I. DH 207: PAIN CONTROL

II. PREPARED BY: Lisa Kamibayashi R.D.H., M.S.D.H.

III. REVISED FOR: Spring 2015

IV. PREREQUISITES: COMPLETION OF ALL ATTEMPTED DENTAL HYGIENE COURSES WITH A FINAL GRADE OF "C" OR BETTER.

V. UNITS AND HOURS: ONE UNIT, 18 hours
Wednesday 12:00 to 1:05 p.m. (65 minutes)

VI. COURSE INSTRUCTOR: Lisa Kamibayashi R.D.H., M.S.D.H.
Office Hours: Tuesday 10:00 to 12:00
or By appointment
Mrskamiba@gmail.com
Office: 310-287-4457

VII. COURSE DESCRIPTION:
This course introduces the students to current methods of pain management and anxiety control in dentistry. Emphasis will be on the use of local anesthetics and nitrous oxide and oxygen through lectures and demonstrations.

VIII. REQUIRED TEXT:


X. COURSE OBJECTIVES:

Institutional SLOs:
A. Critical Thinking: Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.

Program SLOs:
12. Apply problem solving strategies and critical thinking to insure comprehensive oral health care for individuals, groups, and communities.

<table>
<thead>
<tr>
<th>Course SLO</th>
<th>Criterion Level</th>
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<tbody>
<tr>
<td>1. Understand and differentiate between the different types of anesthetics and their methods of action and analyze the most appropriate types during patient care. Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.</td>
<td>At least 80% of Students must correctly answer 75% or more of the examination questions.</td>
</tr>
</tbody>
</table>

Upon completion of this course, the students will be able to:

1. Modify the treatment plan of local anesthetic use for a given case scenario.
2. Prevent, recognize and manage the complications with dental anesthesia.
3. List both absolute and relative contraindications of local anesthetics.
4. Discuss the properties of topical anesthetics.
5. Prepare the equipment necessary for the administration of local anesthesia in dentistry.
6. Demonstrate proper technique of assembling the syringe, the needle, the local anesthetic cartridge, and addition items of equipment.
7. Identify the cause of problems with equipment failure.
8. Identify the local and systemic complications with dental anesthesia.
9. Prevent, recognize and manage the complications with dental anesthesia.
10. List both absolute and relative contraindications of local anesthetics.
11. Explain all the following injection techniques including proper tissue preparation, amount of solution, selection of needle size and length, post administration instruction, safe handling of syringe and needle, and post operative instruction.
   a. Infiltration,
   b. PSA,
   c. MSA,
   d. Infraorbital NB, (ASA NB)
   e. Inferior Alveolar NB, Long Buccal NB, Lingual NB
   f. Incisive NB, (Mental NB)
   g. Gow Gates NB,
   h. Greater palatine NB,
   i. Nasopalatine NB
   j. AMSA NB
12. Locate and verbalize the nerves to be anesthetized (including branches) for each injection technique.
13. State the oral structures anesthetized by the injection.
14. State the indications for each injection.
15. State the contraindications for each injection.
16. Locate anatomical landmarks for each injection.
17. Differentiate between the analgesia, sedation and anesthesia.
18. Differentiate between the sedative, excitement, surgical, and respiratory paralysis stages of anesthesia.
19. State the indications and contraindications for using nitrous oxide.
20. Provide post-operative instructions to patient after nitrous administration.
21. Accurately document all the data including; amount of nitrous, duration of sedation, patient tolerance, and pre and post vital signs.
22. Provide nitrous oxide sedation to a patient avoiding the possible operator hazards to using nitrous oxide and oxygen, and the safety procedures for the operator.
23. Discuss the use of local anesthetics among different disciplines in dentistry (endodontics, periodontics, pediatric dentistry and prosthodontics).
24. State examples of computer-controlled local anesthetic delivery (CCLAD) systems.
25. Discuss the legal considerations associated with the administration of local anesthetics.
26. Identify the possible operator hazards to using nitrous oxide and oxygen, and the safety procedures for the operator.
27. Identify eight effects (adverse and beneficial) of nitrous oxide and oxygen sedation and indicate the appropriate operator response for these reactions.
28. State the physiological-psychological effects of nitrous-oxide which can be manifested in patients.
29. Discuss the pharmacological and clinical properties of local anesthetics and the vasoconstrictors.
30. Differentiate the different properties between ester and amide.
31. Identify local anesthetic drugs and vasoconstrictor currently used in anesthesia in dentistry.
32. Explain how local anesthetics work to transiently block nerve conduction both anatomically and physiologically.
33. Select an appropriate anesthetic agents and a vasoconstrictor for a specific case scenario.
34. Identify the indications and contraindications for using a vasoconstrictor.
35. List and explain the factors which affect the duration and onset of the action of the anesthetic agent.
36. Calculate numbers of the cartridges allowed to administer according to the maximum dose of a local anesthetic drug for a given case scenario.
37. Define nitrous oxide and oxygen as a sedative.
38. Indicate the route of nitrous oxide and oxygen from the point of inhalation to the elimination point.
39. Identify the properties of nitrous oxide, including: stability, solubility, color, odor, flammability and chemical composition.
40. Identify the physiological and pharmacological theories of induction and recovery.
XI. METHODS OF INSTRUCTION:

