

THE SCIENCE OF DENTAL FEAR

SUCCESSFULLY TREATING THE APPREHENSIVE PATIENT

An Eight-Hour Dental Continuing Education Program
by
Larry J. Sangrik, D.D.S.

COURSE OUTLINE

- **Knowing the literature:** A brief overview of psychology's definitions of anxiety, fear and phobia as they apply to dental patients
 - Defining common terms used in psychology
 - Understanding the behaviors of people experiencing fear

- **Knowing your patient:** Understanding why different patients have different fears
 - The "three dimensional patient"
 - ☞ Four types of dental fear: specific stimuli, loss of control, catastrophe and generalized anxiety
 - ☞ Four types of basic personality: dominant, influential, steady and conscientious
 - ☞ Four levels of intensity

- **Knowing your practice:** How can your practice effectively gather the necessary information to help diagnose a patient's dental fear and plan their treatment?
 - Gathering information about dental fear from patients
 - ☞ Forms & surveys
 - ☞ Formal interview
 - ☞ Passive listening

 - What's your personality and how does it impact your ability to communicate with a fearful patient?

- **Knowing the tools of the trade:** Five options to treat dental fear
 - Behavior modification
 - Nitrous oxide
 - Oral sedation with nitrous oxide
 - Moderate Anesthesia Care (MAC)
 - General anesthesia

- **Knowing your goal:** Addressing dental fear as part of your patient's dental treatment plan
 - Living with the status quo
 - Patient directed care: behavior modification
 - Dentist directed care: choosing the right pharmacological approach for the situation

- **Knowing a technique:** Safely and appropriately using oral sedation with nitrous oxide
 - Anticipated effects
 - Patient selection and medical history
 - Techniques and protocols
 - Patient monitoring: BP and SaO₂
 - Dealing with the unexpected / medical emergencies

- **Knowing how to get paid:** Being compensated for your time and services

THE SCIENCE OF DENTAL FEAR
SUCCESSFULLY TREATING THE APPREHENSIVE PATIENT

An Eight-Hour Dental Continuing Education Program
by
Larry J. Sangrik, D.D.S.

LEARNING OBJECTIVES

Upon successful completion of the course, the participant should be able to:

- 1) Have a basic vocabulary of dental fear including definitions of fear, anxiety, phobia and apprehension.
- 2) Understand the relationship between the intensity of an emotion and the proximity of the event that initiates that emotion.
- 3) Understand the concept of the approach/avoidance conflict and how it pertains to the behavior of dental patients.
- 4) Identify the four underlying causes of dental fear in a given patient and the intensity of the fear.
- 5) Identify the four basic personality types.
- 6) Understand the various mechanisms to collect information on dental fear from a patient and which is most applicable for their particular office.
- 7) Understand the influence of the dentist's personality on the collection of dental fear information.
- 8) Understand the five treatment options to address dental fear, including the advantages and disadvantages of each.
- 9) Be capable of developing a dental treatment plan that includes consideration of a patient's dental fears.
- 10) Be capable of using oral benzodiazopines supplemented with nitrous oxide to aid fearful patients.
- 11) Understand how to properly monitor lightly sedated patient using pulse oximetry and respond appropriately should complications develop.
- 12) Understand how to be compensated for the extra time invested in the treatment of a fearful dental patient.