UNIT 13

CHAIR-SIDE ASSISTING

1. How should you prepare the patient for a dental treatment? Read the description of a dental procedure and choose from the sentences (A–E) the one which fits each description. There is one extra sentence.

Jak powinno się przygotować pacjenta do zabiegu stomatologicznego? Przeczytaj opis procedury i uzupełnij opis brakującymi zdaniami (A–E). Jedno zdanie zostało podane dodatkowo.

GLOSSARY

alligator clip – klips, zacisk (szczękowy)
anxiety – niepokój, obawa
at ease – spokojny, swobodny
bib – ochraniacz na szyję, śliniak
chain – łańcuszek
climb – wspinać się
fasten – przymocowac, zapiąć
greet – przywitać
introduce oneself – przedstawić się
mouthwash – płyn do płukania jamy ustnej
protective glasses – okulary ochronne
swing – huśtać się, zamachnąć
topic – temat

A Place a bib around the patient's neck and **fasten** it with **alligator clips** (the **chain** should be around the back of the patient's neck).

B Lower the dental chair for the child so that it can easily **climb** onto it.

C Some patients experience **anxiety** or even fear, so it's important to take their mind off of the procedure.

D Once the patients are seated ask them to **swing** their legs onto the base of the chair.

E The patient needs to be sure that all the materials or instruments are sterile and haven't been used before.

F The patient should be able to see them, but they shouldn't obstruct the treatment.

LIVEWORKSHEETS

Before the procedure starts...

1 **Greet** the patients and ask them to follow you into the treatment room. If it is a new patient, **introduce yourself**.

2 Start a conversation with the patients to make them feel **at ease**. Avoid controversial topics such as religion or politics. Choose light **topics** that will make the patient feel relaxed and comfortable. (1) _____

3 (2) _____

4 Adjust the height of the chair, place a headrest cover and ask the patients to sit on the side of the dental chair. (3) _____. Make sure the patients are seated correctly – their back and legs should be completely supported by the chair.

5 Ask the patients if they has any questions about the treatment. If the patients have any questions, answer them and try to make the patients feel comfortable and relaxed.

6 Adjust the headrest and drape (place a **bib**) the patients. (4) _____. Give them **protective glasses**. During this stage the patients are in the upright position.

7 Adjust the operating light and turn it on to make sure the oral cavity is properly illuminated. Turn off the operating light. Switch it back on once the operator is seated.

8 Put on glasses, a mask and protective clothing. After you wash your hands, put on gloves and prepare the instruments. (5) _____. In addition, place a cup of fresh **mouthwash** next to the spittoon.

9 Adjust the chair so that it is in the correct position for the planned procedure.

2. Answer the following questions.

Odpowiedz na poniższe pytania.

1 What do you have to do to prepare a patient before a procedure?

2 How do you prepare yourself when you assist during a procedure?

3 What seating positions do you know? (Go back to Unit 10 if you do not remember them.)

4 What does the patient's position depend on?

5 Why is it important that you answer the patient's questions?

LIVEWORKSHEETS

3. Look at the pictures. What elements of protective clothing (for the dentist and the patient) can you identify? What is their function? Why are the dentist and the patient wearing orange protective glasses in picture B but not in picture A?

Spójrz na zdjęcia. Jakie elementy odzieży ochronnej (dentysty i pacjenta) potrafisz zidentyfikować? Jaka jest ich funkcja? Dlaczego dentysta i pacjent mają założone pomarańczowe okulary ochronne na zdjęciu B, a na zdjęciu A nie?



22 **4. Read the text about chair-side assisting and answer the following questions.**

Przeczytaj tekst o asystowaniu przy zabiegach i odpowiedz na poniższe pytania.

