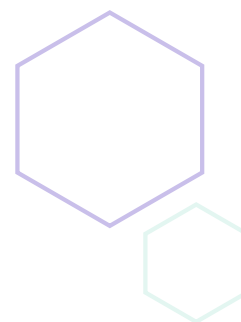


Dental **Sedation** and Anesthesia Training

Course Breakdown

A BCCOHP-aligned program for dental staff supporting office-based sedation and anesthesia care.



PROGRAM OVERVIEW

Welcome to the DSAT Program

Who is the DSAT program for?

For dental staff who assist in office-based minimal, moderate, and/or deep sedation.

Sedation in dentistry is becoming increasingly popular. The DSAT course adheres to BCCOHP educational requirements for training dental staff in patient care fundamentals, including sedation and anesthesia administration. Participants learn to operate within a team-based setting to ensure safe and effective patient management across all levels of sedation and anesthesia. Using an online format, theoretical elements are completed in a self-paced learning style. Upon completion of the online modules, video lectures, and final exam, participants receive DSAT certification and become eligible to take part in a guided clinical rotation.

Prerequisites

Participants must be registered in their province/state as one of the following:

- Licensed Dental Assistant
- Dental Hygienist
- Registered Nurse (RN)
- Licensed Practical Nurse (LPN)
- Other — contact the office at lifesafe.med@gmail.com or 250-933-0066

Additional Prerequisites

In addition to the above, participants must hold a current BLS (CPR C/AED) certification. The office must receive a copy of your BLS certificate prior to enrolment. Participants must hold a valid BLS/CPR certification before they can receive their certification documents, which include hands-on training with a bag-valve-mask ventilation device.

Online CPR certifications are not accepted

Course Breakdown

36 hours total + final exam *(to be completed within 8 months of registration)*

STEP 1

Online Course Modules & Video Lectures — approx. 28 hrs

After registering, participants receive an email with login information to complete the self-paced online modules using the PDF textbook. If you purchased a hard copy of the DSAT manual, it will be mailed to the address used at registration. Complete the quiz following each module (10–15 multiple-choice questions).

Passing grade: 80% · 2 attempts allowed

Online Modules Breakdown

MODULE 1

Anatomy & Physiology Review

- Nervous system
- Cardiovascular system
- Respiratory system
- Endocrine and immune system
- Kidney and liver function
- Forearm vascular anatomy
- Quiz (in person, sponsoring dentist)

MODULE 3

Drugs & Techniques in Dental Anesthesia

- Anesthetic drugs and their actions
- Anesthesia equipment
- Quiz (in person, sponsoring dentist)

MODULE 5

Medical & Anesthesia Emergencies

- Common emergencies involving: airway, cardiovascular, endocrine/nervous, and immune systems
- Other common emergencies
- Quiz (in person, sponsoring dentist)

MODULE 2

Perioperative Procedures

- Introduction to record keeping
- Physical assessment and patient selection
- Preoperative patient preparation
- Common disorders and diseases
- Pediatric patients
- Quiz (in person, sponsoring dentist)

MODULE 4

Patient Monitoring & Vital Signs

- Guidelines for sedation
- Airway maintenance
- Monitoring equipment and patient parameters
- Quiz (in person, sponsoring dentist)

Step 2 — Online Video Lectures

1.1 Introduction to Anesthesia

- List 3 levels of sedation
- Discuss differences between absent breathing and upper airway obstruction
- Discuss the importance of a knowledgeable, rehearsed team during sedation
- Recognize the importance of patient safety

1.4 Patient Assessment

- List components of a history and focused physical examination
- Calculate BMI
- List NPO guidelines
- Describe MET equivalency
- Assign ASA Physical Status rating
- Discuss significance of a Mallampati score

1.6 Special Patients: Coexisting Diseases — Part I

- List 2 important anesthetic risks during pediatric sedation
- Explain the term “go low and slow”
- Discuss signs and symptoms of hypoglycemia
- State 2 medical concerns for patients with obesity

1.8 Emergencies, Drugs, Algorithms & Scenario Drills — Part I

- Explain the difference between upper airway obstruction and hypoventilation
- Describe management strategies for upper airway obstruction
- Define laryngospasm and outline the treatment sequence
- Describe management strategies for hypoventilation
- Name the actions of naloxone, flumazenil, and succinylcholine
- Outline steps to prevent fire injury

