Cabrillo College Dental Hygiene
Post Graduate Studies

Expanded Duties Course Syllabus & Requirements

**Expanded Duties Program:**
~ Local Anesthesia
~ Nitrous Oxide/Oxygen Analgesia
~ Periodontal Soft Tissue Curettage

**On-site Location:**
Cabrillo College Dental Hygiene Post Graduate Studies
6500 Soquel Drive, Dental Hygiene Department, Aptos, CA 95003

**Licensure and Certification Requirements:**
Proof of Current CPR/BLS/AED; **AND** valid active DH license (if applicable); **OR** proof of graduation from a CODA accredited dental hygiene program or an equivalent accrediting body as approved by DHCC; **OR** letter of certification from the dean or program director of an educational program approved by DHCC that you are in the final academic term and expected to meet requirements for graduation.

**Proof of Malpractice Insurance:**
Each participant must provide copies of current malpractice insurance coverage (minimum coverage $1,000,000). A student policy is sufficient. Please ensure that Cabrillo College is listed as a certificate holder. To purchase visit HPSO at HPSO.com [http://www.hpsos.com/professional-liability-insurance/](http://www.hpsos.com/professional-liability-insurance/)

Name Cabrillo College as a certificate holder exactly as follows:
Cabrillo College
Attention: Dental Hygiene Department, Post Graduate Studies Coordinator
6500 Soquel Drive
Aptos, CA 95003

**Required Textbooks:**

**Course Topic Descriptions:**
Presents theory, methods, and techniques for administration of local anesthesia, nitrous oxide/oxygen analgesia and periodontal soft tissue curettage used in dental hygiene.
This course covers basic, advanced, and current concepts in local anesthesia, nitrous oxide/oxygen analgesia, and periodontal soft tissue curettage as used in the dental setting.
Local Anesthesia: Participants learn to administer local anesthetics safely and effectively with minimal discomfort. Topics will include trends for administration techniques, anesthetic reversal agents, armamentarium, physical and psychological evaluation of patients, legalities, pharmacology, neurophysiology of respective nerves and musculature, anesthetics and dosages, emergency procedures, calculations and documentation of solution and vasoconstrictors, and management of local complications.

Periodontal Soft Tissue Curettage: Topics include etiology, rationale, healing and response to curettage procedures. Laser curettage techniques are also presented. Participants will perform STC techniques after scaling procedures and administration of local anesthetics.

Nitrous Oxide/Oxygen Analgesia: Topics include recommendations and contraindications for use, sedation levels and patient symptoms, maintenance and control of nitrous oxide equipment, induction techniques, documentation of correct calculations for maximum dosages of analgesia and lung capacity for nitrous oxide/oxygen analgesia.

Online Coursework: Didactic portions are offered through Blackboard Online Learning, a format that requires the participant to have access to high speed internet for reading, viewing PowerPoint presentations, videos, DVD’s, written activities, discussion posts, self-assessments, and quizzes/examinations. Online access will be available to the participant one month prior to the 1st day of the in-person clinical session. Due to the fast-paced nature of this course, it is strongly advised to begin the reading and online assignments as soon as Blackboard access is granted.

Within each module Local Anesthesia (LA), Nitrous Oxide Sedation (N20/02), and Periodontal Soft Tissue Curettage (STC), the required reading, DVD viewing, and PowerPoint study will need to be completed prior to taking the quizzes and final exam. The breakdown of timing is as follows: The online component is made available to each participant 1 month prior to the 1st day of the in-person clinical session. All quizzes are made available to the participant as each module (reading and assignments) are completed. The final exam is made available between the 2nd and 3rd week of the online component and all quizzes and Final Exam are to be completed successfully one week prior to the 1st day of the in-person clinical sessions.

Didactic Quizzes and Exams: Successful completion of all quizzes and final exam with passing scores of a least 75% are required prior to clinical patient (hands-on) experience. Participant must demonstrate competence and understanding of material prior to attempting clinical competencies.