Lectures, Video Instruction, Demonstrations, Discussions

XII. METHODS OF EVALUATION:

Evaluation will be based upon your attainment of the knowledge of material presented in each lecture of the course, in the outline and textbook and the selected articles and pamphlets. While every effort will be made to cover the material as thoroughly and comprehensively as possible during lectures, students are responsible for attainment of all of the course objectives whether covered in lectures or not. Students should read the appropriate section of your textbooks prior to the related lecture, so that questions can be dealt with at the appropriate time.

Your final grade will be determined as follows:

| Written local anesthesia examination | 45 % |
| Written sedation examination        | 40 % |
| Local Anesthesia Weekly Assignment  | 5 %  |
| Comprehensive Local Anesthesia Quiz | 10 % |

In order to pass this course, a minimum grade of 75% is required in each examination. A failure in any one of examinations will constitute a failure of the course.

Assignment:
All assignment must be turned in at the beginning of class and it must be handwritten.

Quiz
You will be taking one comprehensive quiz about each injection you learned during the course. The quiz must be passed over 75%.

Written Exam will be multiple choice, true/false statement, mix and match and/or short written answers. You will need a scantron sheet and number 2 pencils for the written exams.

Course letter grade will be based on the following scale:

90 - 100%  = A
80 - 89%   = B
75 - 79%   = C
Below 74 % = F
III. REVISED FOR: Spring 2015

IV. PREREQUISITES: COMPLETION OF ALL ATTEMPTED DENTAL HYGIENE COURSES WITH A FINAL GRADE OF "C" OR BETTER.

V. UNITS AND HOURS: ONE UNIT, 54 hours Lab Hours/semester
WEDNESDAY 1:30 to 4:50 p.m.
(3 hours 5 minutes with 15 minutes break)

VI. COURSE INSTRUCTORS:
Eleanor Padnick, D.D.S., M.S.
Office Hours: Wednesday 4:50 p.m. – 5:20 p.m.

Lisa Kamibayashi R.D.H., M.S.D.H.
Office Hours: Tuesday 10:00 to 12:00 p.m.

Amanda De La Vega, R.D.H., B.S.
Office Hours: Wednesday 4:50 p.m. – 5:50 p.m.

VII. COURSE DESCRIPTION:
This course introduces the students to current methods of pain management and anxiety control in dentistry. Emphasis will be on the use of local anesthetics and nitrous oxide and oxygen through lectures and demonstrations.

VIII. REQUIRED TEXT:


XI. COURSE OBJECTIVES:

Institutional SLOs:
A. Critical Thinking: Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.

F. Technical Competence: Utilize the appropriate technology effectively for informational, academic, personal, and professional needs.

Program SLO #10: Provide and evaluate dental hygiene services, including preventive and pain management procedures, that are based on current scientific evidence for a variety of periodontal conditions of children, adolescents, adults, geriatrics and medically compromised patients from diverse populations.

Program SLO #11: Recognize and provide the appropriate care for medical emergencies that occurs in the dental setting.

Program SLO #12: Apply problem solving strategies and critical thinking to insure comprehensive oral health care for individuals, groups and communities.

Course SLOs:
• Demonstrate proper local anesthetic technique showing understanding of rationale, preparation and administration of injections.
• Verbally explain and demonstrate proper administration of nitrous oxide technique showing understanding of rationale, preparation and administration.

