

## Appendix 3

### Indicator of Sedation Need (IOSN)

#### ANXIETY QUESTIONNAIRE TO BE COMPLETED BY THE PATIENT

Can you tell us how anxious you get, if at all, with your dental visit?

Please indicate by putting an "X" in the appropriate box

1. If you went to your Dentist for TREATMENT TOMORROW, how would you feel?

Not Anxious  Slightly Anxious  Fairly Anxious  Very Anxious  Extremely Anxious

2. If you were sitting in the WAITING ROOM (waiting for treatment), how would you feel?

Not Anxious  Slightly Anxious  Fairly Anxious  Very Anxious  Extremely Anxious

3. If you were about to have a TOOTH DRILLED, how would you feel?

Not Anxious  Slightly Anxious  Fairly Anxious  Very Anxious  Extremely Anxious

4. If you were about to have your TEETH SCALED AND POLISHED, how would you feel?

Not Anxious  Slightly Anxious  Fairly Anxious  Very Anxious  Extremely Anxious

5. If you were about to have a LOCAL ANAESTHETIC INJECTION in your gum, above an upper back tooth, how would you feel?

Not Anxious  Slightly Anxious  Fairly Anxious  Very Anxious  Extremely Anxious

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(Humphris GM, Morrison T and Lindsay SJE. The Modified Dental Anxiety Scale: Validation and United Kingdom Norms. *Community Dental Health* 1995; 12:143-150)

Dentist to score Anxiety Questionnaire

Each of the five answers is scored as follows:

Not anxious = 1  
Slight anxious = 2  
Fairly anxious = 3  
Very anxious = 4  
Extremely anxious = 5

So the total Questionnaire Score is a sum of all five items (range 5 to 25)

## Indicator of Sedation Need (IOSN)

### MATRIX TO BE COMPLETED BY THE DENTIST

#### 1. Anxiety Questionnaire (MDAS) Rank Score

Questionnaire Score is converted to Rank Score

Please put an "X" next to answer

MDAS 5-9 (minimal anxiety)	1	<input type="checkbox"/>
MDAS 10-12 (moderate anxiety)	2	<input type="checkbox"/>
MDAS 13-17 (high anxiety)	3	<input type="checkbox"/>
MDAS 18-25 (very high anxiety)	4	<input type="checkbox"/>

#### 2. Medical & Behavioural Indicator Rank Score

No medical or behavioural indicators	1	<input type="checkbox"/>
<i>Systemic disorders (not of severity to exclude sedation) that may be exacerbated by treatment</i> Fainting attacks / hypertension / angina / epilepsy / other (please state)	2	<input type="checkbox"/>
<i>Systemic disorders that compromise ability to cooperate</i> Arthritis / parkinsonism / multiple sclerosis / other (please state)	3	<input type="checkbox"/>
<i>As a rule of thumb ASA II would generally be 2 or 3 and an ASA III would result in a grade of 4</i>		
Gag reflex	4	<input type="checkbox"/>

These indicators are not designed to replace your usual full medical history

#### 3. Treatment Complexity Rank Score

<i>This guidance is not exhaustive – if in doubt about score then please score higher value</i>		
ROUTINE – Scale, single rooted extraction of 1 or 2 teeth, single quadrant restorations	1	<input type="checkbox"/>
INTERMEDIATE – Multi-rooted extraction, surgical extraction without bone removal, 2 quadrant restorative	2	<input type="checkbox"/>
COMPLEX – Surgical extraction with bone removal, multiple quadrant restorative	3	<input type="checkbox"/>
HIGH COMPLEXITY – Any treatment considered more complex than above or are multiples of the above	4	<input type="checkbox"/>

**SEDATION NEED= 1 + 2 + 3 scores to be calculated and sedation need to be added to referral**

Total Rank Score Need	Score Descriptor	Sedation
3-4	Minimal need	No <input type="checkbox"/>
5-6	Moderate	No <input type="checkbox"/>
7-9	High need	Yes <input type="checkbox"/>
10-12	Very high need	Yes <input type="checkbox"/>

Adapted from: Coulthard P, Bridgman CM, Gough L, Longman L, Pretty IA, Jenner T. Estimating the need for dental sedation. 1. The Indicator of Sedation Need (IOSN) – a novel assessment tool. *British Dental Journal* 2011;9:211(5):E10.