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# CONSCIOUS SEDATION | 18TH APRIL 2026 | DR. ANNAPURNY VENKITESWARAN

SAFE & EFFECTIVE USE OF NITROUS OXIDE/OXYGEN SEDATION IN DENTISTRY

# Course Summary

Dental anxiety is a prevalent issue affecting patients of all ages, often leading to avoidance of necessary dental care. Studies suggest that up to 30% of individuals experience some degree of dental fear, with a significant portion developing severe phobia that compromises their oral health. Nitrous oxide is a safe and effective sedative that helps patients feel relaxed and comfortable during treatment while remaining conscious and cooperative. Its rapid onset, easy titration, and quick recovery make it an ideal option for managing mild to moderate anxiety in both pediatric and adult patients.

This hands-on workshop provides dental professionals with a comprehensive understanding of nitrous oxide sedation, including its pharmacology, administration, and safety protocols. Participants will learn how to effectively integrate nitrous oxide sedation into their practice to enhance patient comfort and manage anxiety. The workshop covers proper dosing, monitoring, equipment use, and emergency protocols to ensure compliance with regulatory guidelines. Through interactive demonstrations and case-based discussions, attendees will gain practical skills and confidence in the safe administration of nitrous oxide, optimizing patient care and procedural outcomes.

# Course Co-Ordinator/ Speaker

Dr. Annapurny (BDS, MClinDent, MFDSRCS, DipHyp) graduated from the University of Malaya in 2002 and completed her Master's in Paediatric Dentistry in 2010. She is a trained clinical hypnotherapist and holds a Diploma in Hypnotherapy from LCCH (2015) and a PGDip in Health Economics from the University of South Wales.

Currently an Associate Professor at UiTM's Faculty of Dentistry, she specializes in Dental Traumatology, Craniofacial Anomalies, and Hypnosis. She also serves as Vice President of the Malaysian Society of Clinical Hypnosis and Editor-In-Chief of the Malaysian Journal of Paediatric Dentistry.

# Course Highlights

- Introduction to Nitrous Oxide Sedation
- Pharmacology & Mechanism of Action
- Patient Selection & Safety Considerations
- Equipment & Administration Techniques
- Legal, Ethical & Documentation Aspects

## Hands-On Training & Practical Demonstration:

- Set up & operate a nitrous oxide sedation unit
- Simulated administration on participants
- Troubleshooting & technique refinement

## What You'll Gain?

- Confidence in using nitrous oxide safely and effectively
- Practical experience with sedation equipment
- Best practices for patient monitoring & emergency management
- Legal and ethical insights for compliance

COURSE FEE  
**RM800**

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