



THE SMALL BOOK OF

SAFE SEDATION

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1. SEDATION AS A CONTINUUM

Sedation is a drug-induced depression of consciousness, a continuum starting at minimal sedation and culminating in general anaesthesia.



Minimal sedation Moderate Sedation Deep Sedation General Anaesthesia

	Minimal Sedation Anxiolysis	Moderate Sedation/ Analgesia ("Conscious Sedation")	Deep Sedation/ Analgesia	General Anesthesia
Responsiveness	Normal response to verbal stimulation	Purposeful** response to verbal or tactile stimulation	Purposeful** response following repeated or painful stimulation	Unarousable even with painful stimulus
Airway	Unaffected	No intervention required	Intervention may be required	Intervention often required
Spontaneous Ventilation	Unaffected	Adequate	May be inadequate	Frequently inadequate
Cardiovascular Function	Unaffected	Usually maintained	Usually maintained	May be impaired

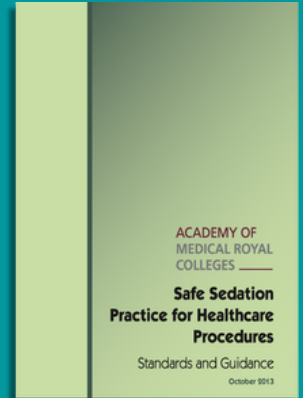


THE LEVEL OF SKILL AND COMPETENCY PROGRESSES AS THE LEVEL OF SEDATION DEEPENS.

2. SEDATION GUIDELINES

In 2013, the Academy of Medical Royal Colleges issued cross specialty recommendations for standards for sedation practice in adults.

- Defines Fundamental Standards and Development Standards
- Recommends competency-based formal training for all healthcare professionals involved in sedation



In 2021, the guidelines issued by the Academy of Medical Royal Colleges were updated:



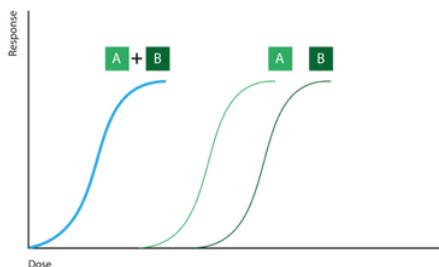
- Reinforcing standards for practice
- Requiring competency-based formal training for all healthcare professionals involved in sedation
- Setting out a compliance template.

3. SEDATIVE MEDICATIONS

In order to achieve the level of moderate sedation, typically two sedative medications are administered: an opioid for analgesia and a benzodiazepine for anxiety.

The interaction between these two drugs results in a positive synergistic interaction which means that the joint action of the 2 agents is greater than the sum of their individual effects.

By combining small doses of several drugs that interact synergistically, each drug's therapeutic action is potentiated while the side effects of each are minimized because of the small doses used.



These drugs are administered using a technique of titration to effect - where small doses are administered, waiting two minutes between each administration to assess the impact on the patient, until a level of moderate sedation is achieved.

“ DID YOU KNOW FENTANYL AND MIDAZOLAM ARE FREQUENTLY USED IN COMBINATION FOR MODERATE SEDATION? ”





4. MONITORING SEDATION PRACTICE

Clinical and instrumental monitoring to a degree relevant to the patient's medical status and the sedation method, must be used.

Level of Sedation



In moderate sedation, patients respond purposefully to verbal commands, either alone or accompanied by light tactile stimulation.

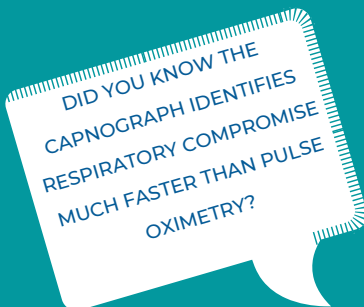
Regular communication with patients assures patients don't reach below a Alertness in Sedated Patient (ASP) score below 2.

Respiratory & Cardiovascular



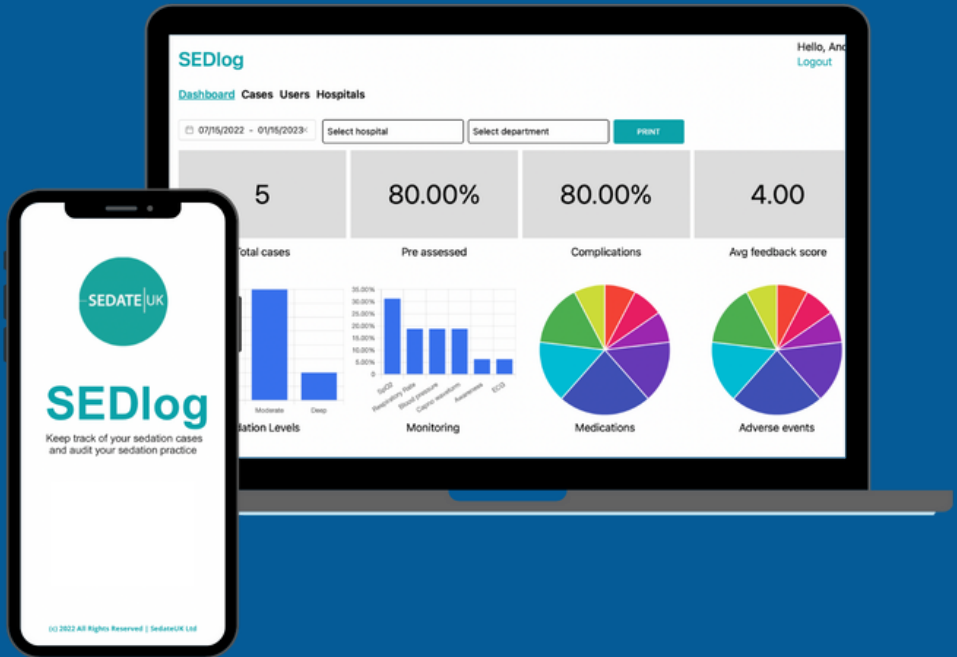
Monitoring used for all patients should include at least pulse oximetry. In addition, when the patient is in a deeper plane of sedation than minimal sedation, the following should be used:

- Capnography
- ECG
- Automated non-invasive BP



*Medtronic's Capnostream35 Monitor

5. AUDITING SEDATION PRACTICE



Keeping a logbook and regularly auditing sedation is a fundamental standard required by the guidelines to enable quality improvement and ensure best practice.

