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Tina Clarke, RDH, M.Ed, FADHA, is a clinician, educator, speaker, and nationally published author with nearly 25 years of experience in dental hygiene. She is the author of *Hit Me With Your Best Shot: Local Anesthesia for Oral Health Care Professionals*, a comprehensive guide that simplifies complex concepts with clear explanations and technique videos—perfect for the entire dental team.

A recognized expert in local anesthesia, medical emergencies, and head and neck anatomy, Tina provides local anesthesia certification and hands-on refresher courses for dental professionals across the country. She mentors clinicians nationwide and teaches at two community colleges in Oregon.

As an approved continuing education provider through the American Academy of Dental Hygiene and a certified CPR/BLS instructor, Tina is recognized for her energetic and engaging teaching style, which makes learning both effective and enjoyable.

#### COURSE TOPICS:

Local Anesthesia/Pain Management (several course offerings)  
Nitrous Oxide Sedation  
Patient Comfort  
Head and Neck Anatomy  
Extra and Intra-Oral Evaluation  
Medical Emergencies

#### COURSE FORMAT:

In-Person or Virtual  
Hands-On options available

## CREATING YOUR PROFESSIONAL MASTERPIECE

### **Keynote Presentation**

#### **COURSE DESCRIPTION:**

This keynote presentation discusses the essence of personal and professional growth. It emphasizes that our past experiences, knowledge, and skills serve as the foundation for our journey. Just like an artist's initial brush strokes on a canvas, these layers shape our career trajectory.

Moving forward, the presentation encourages exploration. It prompts us to seek out future possibilities, much like an artist exploring different techniques, colors, and styles. By identifying pathways aligned with our passions and aspirations, we can create our own masterpiece—a fulfilling and impactful professional life.

Just as an artist refines their work overtime, our careers evolve through continuous learning, adaptability, and intentional choices.

#### **COURSE OBJECTIVES:**

1. Explore the layers of personal and professional experiences
2. Identify future possibilities within your professional life
3. Make intentional choices impacting your professional future

## **LOCAL ANESTHESIA**

### **HIT ME WITH YOUR BEST SHOT: COMPREHENSIVE REVIEW OF LOCAL ANESTHESIA**

Often clinicians shy away from providing local anesthetics to their patients because they aren't confident in their skills, aren't getting patients profoundly numb, or haven't given injections in a long time. This course is designed to empower you to hit your best shot with a review of maxillary and mandibular oral local anesthesia techniques, including a review of patient health considerations and appropriate anesthetic dosage. Participants review anesthetic options and techniques (with video) associated with oral anesthesia. Along with an overview of complications and how to manage them.

Audience: Entire Clinical Team

Level: Intermediate

#### **OBJECTIVES 3–4-hour presentation**

After this course the learner will be able to:

1. Identify different non-injectable anesthetic options and their uses in clinical dental care.
2. Select appropriate anesthetic solutions for the patient and clinical procedure.
3. Comprehend the basic principles of giving the following injections: infiltration, ASA, MSA, PSA, IO, NP, AMSA, GP, IA, GG, VA, Long Buccal, Incisive.
4. Identify and manage minor and major complications associated with local anesthesia.
5. Understand contraindications as they relate to local anesthesia.
6. Calculate proper anesthetic dose considering factors such as age, weight, and health status.

## **LOCAL ANESTHESIA**

# **HIT ME WITH YOUR BEST SHOT: LOCAL ANESTHESIA LANDMARKS AND TECHNIQUES.**

### **COURSE DESCRIPTION**

Take your local anesthesia skills to the next level with HIT ME WITH YOUR BEST SHOT: LOCAL ANESTHESIA LANDMARKS AND TECHNIQUES.

This engaging course is tailored for dental professionals seeking to build confidence and refine their precision in administering local anesthesia.

Dive deep into the anatomy and landmarks critical for accurate injections, master proven techniques for quadrant anesthesia, and discover strategies to steady your hands for a seamless process. You'll also learn practical tips to enhance patient comfort, creating a positive experience that patients will remember.

Whether you're honing your skills or starting fresh, this course provides the tools and techniques needed to deliver your best shot every time.

### **COURSE OBJECTIVES**

1. Identify anatomical structures and landmarks as they associate with oral local anesthesia.
2. Implement principles of giving common injections for quadrant anesthesia.
3. Employ strategies to gain stability and reduce shaky hands
4. Apply techniques to increase patient comfort.

