

Conscious Sedation — Competency Form

The nurse will manage the care of the patient receiving conscious sedation according to “Conscious Sedation with Significant Risk of Anesthesia” policy and procedure:

1. Verbalizes appropriate patient monitoring during procedure.
 - Respiratory rate
 - Heart rate and rhythm
 - Pulse oximeter — digital and auditory
 - Level of consciousness
2. Demonstrates appropriate airway opening technique.
 - Jaw thrust
 - Chin lift
3. Demonstrates proper method of oral airway insertion.
4. Demonstrates setup and use of bag valve mask for delivery of supplemental oxygen.
5. Verbalizes method of obtaining assistance from emergency personnel.
6. Documents care on appropriate form using Scoring System Criteria and review of American Society of Anesthesiologists’ (ASA) scoring system.
7. Completes Conscious Sedation Cognitive Competency (test).

Test (Answers on reverse.)

1. What is the normal dose for
 - A) Adult intravenous (IV) Versed?
 - B) Pediatric IV Versed?
 - C) How does adult dose of Versed vary with narcotics?
2. Can patients taking monoamine oxidase (MAO) inhibitors receive Demerol?
3. What is Versed used for? Duration?
4. What is Narcan used for and usual dosage? Duration?
5. What is Romazicon used for and usual dosage? Duration?
6. What is the duration of effect of Romazicon, and what does that mean in terms of monitoring your patient?
7. What do you do for a patient who has snoring respirations?
8. What hemodynamic measurements do we need to observe for the patient having conscious sedation?
9. How do you call a code blue?
10. What equipment do you need to get ready for a patient who needs intubation?
11. Where do you find the conscious sedation policy?
12. How do you obtain conscious sedation chart forms from computer?

Learning Opportunity

- Conscious Sedation Policy
- Demonstration and return demonstration
- Preceptor

Level of Competency

1. Performs with assistance
2. Performs independently
3. Performs independently and assists others

How Standard Met

1. Review policy
2. Video
3. Lecture
4. Post-test
5. Observe demonstration
6. Return demonstration
7. Verbal review

Age Group

- Infant 0-1
- Child 2-10
- Adolescent 10-18
- Adult 19-65
- Geriatric older than 65
- All age groups

Name: _____

Date Completed: _____

Evaluator: _____

Employee Badge #: _____

Source: Trinity Medical Center, Rock Island, IL.

Conscious Sedation Policy: Patient Care Services

- The nurse responsible for managing the care of the patient must complete the initial competency and maintain annual competency in this skill.
- Have available: Oxygen, suction, airways, bag valve mask, electrocardiogram monitor, blood pressure monitor, pulse oximetry, Narcan/Romazicon, and crash cart.
- The physician must be present in the department prior to and during the administration of intravenous sedation.
- All patients will have a pre-sedation history and physical written on the medical record before beginning sedation.
- Vital signs (blood pressure, heart rate, respiratory rate, and oxygen saturation) must be documented every five minutes during the procedure. Level of consciousness must be documented at least every 15 minutes.
- Discharge criteria: Aldrete score of at least 8, or the same as pre-procedure.
- If a reversal agent is administered, the patient should remain on vital signs for at least two hours post-reversal agent.
- Conscious sedation practices are monitored. The nurse must complete the performance improvement tool.

Answers:

1. A) 2.5 mg B) 0.05-.08 mg/kg C) Reduce dose 30% if used with narcotics.
2. No
3. Sedation duration is 30-80 minutes
4. For opioid reversal. Pediatric dose is .01-.1 mg/kg. Adult dose is 0.2-1 mg. duration is less than 1 hour.
5. Benzodiazepine reversal. Pediatrics: 0.1-0.2 mg every minute, maximum 1 mg. Adult: 0.2 mg to maximum of 1 mg. Duration < 1 hour.
6. Resedation usually occurs within one hour. Reversal effects wear off before effects of benzodiazepine. Redose as needed.
7. Give supportive care: Oxygen, maintain open airway, reversal agent
8. Blood pressure, pulse respirations, pulse oximetry
9. The usual way, according to the protocol
10. Monitor, oxygen, respiratory therapy, endotracheal tubes
11. Go into the computer under policy and procedures, then trauma, and look for conscious sedation
12. Go into order entry, then forms, then conscious sedation

Source: Trinity Medical Center, Rock Island, IL.