<table>
<thead>
<tr>
<th>Course SLO</th>
<th>Criterion Level</th>
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<tbody>
<tr>
<td>1. Demonstrate proper local anesthetic technique showing understanding of rationale, preparation and administration of injections.</td>
<td>At least 80 of students must achieve minimum of 90% of the grading rubric components.</td>
</tr>
<tr>
<td>2. Verbally explain and demonstrate proper administration of nitrous oxide technique showing understanding of rationale, preparation and administration.</td>
<td>At least 80 of students must achieve minimum of 90% of the grading rubric components.</td>
</tr>
</tbody>
</table>

Course Objectives:
Upon completion of this course, the students will be able to:

1. Prepare the equipment necessary for the administration of local anesthesia in dentistry.
2. Demonstrate proper technique of assembling the syringe, the needle, the local anesthetic cartridge, and additional items of equipment.
3. Demonstrate all the following injection techniques with 100% accuracy.
4. Explain proper tissue preparation, amount of solution, selection of needle size and length, post-administration instruction, safe handling of syringe and needle, and post-operative instruction for all the following injection techniques.
   a. Infiltration,
   b. PSA,
   c. MSA,
   d. Infraorbital NB, (ASA NB)
   e. Inferior Alveolar NB, Long Buccal NB, Lingual NB
   f. Incisive NB, (Mental NB)
   g. Gow Gates NB,
   h. Greater palatine NB,
   i. Nasopalatine NB
   j. AMSA NB
5. Demonstrate proper technique of nitrous oxide – oxygen sedation.

XI. METHODS OF INSTRUCTION:

Hands on Demonstration, Video Demonstrations, Discussions, Clinical Instruction

XII. METHODS OF EVALUATION:

Evaluation will be based upon your attainment of the knowledge of material presented in each lecture and Lab of the course, in the outline and textbook and the selected articles and pamphlets. While every effort
will be made to cover the material as thoroughly and comprehensively as possible during lectures, students are responsible for attainment of all of the course objectives whether covered in labs/lectures or not. Students should read the appropriate section of your textbooks prior to the related lecture and laboratory topics, so that questions can be dealt with at the appropriate time.

Your final grade will be determined as follows:

<table>
<thead>
<tr>
<th>Exam</th>
<th>Criteria</th>
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<tbody>
<tr>
<td>Local anesthesia Laboratory Practice</td>
<td>Complete all injection practices</td>
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<tr>
<td>Local anesthesia practical examination</td>
<td>must achieve 90% or over</td>
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<tr>
<td>Nitrous Oxide/Oxygen Sedation Practical Examination</td>
<td>must achieve 90 % or over</td>
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</table>

In order to pass this course, a minimum grade of 90 % is required in each examination. Course grade will be based on CREDIT – NO CREDIT basis.
## XIII. COURSE CONTENT OUTLINE

**DH 207 Pain Control and DH 209 Pain Control Lab**

**Schedule Spring Session 2015**

Things to bring to Lecture: One non sterile syringe with a needle capper and the Textbook.

Things to bring to Lab: **Two sterilized** syringes with needle cappers. Safety Glasses. Gown, Mask. & Textbook.

