

Development of a local educational module on safe sedation practice

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Introduction

Sedation is a skill that is practiced widely and heterogeneously across hospital footprints by a wide range of doctors and healthcare professionals. The lack of standardised competencies in education and practice has been commented on in recent literature¹. There is variation in the standards, practice, and minimum monitoring levels as set out by the British Society of Gastroenterology, the Royal College of Emergency Medicine, the Royal College of Anaesthetists, and the Association of Anaesthetists.

Within a hospital setting, the provision of deeper states of sedation remains largely in the hands of anaesthetists, emphasised within the standards set out by the Academy of Medical Royal Colleges (AoMRC)². Procedural sedation is therefore entirely appropriately included as a HALO in the latest iteration of the Royal College of Anaesthetist's (RCOA) Curriculum, placing emphasis on its importance in the training of Anaesthetists in Training³.

Methods

We developed an online sedation module covering various Key Capabilities of this HALO as outlined by the RCoA 2021 Curriculum³.



A bespoke online module was generated derived from the standards released by the AoMRC, RCoA, AAGBI as well references to other specialty guidelines such as the British Society of Gastroenterology (BSG).



The content was reviewed by Consultant Anaesthetists within the Trust who perform sedation for varying procedures on a regular basis.



Access to this online training module was then provided to all anaesthetic trainees within the Trust, with surveys assessing competency in sedation before and after completion of the module.

References

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2. Academy of Medical Royal Colleges. Safe sedation practice for healthcare procedures: An update; 2021. Available from: https://www.aomrc.org.uk/wp-content/uploads/2021/02/Safe_sedation_practice_for_healthcare_procedures_update_0521.pdf. Date accessed: March 25, 2025.
3. Royal College of Anaesthetists. 2021 Curriculum for a CCT in Anaesthetics. Available from: <https://www.rcoa.ac.uk/documents/2021-curriculum-cct-anaesthetics/introduction>. Date accessed: March 25, 2025.

Results



7 CT



6 ST4-5



1 ST6-7



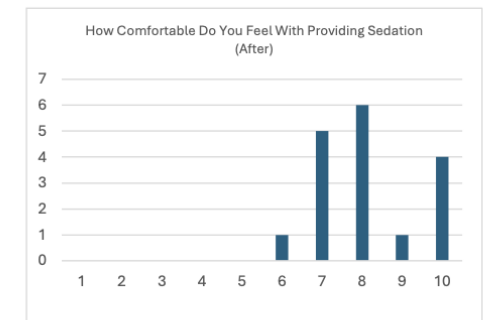
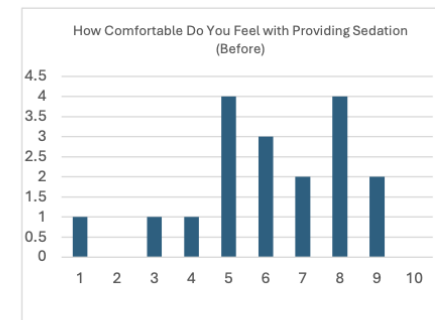
4 CF

94% of trainees received training on sedation either fewer than once a year or never.

Half of trainees perform sedation either less than once a month or never.

One third of trainees were unaware of the levels of monitoring required for differing levels of sedation.

Following completion of the module, all trainees felt comfortable with the safe minimum monitoring level required. Trainees also felt more comfortable with the defining different levels of sedation (with a mean score increase from 6.7 to 9.1). Overall, comfort levels in the provision of sedation increased from a mean score of 6.1 to 8.1.



Conclusion

This online sedation teaching module made a demonstrable improvement in trainee confidence levels and understanding of the core tenets of sedation.

We hope to expand this project either to other trainees within the Deanery or alternatively to non-anaesthetic doctors and healthcare professionals within the Trust to maintain core knowledge and safe practice.

Acknowledgements

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Access This URL!



For access to the online educational module for safe sedation practice