The SEDlog App allows you to log and audit sedation in just a few clicks.



SCAN ME



6. SEDATION TRAINING

Founded in 2014, SedateUK is the leading UK provider of Safe Sedation Courses. These courses are competency-based formal training available to all healthcare professionals involved in sedation as established in the Academy of Medical Royal Colleges guidelines.

Safe Sedation Course Part 1

Learn the theory of safe sedation online, at www.sedate-uk.com, in your own timing and pace.

Safe Sedation Course Part 2

Develop sedation practice competency using High Fidelity Simulators. It's a one day course accredited by the Royal College of Anaesthetists (4 CPD Credits) and Royal College of Nursing (8 CPD Credits). You also get a compliance package that includes a sedation policy, logbook and audit tool.

2024 Course Dates

- 20 January (London)
- 17 February (London)
- 2 March (Manchester)
- 6 April (London)
- 4 May (London)
- 11 May (Manchester)
- 22 June (London)
- 20 July (London)
- 7 September (London)
- 5 October (Manchester)
- 19 October (London)
- 16 November (London)

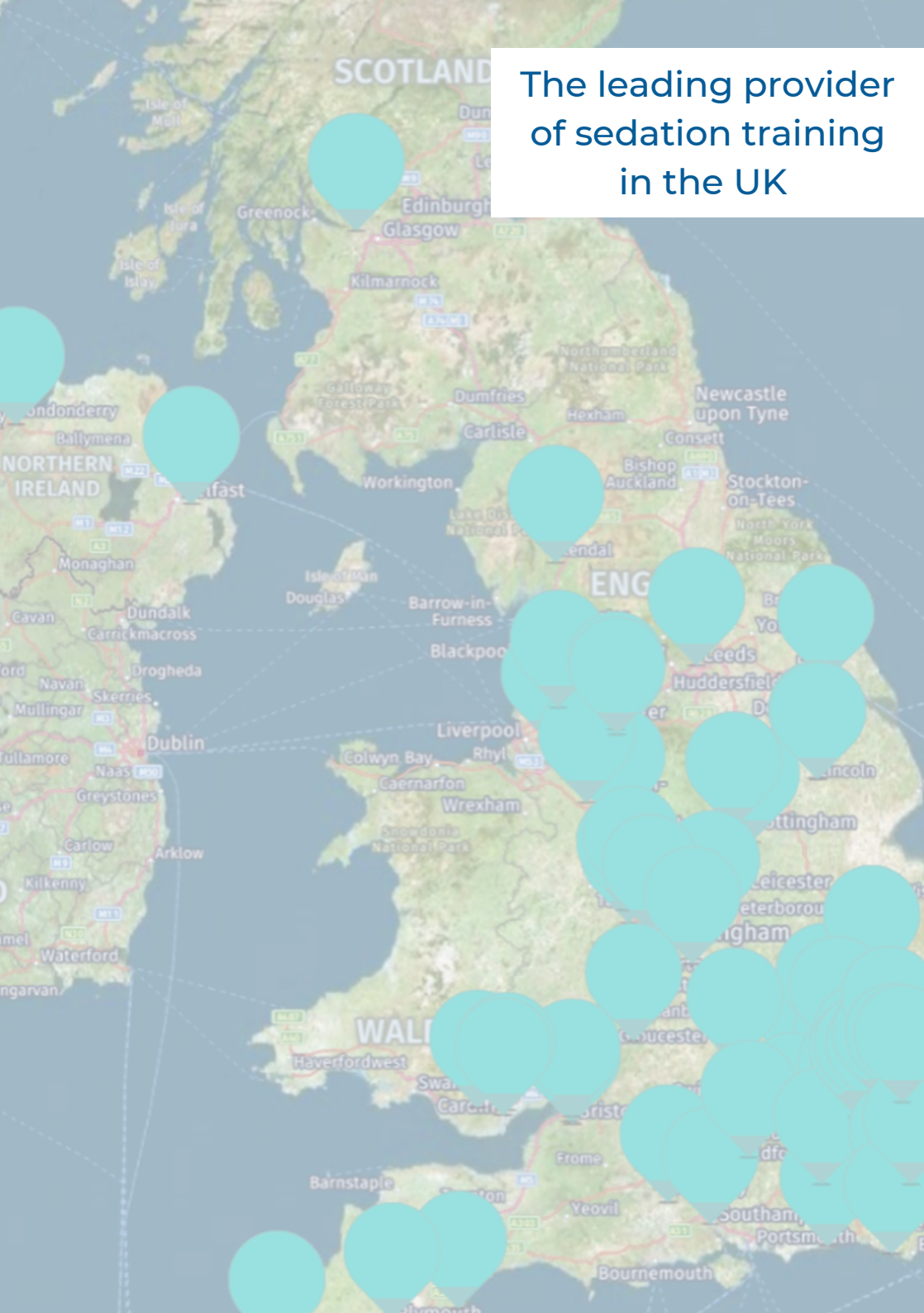
CPD Accredited by:



£540
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of sedation training
in the UK



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www.sedate-uk.com
andreia@sedate-uk.com