Patient Requirements: In order to attain a Certificate of Completion from Cabrillo College Post Graduate Expanded Duties Program, five (5) patient experiences are required for safe and successful completion of the clinical competencies. All participants are required to provide three (3) outside patients all of which will need to be available for the Final Exam Competencies during the last two days of the course. Each participant will partner with another participant for the (2) pre-clinical practice sessions. NOTE: It is the participant’s responsibility to compensate each of the outside patients for their time.

It is imperative that if any patient/participant should require MD clearances in order to receive treatment, documentation must be in the patient’s chart on-site at the Cabrillo College Dental Hygiene Clinic prior to any treatment.
Clinical Practice: To reiterate, all participants must pass all didactic quizzes and final exam with at least 75% in order to proceed with the clinical component of this course. All participants are required to provide three (3) outside patients all of which will need to be available for the Final Exam Competencies during the last two days of the course. Each participant will partner with another participant for the pre-clinical practice sessions.

MEDICAL CONCERNS: Participants and patients with any of the following medical conditions will NOT be allowed to receive treatment. The participant must provide suitable clinic patients to receive Anesthesia, Nitrous Oxide/Oxygen and Soft Tissue Curettage treatment.
- Rheumatic heart disease with valvular damage / Organic heart murmur
- Uncontrolled hypertension / Uncontrolled diabetes / Heart disease / Anti-coagulant or steroid therapy
- Heart attack or stroke in the past 6 months
- Pregnancy (any stage)
- Prosthetic hip or joint replacement (except with MD clearance and possible pre-medication required)

Due to participants administering local anesthetic to course partners, a medical clearance may be required prior to participating in the course. If you know you need a medical clearance for yourself or your patient, please contact the course facilitator for a release form.

Expected Outcomes for Participants:
1. Local Anesthesia – Demonstrate accuracy in assessing patients’ dental and medical needs by implementing safe and appropriate anesthetic solution, technique and amount for corresponding dental treatment.
2. Periodontal Soft Tissue Curettage – To understand the etiology behind the benefits and the specific circumstances useful in performing soft tissue curettage technique.
3. Nitrous Oxide/Oxygen Analgesia - Analyze patients’ dental and medical needs and safely deliver nitrous oxide and oxygen for appropriate dental treatment, demonstrating appropriate communication during the process.

Methods of Instruction:
1. Online PowerPoint/Videos/Modules/Discussion Boards
2. Lecture/Demonstration
3. Partner Practice
4. Clinical Patients
5. Evaluations
6. Discussion

Methods of Evaluation:
1. Online Quizzes/Exams
2. Written exercises
3. Performance Competencies for LA/STC/N20/O2
**Course materials supplied by Cabrillo College DH Post Graduate Program:**
1. Printed handouts (in addition to online handouts) that correspond with course curriculum.
2. Clinic disposables: barriers/disinfectants, gauze, gloves, masks, anesthetic, needles.

**Course materials and Instruments that the PARTICIPANT is responsible for providing:**
1. Each participant is responsible for bringing with them to the on-campus clinical sessions, an ultrasonic unit that will connect into our A-dec dental units.
2. Must come prepared with 30 K ultrasonic tip(s) and insert sleeves – universal tips recommended.
3. Participant is also required to provide your own blood pressure cuff/stethoscope, sharpening stone, mouth mirrors, 11/12 explorers, periodontal probes, scaling instruments/Graceys/universals.
4. Handpieces are NOT available and must be provided by the participant if polishing procedures are to be provided to patient.

**Uniform:** Clinical attire is required (scrubs, closed toe/heel shoes, lab coats)

**Eyewear:** Please have your own eyewear (safety glasses/loupes with side protection) and eyewear with side protection for your patients.

**Instruments:** You will provide your own scaling instruments AND two (2) aspirating syringes. Be cautious about buying used or inexpensive equipment. Often they do not work properly. Syringes cost between $15 and $30 each. Please bring an instrument cassette for sterilizing your instruments. The number of instruments or sets is at your discretion, but keep in mind that you may need more than one set due to having multiple patients and accommodating the sterilization processes.

**Certification of Course Completion:** Upon successful completion of the didactic coursework and clinical requirements, each participant is awarded a certificate for the Expanded Duties Program, which is required prior to California licensure as a Registered Dental Hygienist.

