

Kuzmich K. I., Ignateva D. N.
SEDATION: PROS AND CONS

Scientific supervisor: senior teacher Menjinskaya-Voitova A. V.
Department of foreign languages
Belarusian State Medical University, Minsk

Topicality. Fear of going to the dentist is not a new problem and is quite common. However, this phenomenon usually leads to detrimental consequences: people do not visit the doctor, their teeth become loose, and as a result, they face very serious problems. Nowadays, more than 30% of the world's population, that is every third inhabitant of the planet, experience fear of dentists to varying degrees. Statistics data show that among the most common fears are a fear of one's teeth being drilled and a fear of an anesthetic injection. The discomfort that patient receives when these manipulations are performed can become firmly entrenched in the subconsciousness, reaching the highest degree of fear in some people, turning into anxiety-phobic disorder. Consideration should be given to the importance of maintaining the patient's mental health in order to maximize the effect of treatment. The invention of sedation (controlled suppression of consciousness while maintaining reflexes, as well as the function of spontaneous breathing, with the ability to respond to physical stimulation and verbal commands) is one of the ways to prevent and overcome dentophobia.

The aim: the aim was to conduct an analytical review of the literature about the use of sedation in various fields of medicine, including dentistry, to analyze advantages and disadvantages and to assess the attitude of people to dental treatment, their awareness of sedation.

Materials and methods. Scientific publicly available databases were searched. Working dentists were interviewed. An online survey was conducted among 679 people of various age categories. The degree of knowledge about sedation was determined.

Results. Based on the results of an online survey it was found out that 13.1% of the participants were afraid of going to the dentist, 45.9% had a little fear, the remaining 41% did not feel discomfort when visiting a dental office. Most of the people came for a regular professional examination (60.6%) and visited the dentist once a year (40.6%). The reasons for phobia were mainly fear of pain during treatment (79.7%), bad experience (28.3%) and a specific smell in the dentist's office (21.5%). The survey showed that 62.2% of participants did not know about the sedation. This technique has not yet received sufficient application in the Republic of Belarus.

Conclusion. Sedation is indicated for patients who are afraid of pain and discomfort. People who have a low pain threshold, the nervous system is easily excitable and any dental procedures cause severe discomfort, often resort to dental treatment under sedation. This method allows to the doctors a large amount of work to be carried out at once, which is difficult without sedation even for adults and people who are not afraid of treatment. Based on the results of the online survey, sedation in the Republic of Belarus is not as widely spread as in foreign countries, where it is extremely popular.