logbooks
SAS and SASN schemes

Fiona Trimmingham
fiona@saad.org.uk
01302 846 149

Course content and course weekend logistics

Toni Richman
toni@saad.org.uk
07583 039 309 (text)

SAAD Assessed Sedation Nurse (SASN) scheme

Emma Lee
emma@saad.org.uk

General enquiries...

info@saad.org.uk
01302 846 149

Executive Secretary & Website...

fiona@saad.org.uk
01302 846 149

SAAD Essay Prizes

Three essay prizes are available annually

**Drummond-Jackson
Essay Prize
£500**

**Dental Student
Essay Prize
£300**

**DCP
Report Prize
£300**

**Submission deadline
31 March 2020**

Further details at
www.saad.org.uk

Save the date.....or register now!



28 September 2019
SAAD Symposium
www.saad.org.uk



6 December 2019
BSDH winter conference
www.bsdh.org



14 & 15 May 2020
BSDH spring conference
www.bsdh.org



19 May 2020
DSTG Symposium
www.dstg.co.uk



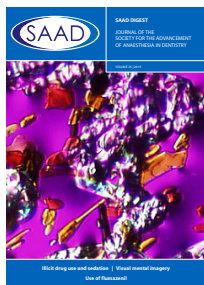
26 September 2020
SAAD Symposium
www.saad.org.uk

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 January. Copies of all editions produced since then are available online.

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

Current Issue



[SAAD Digest 2019 Vol. 35](#)

Submission Deadlines

The submission deadline for consideration for publication in the January 2021 Digest is **30 June 2020**.

Guidelines for Authors

The Editorial Board invites contributions from all 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 SAAD Digest is available from the SAAD website. Access to the MCQs is complimentary for SAAD members. [Online CPD](#).

Previous Editions

All editions since 2006 are available from the [SAAD website](#), or via the links below.



[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](#)



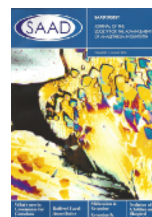
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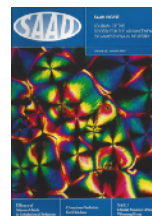
[SAAD Digest 2013 Vol. 29](#)



[SAAD Digest 2011 Vol. 27](#)



[SAAD Digest 2009 Vol. 25](#)



[SAAD Digest 2007 Vol. 23](#)





2019					Further events are listed on the SAAD website
September					
	11-13	AAGBI	Annual Congress	Glasgow	http://www.annualcongress.org
	11-14	ESRA	Annual Congress	Bilbao	https://esra-congress.com
	19-21	ERC	Congress	Slovenia	http://www.resuscitation2019.eu/en/home/
	19-21	ESPA/IAPA	European Congress	Rotterdam	http://www.euroespa.com/congress/2019-rotterdam/
	28	SAAD	SAAD Annual Symposium	Manchester	http://www.saad.org.uk
November					
	2-3	SAAD	National Course in Conscious Sedation for Dentistry (incl. hygienist & therapist course)	London	http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses
	28-29	SIVA	Annual Scientific Meeting	Bristol	https://siva.ac.uk/joom2/
December					
	5	BSG	BSG Conference	London	http://www.bsg.org
	6	BSDH	BSDH Winter Conference	London	http://www.bsdh.org
2020					
January					
	8-10	AAGBI	Winter Scientific Meeting	London	http://www.wsmlondon.org/
February					
	7-8	ADSA	Las Vegas Meetings	Las Vegas	http://www.adsahome.org/las-vegas-ga
March					
	14-15	SAAD	National Course in Conscious Sedation for Dentistry	London	http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses
	23	SEA (UK)	Annual Scientific Meeting	Stratford upon Avon	https://www.seauk.org/
May					
	14-15	BSDH	BSDH Spring Conference	London	http://www.bsdh.org
	19	DSTG	DSTG Symposium	Manchester	https://www.dstg.co.uk
June					
	13-14	SAAD	National Course in Conscious Sedation for Dentistry	London	http://www.saad.org.uk/index.php/coursesbyrole/view-all-courses
September					
	26	SAAD	SAAD Annual Symposium	London	http://www.saad.org.uk

If you would like to receive email notifications of new, and upcoming events...please join the emailing list!



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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 of the SAAD Board of Trustees

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