



# Consciously Sedating?



*Are you confident in the ability of your team  
to deliver moderate sedation?*



**SIMSUITE**<sup>®</sup>  
MEDICAL SIMULATION CORPORATION

# Moderate (Conscious) Sedation

There are thousands of incidents per year nationwide related to sedation—ranging from an overdose of drugs to a procedure that is started before a patient is adequately sedated. The Joint Commission requires that individuals who are permitted to administer sedation must also be competent to rescue patients at whatever level of sedation or anesthesia is achieved either intentionally or unintentionally. The SimSuite Moderate (Conscious) Sedation Program is designed to strengthen your team's competence and confidence® in administering moderate sedation, and is based on the 2002 American Society of Anesthesiologists (ASA) Practice Guidelines for Sedation and Analgesia by Non-Anesthesiologists. The course was updated in 2011 to reflect guidelines for sedation released by the Centers for Medicaid & Medicare (CMS) in 2010. The Program is authored by Tamara Stoner, MD, and James Nevarov, MD.

## Web-based Course

The SimSuite Moderate (Conscious) Sedation Web Course is designed to educate participants on the general guidelines surrounding the use of moderate sedation. This course is suitable for all healthcare providers who administer, assess, and monitor patients receiving moderate sedation medications. This course may be completed on its own, and also prepares providers for the Moderate (Conscious) Sedation Simulation Workshop. 3.0 CE

## Simulation Workshop

The SimSuite Moderate (Conscious) Sedation Program Simulation Workshop is led by an MSC Clinical Educator or a hospital-based educator. The workshop includes a didactic review of the ASA and CMS guidelines, and simulation training using a Laerdal SimMan®. Simulation scenarios allow participants to apply the guidelines to patient care scenarios in a team-based environment, improving team communication. Simulation may also improve the standardization of care, contributing to process and quality improvement. An optional skills component of the workshop allows participants to practice their skills on tasks such as C-E technique with a bag valve mask, oral airway insertion, suctioning, and intubation. Eight simulation scenarios, each of which may follow multiple paths, allow participants to simulate an entire procedure using moderate sedation medications, from pre- to post-procedure patient assessment, including addressing adverse events and patient recovery. Two scenarios are programmed specifically for procedures taking place at outpatient center facilities. *Approximate time for completion: 3-4 hours.*

## Participants and Training Objectives

The goal of this program is to increase and reinforce the competence and confidence of any healthcare team member associated with the care of individuals requiring moderate (conscious) sedation, including hospital-based physicians, mid-level providers, nurses, technologists, and healthcare providers working in outpatient facilities. Upon completion of the program, participants should be able to:

- Differentiate between the four levels of sedation according to the American Society of Anesthesiologists (ASA) guidelines.
- Recognize provider requirements for administering moderate sedation.

- Identify required components of the pre-procedure assessment.
- Identify monitoring requirements during moderate sedation.
- Recognize the causative factors of adverse health events.
- Define discharge criteria for a patient post-procedure.

## Benefits

- Documentation of staff competence and compliance
- Consistent training across all staff
- Based on guidelines developed by The Joint Commission, American Society of Anesthesiologists (ASA), and American Association of Nurse Anesthetists (AANA)
- Integration into Quality Improvement Programs

## Clinical Applicability

Moderate sedation is a form of anesthesia where the patient does not lose consciousness, and maintains an open airway as well as spontaneous breathing. Sedative drugs are used in very low doses to diminish patient anxiety and discomfort in order to facilitate certain diagnostic and therapeutic procedures such as endoscopy, minor surgery, and dentistry.

- Nearly 70% of surgical procedures are now performed in hospital outpatient departments, surgical centers, and doctor's offices.<sup>1</sup>
- Training and credentialing standards vary from state to state.
- The Joint Commission requires that hospitals have clear policies for administering moderate and deep sedation, and that staffers have appropriate credentials to manage whatever level of sedation occurs. However, The Joint Commission has found that 18% of hospitals don't adhere to those standards.

### References:

<sup>1</sup>Landro, L. Hospitals Move to Curb Anesthesia Risk: New Guidelines Require Training for Surgeons who Give Sedation Without an Anesthesiologist. The Wall Street Journal, Online. August 9, 2006; Page D1.

This continuing nursing education activity was approved by the Association of periOperative Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. AORN recognized this activity as continuing education for registered nurses. This recognition did not imply that AORN or the ANCC Commission on Accreditation approved or endorsed any product included in the presentation.

For more information, contact [HealthcareGroup@medsimulation.com](mailto:HealthcareGroup@medsimulation.com).



**SIMSUITE**  
MEDICAL SIMULATION CORPORATION

Experience Through Education®

Copyright © 2008 Medical Simulation Corporation  
Rev. 1.6



Medical Simulation Corporation  
4643 S. Ulster Street, Suite 650  
Denver, Colorado 80237  
t: 303.483.2800  
[www.medsimulation.com](http://www.medsimulation.com)