1 What is the role of a dental assistant before and during a procedure?

2 What is four-handed dentistry?

GLOSSARY

aim – cel	**order** – kolejność, porządek
bur – wiertło	**pass** – podawać
dismiss – odprawić, zwolnić	**set up** – ustawić, przygotować
exchange – wymieniać	**spin** – kręcić (się), obracać (się)
fatigue – zmęczenie	**strain** – nadwyrężenie, przemęczenie

LIVEWORKSHEETS

Chair-side assisting

Before and during a procedure the role of a dental assistant is to:

- sterilise instruments and equipment,
- admit and seat the patients,
- drape the patients,
- set up the instrument tray for the particular procedure,
- mix materials,
- transfer instruments and materials to the dentist,
- control suctioning,
- monitor the patients during the procedure,
- **dismiss** the patients once the procedure is over,
- throw out disposable materials,
- disinfect the dental chair, spittoon and other equipment before admitting the next patient.

In four-handed dentistry, the dental assistant's two hands work together with the operator's two hands to perform a procedure. The **aim** of this technique is to:

- save time

The operator does not have to look for instruments or **exchange burs** because everything is done by the dental assistant. The assistant must understand a given procedure well to know exactly when and which instruments to transfer and in what **order**. Instruments can be **set up** in advance to allow for quick and easy transfer to the operator during the procedure.

- reduce **fatigue** and **strain**

Some procedures last for a long time. Sitting chairside all day can be very tiring and uncomfortable. It is important to limit activities which lead to strain and fatigue. When the assistant **passes** instruments and materials to the operator, the operator can fully focus on the area of the oral cavity and does not have to twist or turn to reach for materials or instruments. To save energy and time, the assistant can **spin** on a stool to reach for materials. Also, the shorter and the more efficient the procedure, the less tiring the treatment is for the patients.

LIVEWORKSHEETS

5. Match the words to make correct expressions.
Połącz słowa, aby utworzyć poprawne wyrażenia.

1	transfer	a	instruments
2	control	b	disposable materials
3	pass	c	suctioning
4	seat	d	the patient
5	throw out	e	dentistry
6	four-handed		

23 **6. Listen to the recording about the zones of activity (of an operator and an assistant) and complete the sentences with the missing words.**
Posłuchaj tekstu o strefach pracy (operatora i asysty) i uzupełnij zdania brakującymi słowami.

GLOSSARY

chest – klatka piersiowa
direction – kierunek
firmly – mocno, pewnie
in charge of – dowodzić, kierować
range – rozpiętość, zakres
slip – wyślizgnąć się

ZONES OF ACTIVITY

For the four-handed system to work, the assistant must be **in charge of** instrument and material transfer and the _____ members must be in the appropriate positions. In four-handed dentistry, the work area of the dental team is _____ into four zones of operation:

- the operator's zone,
- the assistant's zone,
- the _____ zone,
- the static zone.

Imagine there is a clock above the _____. The patient's head is at 12 o'clock.

LIVEWORKSHEETS

For a right-handed operator:

- the operator's zone **ranges** from 7–12 o'clock,
- the assistant's zone ranges from _____ o'clock,
- the transfer zone ranges from 4–7 o'clock,
- the static zone ranges from _____ o'clock.

Transfer of instruments takes place in the area over the patient's **chest**. A dental assistant working with a right-handed operator usually _____ and takes instruments with the left hand.

REMEMBER:

All instruments must be **firmly** placed in the hand of the operator in the **direction** in which they will be used. But DO NOT pass _____ instruments over the patient's chest. If an instrument **slips**, it could _____ or injure the patient! Also DO NOT pass small objects or chemicals over the patient's head. They can easily fall into the patient's _____ and be swallowed!

7. Read the two texts again and decide whether the following statements are true (T) or false (F).

Przeczytaj ponownie oba teksty i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

1 In four-handed dentistry the dentist works with two dental assistants.

2 The operator exchanges burs and mixes materials.

3 The four-handed system is supposed to reduce the number of movements made by the assistant and the operator to save time and energy.

4 There are three zones of transfer.

5 All instruments must be passed over the patient's chest.

LIVEWORKSHEETS

8. Take a look at a picture of the zones of activity for a right-handed operator. Label the particular zones of activity.

Spójrz na zdjęcie stref w systemie pracy „na cztery ręce” dla praworęcznego operatora. Podpisz określone strefy.



LIVEWORKSHEETS