

# General Dentists' Guide to Preparing for a Medical Emergency

Almost every dentist will need to diagnose and treat a medical emergency in their practice at some time. In fact, dentists are expected and required to diagnose and treat common problems, such as syncope, anaphylaxis and more.

## Emergency Preparation Checklist

For the general dentist, being prepared means you have an emergency medical kit and are trained in its use. Some specialists, such as oral surgeons, require a more advanced kit and training.

Here are the minimum recommendations:

### Emergency Medical Kit

That includes the following medications:

- Adult-dose epinephrine auto-injector
- Pediatric-dose epinephrine auto-injector
- Back-up epinephrine, at least two 1ml vials, 1:1000 strength
- Diphenhydramine
- Albuterol
- Nitroglycerin
- Aspirin
- Ammonia inhalants
- Oral glucose
- Naloxone (opioid reversal agent)



### Portable Emergency Oxygen System

That meets the following specifications:

- E-cylinder to provide 30 minutes of oxygen at 12-15 LPM (to support positive pressure oxygen)
- Cylinder must be portable
- Adult bag-valve-mask resuscitator
- Pediatric bag-valve-mask resuscitator



### Automated External Defibrillator (AED)

That meets the following requirements:

- Support both adult and pediatric electrodes
- Accessible with a wall mount and sign





## Be Trained for Proper Emergency Response

Following best practices, the dental staff should be trained in Basic Life Support (BLS). Training regulations vary by state, and more advanced training (ACLS and PALS) may be required depending on practice specialties and procedures. Check with your state dental board.

HealthFirst offers these online CE training courses to help with emergency preparedness:

- Emergency Medicine in the Dental Office with Dr. Stanley Malamed
- Emergency Medical Kit Training



## Have a Response Plan in Place

Among best practices, dental offices should have a medical emergency response protocol in place. The goal is to manage the patient's care until recovery or until emergency help arrives. All staff members who have a response role should be trained on their roles and responsibilities.

**Please contact us with any questions**

800-331-1984 | [customerservice@healthfirst.com](mailto:customerservice@healthfirst.com)

