

## SUBCHAPTER 160 – NITROUS-OXIDE-OXYGEN CONSCIOUS SEDATION

### SECTION .0100 - REGISTRATION AND REPORTING

**21 NCAC 160 .0101      REGISTRATION**  
**21 NCAC 160 .0102      REPORTING**

*History Note:*      Authority G.S. 90-28; 90-29(b)(6); 90-48; 90-223; 150B-12;  
                                 Eff. May 24, 1978;  
                                 Repealed Eff. July 16, 1980.

### SECTION .0200 - QUALIFICATIONS OF DENTAL ASSISTANTS AND HYGIENISTS

**21 NCAC 160 .0201      EDUCATIONAL REQUIREMENTS**  
**21 NCAC 160 .0202      DEFINITION**  
**21 NCAC 160 .0203      APPROVED COURSE(S)**

*History Note:*      Authority G.S. 90-28; 90-29(b)(6); 90-48; 90-223; 150A-12;  
                                 Eff. May 24, 1978;  
                                 Repealed Eff. July 16, 1980.

### SECTION .0300 - DEFINITIONS

**21 NCAC 160 .0301      CONSCIOUS SEDATION**

"Conscious sedation" means the use of drugs for controlling pain or apprehension without rendering the patient unconscious.

*History Note:*      Authority G.S. 90-29(b)(6); 90-48; 90-223;  
                                 Eff. July 16, 1980;  
                                 Amended Eff. May 1, 1989;  
                                 Amended Eff. April 1, 2016 (See S.L. 2016-31);  
                                 Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.

**21 NCAC 160 .0302      MONITORING**

"Monitoring" means observation of the patient during the flow of sedation agents and includes reducing the flow of sedation or shutting off equipment controlling such flow. Monitoring does not include increasing the flow of sedation agents.

*History Note:*      Authority G.S. 90-29(b)(6); 90-48; 90-223;  
                                 Eff. July 16, 1980;  
                                 Amended Eff. May 1, 1989;  
                                 Amended Eff. April 1, 2016 (See S.L. 2016-31);  
                                 Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.

### SECTION .0400 - QUALIFICATIONS TO PERFORM FUNCTIONS

**21 NCAC 160 .0401      NON-DELEGABLE FUNCTIONS**

Conscious sedation shall not be induced by anyone other than a dentist or a lawfully qualified nurse or anesthetist who does so under the supervision and direction of a dentist or physician.

*History Note:*      Authority G.S. 90-29(b)(6); 90-48; 90-223;  
                                 Eff. July 16, 1980;  
                                 Amended Eff. May 1, 1989;  
                                 Amended Eff. April 1, 2016 (See S.L. 2016-31);

*Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*

**21 NCAC 160 .0402 EDUCATIONAL REQUIREMENTS**

(a) A Dental Assistant may aid and assist a licensed dentist in the monitoring of nitrous oxide-oxygen inhalant sedation by completing a Board-approved course totaling at least seven hours that covers the following topics:

- (1) definitions and descriptions of physiological and psychological aspects of pain and anxiety;
- (2) the states of drug-induced central nervous system depression through all levels of consciousness and unconsciousness, with emphasis on the distinction between the conscious and unconscious state;
- (3) respiratory and circulatory physiology, and related anatomy;
- (4) pharmacology of agents used in the nitrous oxide techniques being taught, including drug interaction and incompatibility;
- (5) patient monitoring, with particular attention to vital signs and reflexes related to consciousness;
- (6) prevention, recognition, and management of complications and life threatening situations that may occur during the use of the nitrous oxide techniques, including cardiopulmonary resuscitation;
- (7) description and use of ventilation sedation equipment; and
- (8) potential health hazards of trace anesthetics, and proposed techniques for elimination of these potential health hazards.

(b) Courses approved to satisfy the educational requirements of this Rule shall be provided and taught by:

- (1) an instructor who is a dentist holding an unrestricted license as defined by 21 NCAC 16A .0101(7);
- (2) an instructor licensed pursuant to 21 NCAC 16B .0701; or
- (3) a dental hygienist or dental assistant under the direction of an instructor who satisfies the requirements of Subparagraph (b)(1) or (b)(2) of this Rule, who shall be physically present and administer nitrous oxide if it is administered in the course.

(c) Courses shall be reviewed at any Board meeting and approved by a majority of the Board to satisfy the educational requirements of this Rule. A list of approved courses is available on the Board's website at [www.ncdentalboard.org](http://www.ncdentalboard.org).

*History Note: Authority G.S. 90-29(b)(6); 90-29(c)(10); 90-29(c)(13); 90-48; 90-223;  
Eff. July 16, 1980;  
Amended Eff. April 1, 2016; May 1, 1989;  
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018;  
Amended Eff. November 1, 2021.*

**21 NCAC 160 .0403 PREVIOUS COMPLIANCE**

*History Note: Authority G.S. 90-28; 90-29(b)(6); 90-48; 90-223; 150B-12;  
Eff. July 16, 1980;  
Repealed Eff. May 1, 1989.*