<table>
<thead>
<tr>
<th>Weeks</th>
<th>DH 207: Lecture Topic</th>
<th>DH 209: Lab Topic</th>
<th>Reading Assignment &amp; Homework</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mrs. Kamibayashi</td>
<td>Prevention of needle stick</td>
<td>Logothetis Chapter 1 (Intro)</td>
</tr>
<tr>
<td></td>
<td>Wednesday 12:00 to 1:05 p.m. (65 min)</td>
<td>Armamentarium</td>
<td>Chapter 2 (Neurophysiology)</td>
</tr>
<tr>
<td></td>
<td>Review of Course Requirements</td>
<td>Handling of syringe Basic injection technique</td>
<td>Chapter 9 (Armamentarium), 10 (Anatomic Consideration), 11 (Basic Injection Technique)</td>
</tr>
<tr>
<td></td>
<td>Introduction to Local Anesthesia</td>
<td>Practice handling of syringe on peach. Practice set up cubicles, pretend syringe orientation on each other in clinic.</td>
<td>Logothetis Chapter 14 (Local Complications), Chapter 7 (Assessment)</td>
</tr>
<tr>
<td></td>
<td>Local Anesthesia - Neurophysiology</td>
<td>Documentation</td>
<td>Page 227-230 (Max Supraperiosteal)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Supraperiosteal Injection, MSA and Mental/incisive injection techniques</td>
<td>Page 299-300 (Mand Supraperiosteal)</td>
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<tr>
<td></td>
<td></td>
<td>Medical Assessment</td>
<td>Page 289-295 (Mental/incisive)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Local Complications</td>
<td>Page 237 – 241 (MSA)</td>
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<tr>
<td></td>
<td></td>
<td>Systemic complications</td>
<td><em>Bring a peach or nectarin, paper plates, napkins, sterile syringes, gloves, yellow cassette and textbook to the lab on 2/10/14.</em></td>
</tr>
<tr>
<td>2</td>
<td>Infraorbital, ASA</td>
<td>MSA, Supraperiosteal Injection, Incisive and mental on each other</td>
<td>HW Sheet: (IO, Mental, Incisive)</td>
</tr>
<tr>
<td></td>
<td>2/18/15</td>
<td></td>
<td>Logothetis Page 241-249 (ASA &amp; IO), 261-265 (Common Maxillary Injection Errors)</td>
</tr>
<tr>
<td>3</td>
<td>Posterior Superior Alveolar (PSA)</td>
<td>Infraorbital and incisive/mental on each other</td>
<td>HW Sheet (PSA)</td>
</tr>
<tr>
<td></td>
<td>2/25/15</td>
<td></td>
<td>Logothetis Page 231 – 237(PSA), 261-265 (Common Maxillary Injection Errors)</td>
</tr>
<tr>
<td>4</td>
<td>Inferior Alveolar/Buccal</td>
<td>PSA and Infraorbital on each other</td>
<td>HW sheet (IA &amp; Buccal)</td>
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<tr>
<td></td>
<td>3/4/15</td>
<td></td>
<td>Logothetis Page 271 – 288 (IA &amp; Buccal)</td>
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<tr>
<td>5</td>
<td>Gow Gates</td>
<td>IA/ Buccal and PSA on each other</td>
<td>HW Sheet (Gow Gates)</td>
</tr>
<tr>
<td></td>
<td>3/11/15</td>
<td></td>
<td>Logothetis Page 295 – 299 (Gow Gates)</td>
</tr>
<tr>
<td>Weeks</td>
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<td>Reading Assignment &amp; Homework</td>
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<td>6</td>
<td>Mrs. Kamibayashi</td>
<td>Mrs. Kamibayashi</td>
<td>AMSA/Greater Palatine/Naso</td>
</tr>
<tr>
<td></td>
<td>Wednesday 12:00 to 1:05 p.m. (65 min)</td>
<td>Wednesday 1:30 to 4:50 p.m. (3 hours 20 minutes)</td>
<td>Palatine Gow Gates and IA each other</td>
</tr>
<tr>
<td>7</td>
<td>Dr. Padnick Mrs. De La Vega Mrs. Kamibayashi</td>
<td>Case studies on the following topics: Legal Considerations Local anesthetic consideration in dental specialties Neurophysiology Pharmacology of Local Anesthetics Drug Doses Specific drugs Vasoconstrictors</td>
<td>GP/ Naso Palatine/AMSA</td>
</tr>
<tr>
<td></td>
<td>Wednesday 1:30 to 4:50 p.m. (3 hours 20 minutes)</td>
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**8**  4/1/15 **Comprehensive Injection Quiz** Practice for all injections for difficult side (Especially PSA, IO, IA & Gow)  

**9**  4/15/15 Review of Quiz, Review of written exam Clinical Tips of Local Anesthesia  

**10**  4/22/15 **Comprehensive Written Exam (Multiple Choice Questions)** Anesthesia Practical Exam  

**11**  4/29/15 **Introduction to Nitrous Oxide/Oxygen Sedation and Demonstration** Nitrous oxide/oxygen sedation set up and armamentarium  

**12**  5/6/15 **Anatomy, Physiology, and Administration of Nitrous Oxide Sedation** Practice nitrous oxide sedation techniques  

**13**  5/13/15 **Issue of Special Consideration of Nitrous Oxide Sedation** Problem solving with equipment and sedation techniques  

**14**  5/20/15 **Nitrous Oxide Sedation Multiple choice/ written Exam** Nitrous Oxide Sedation Competency Exam  

**15**  5/27/15 Review of the course and any catch ups  

**Final Week** Any Make Up Exam Any Make Up Exam

**NOTE:**  
Students’ partner assignment will be randomly assigned by the course instructors.  
Students must wear clinic attires and clinic hygiene code must be followed.  
Students must stay in the clinic for entire lab time in order to learn the materials from each other and other sources.