1.10 Simulation: Mentored, Live Team Training (“Hands-On”)

- Learn to populate medical and anesthesia records
- Assign and accept role assignments for sedation emergencies
- Demonstrate ability to assist in managing common respiratory/cardiovascular emergencies
- Adapt shared, structured responses as part of checklists and algorithms
- Document and prepare for EMS entry into the office

1.2 Pharmacology

- Define pharmacodynamics and pharmacokinetics
- Compare clinical effects of benzodiazepines, opioids, ketamine, and propofol
- Identify 2 commonly used local anesthetic vasoconstrictors and their rationale

1.3 Anatomy and Physiology

- Define hypoxia and identify its causes
- Describe the “fight or flight” response
- Identify normal blood pressure and respiratory rate
- Demonstrate manual blood pressure assessment technique

1.5 Monitoring, Discharge, Anesthetic Record

- Identify techniques to visually monitor the sedated patient
- List the functions of the ECG, pulse oximeter, capnograph, and pre-tracheal stethoscope
- List 5 criteria for safe patient discharge

1.7 Special Patients: Coexisting Diseases — Part II

- Describe the progression of atherosclerosis
- List 4 risk factors for coronary artery disease
- Name 3 diagnostic features of asthma
- Define a premature ventricular contraction

1.9 Emergencies, Drugs, Algorithms & Scenario Drills — Part II

- Define hypoxia and identify its causes
- Describe the “fight or flight” response
- Identify normal blood pressure and respiratory rate
- Demonstrate manual blood pressure assessment technique

Final Exam & Clinical Rotations

STEP 3

The Final Exam

Once the modules and lectures are complete, participants gain access to the final exam in Module 6. The open-book exam allows 2 attempts, with a passing grade of 80%.

STEP 4

Clinical Rotations

Successful participants are issued a DSAT interim certificate, which must be presented to their supervising dentist prior to attending any clinical rotations.

1. During the clinical rotation day, the supervising dentist completes the following with each student:

- Facility Orientation Checklist
- DSAT Clinical Rotation Student Evaluation Form (20 patient contacts)

2. Each student is assessed on the following areas of competence across 20 individual patient contacts:

- **Pre-Operative Assessment:**
Airway evaluation (Mallampati scoring), baseline vital signs, and obtaining explicit informed consent.
- **Monitoring & Documentation:**
Correct placement of monitors (pulse oximetry, NIBP) and recording vitals at mandated BCCOHP intervals.
- **Recovery & Discharge:**
Applying objective discharge criteria (e.g., modified Aldrete score) rather than subjective impression alone.

Upon successful completion of the clinical rotation, participants receive their full DSAT certification.

Educational Objectives

- Identify and explain basic human anatomy, including the peripheral and central nervous systems, cardiovascular system, respiratory system, immune system, and endocrine system.
 - Grasp fundamental pharmacology concepts and understand the pharmacology of essential drugs used in local anesthesia, sedation, analgesia, and general anesthesia.
 - Identify and differentiate between the levels of sedation and anesthesia: local anesthesia, minimal sedation (including nitrous oxide), moderate sedation, deep sedation, and general anesthesia.
 - Understand proper monitoring and necessary charting for safe anesthetic administration.
 - Prevent, recognize, and respond as a team to potential complications during office-based sedation and anesthesia.
 - Manage emergencies as a team in the dental office, including emergency drugs and equipment needed for prevention and management.
 - Manage or assist in managing a compromised patient airway using basic and advanced techniques.
 - Understand the key principles of advanced cardiac life support.
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After completing this course, participants will be able to:

1. Differentiate between general anesthesia, deep sedation, moderate sedation, nitrous oxide analgesia, and local anesthesia.
2. Explain the drugs and techniques used by the anesthesia provider to achieve different levels of anesthesia or sedation.
3. Identify basic office emergencies and their treatments, including cardiovascular, respiratory, allergic, and convulsive emergencies.
4. Describe the essentials of monitoring blood pressure, pulse, and oxygen saturation.
5. Recognize normal electrocardiograph (cardiac monitor) waveforms and identify serious abnormal variations from normal rhythm.
6. Understand the essentials and importance of a complete medical record.

Course Director & Team

Dr. John McGaw, DDS, ACP

DSAT Course Director

Richard F, ACP, HSFI, NALSi

Founder, Life Safe Medical Training

Julia F, OM

Office Manager

Contact the office for more information

lifesafe.med@gmail.com

250-933-0066

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