**Didactic and Clinical Requirements:**

<table>
<thead>
<tr>
<th>Periodontal Soft Tissue Curettage</th>
<th>Local Anesthesia</th>
<th>Nitrous Oxide/Oxygen Sedation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online quizzes: (varied point value)</td>
<td>Online quizzes: (varied point values)</td>
<td>Online quizzes: (varied point value)</td>
</tr>
<tr>
<td>3 Clinical experiences (1 partner/2 outside patients)</td>
<td>2 Pre-clinical experiences (partners)</td>
<td>2 Pre-clinical experiences</td>
</tr>
<tr>
<td></td>
<td>5 total Clinical experiences (2 partners/3 outside patients)</td>
<td>3 Clinical experiences (2 partners/3 outside patients)</td>
</tr>
<tr>
<td>One outside patient must be utilized for the final clinical exam that will include one quadrant of scaling and soft tissue curettage.</td>
<td>Four patients must be utilized for the final exam clinical competencies to accommodate receiving the required injections to prevent anesthesia overlap.</td>
<td>One outside patient must be utilized for the final clinical exam that will include one nitrous oxidesedation.</td>
</tr>
<tr>
<td>Competency evaluation of each procedure must be achieved at a minimum of 75%.</td>
<td>Injections required for EACH Lab and Final Exam Patients</td>
<td>Each clinical experience shall include performance of a dental hygiene procedure while administering twenty (20) minutes of N2O/O2 analgesia.</td>
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<td></td>
<td>Max/Mand Local Infiltrations, Infraorbital, ASA, MSA, PSA, AMSA, NP, GP, IM, LB, Gow Gates, IA/L, Supraperiosteal, Intrasepetal.</td>
<td>Participants must have a minimum of 4 experiences of each listed injections.</td>
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COURSE CONTRACT

Lab sessions: Each person will act as an operator (practitioner) and as a lab partner (recipient) in each laboratory section. It is expected that persons will be prepared, on time, and courteous at all times. A facilitator will be with each team (practitioner and recipient) at all times in the laboratory session. If there is a medical reason a person must contact the facilitator of record immediately. You are required to act as an operator regardless of your medical condition. If you are unable to participate as a patient lab partner, please notify your course facilitator at once. You are required to get someone to act in your place. Persons are assigned to different partners during lab sessions so they can benefit from a maximum amount of practice identifying variable anatomical landmarks. Facilitators are rotated so persons can receive varied methods of instruction. Each team will have a facilitator for a designated amount of time, so please use the time wisely and equally. Please do not ask to change partners, facilitators or appointed times. When you come to lab to do injections, come early. Each lab partner should set up an operatory close to one another, review the medical history of your partner/patient, take and record the vital signs (blood pressure, heart rate and respiration rate) in the chart prior to starting your lab session, so you are ready to begin at the exact time you are scheduled.

Please note: when practicing you will deliver a small amount of anesthesia that should not be stressful to person or partner. Only the full amount of local anesthesia is given during the competencies.

Competencies: all competencies are given sequentially and MUST be completed in the assigned lab sections and passed by the last lab date to successfully pass this course. Each person has an equal number of lab hours to complete these clinical competencies. No extra lab hours can be given. NO EXCEPTIONS will be made. BOTH CLINICAL AND DIDACTIC EVALUATION CRITERIA MUST MET AT 75% TO SUCCESSFULLY PASS THIS COURSE.

Critical Criteria:
All Competencies must be successfully completed to pass the course. The person must pass the following competencies (with 100% accuracy) on a lab partner and/or patient:


PLEASE NOTE:
The tray set-up* should contain:

Two sterile syringes
2 – 3 needles of appropriate length
Four cotton tip applicators without topical anesthetic
Cartridge of local anesthetic solution without epinephrine
Topical anesthetic in a dappen dish
Several 2x2's
Saliva ejector
*Subject to change, but you will be informed if there is a change

I have carefully read all of the above and the Syllabus. I fully understand the course policies and other information in this document. If I have any questions or need more information about the course, I will meet with the facilitator to discuss my concerns.

Printed name ___________________________ Signature and Date ___________________________