### **NUMBER OF HOURS:**

2 CEU

### **FORMAT:**

In-Person and/or Virtual

Audience: Entire Clinical Team

Level: Intermediate

## **LOCAL ANESTHESIA**

# **LOCAL ANESTHETIC OPTIONS FOR THE ORAL HEALTH CLINICIAN**

### **DESCRIPTION:**

Understanding which anesthetic is best for your patient can be challenging especially when there are so many options available. This intermediate level course guides the learner through the science of anesthetics used in dentistry, including non-injectable, injectable, and additional solutions to aid in the anesthesia process. Also, attendees gain insights into injection techniques with tips and tricks to effectively administer local anesthesia using atraumatic methods for the patient.

Audience: Entire Clinical Team

Level: Intermediate

### **OBJECTIVES 60-90 minutes presentation**

After this course the learner will be able to:

1. Identify different non-injectable anesthetic options.
2. Identify which injections to select for the clinical procedure.
3. Employ atraumatic injection techniques.
4. Select appropriate anesthetic options for the patient and clinical procedure.

## **LOCAL ANESTHESIA**

### **TECHNIQUE BASICS OF LOCAL ANESTHESIA**

#### DESCRIPTION:

Technique Basics of Local Anesthesia guides the learner through the fundamentals of local anesthesia. Participants will walk away with information regarding the types of injections, which anatomical structures they anesthetize, and tips for a successful injection.

Audience: Entire Dental Team

Level: Beginner

Length: 60 minutes

#### OBJECTIVES:

After this course the learner will be able to:

1. Identify the three categories of injections.
2. Identify which anatomical features are anesthetized by the following injections: Supraperiosteal, PSA, IO, MSA, ASA, GP, AMSA, NP, VA, G-G, IA, INCISIVE.
3. Employ strategies for a successful injection.

## **NITROUS OXIDE**

### **NITROUS OXIDE IN DENTISTRY: ASSESSMENT, ADMINISTRATION, AND SAFETY**

#### DESCRIPTION:

Nitrous oxide ( $N_2O/O_2$ ) sedation is widely used in dental practice to reduce anxiety and improve patient comfort. Safe administration requires appropriate patient assessment, individualized dosing, and the ability to recognize and respond to physiological changes.

This two-hour continuing education course reviews indications and contraindications for nitrous oxide use, patient evaluation, administration principles, monitoring, and management of potential complications. Legal and ethical considerations related to sedation practice will also be discussed.

**Audience:** Entire Clinical Team

**Level:** Intermediate

**Length:** options for a 2-4 hours

#### COURSE OBJECTIVES:

After completing this course, participants will be able to:

1. Identify indications and contraindications for nitrous oxide ( $N_2O/O_2$ ) sedation in dental patients.
2. Evaluate patients for nitrous oxide use based on medical history, risk factors, and clinical presentation.
3. Administer nitrous oxide safely using appropriate titration and monitoring principles.
4. Recognize signs, levels, and potential complications of nitrous oxide sedation.
5. Discuss legal and ethical considerations related to nitrous oxide use in dental practice.

## **DENTAL HYGIENE TREATMENT WITH PATIENT COMFORT IN MIND.**

### **DESCRIPTION:**

For most people visiting the dental office is one of their worst fears, which leads to missed appointments or waiting until there is no other choice than to go to the “dentist”. With today’s innovative technology and thoughtful treatment processes dental hygienists can provide excellent care keeping the patient comfortable the entire time.

This course reviews different aspects of patient discomfort and how the dental hygienist can address these concerns.

Audience: Dental Hygienist (entire dental team can benefit)

Level: Intermediate

Length: 2 hours

### **OBJECTIVES:**

At the end of this course learners will be able to

1. Identify reasons patients feel discomfort.
2. Employ ways to create a comfortable environment for patient experience.
3. Implement medicaments, techniques, strategies to reduce anxiety and painful experiences in the dental office.

## HEAD AND NECK ANATOMY: BACK TO THE BASICS

### DESCRIPTION:

As time moves away from those first few terms of college, we often forget the names, location, and functions of the space we spend so much time in, the head and neck region. This course takes the learner back to the basics of anatomy. Now is the time to refresh your ability to identify crucial anatomical structures and their functions. Use this information to improve patient care and document with accurate terminology. Grab a mirror and a pen. You don't want to miss out on this interactive review.

Audience: Entire Clinical Team

Level: Intermediate

Length: 3-4 hours

### OBJECTIVES:

After this course the learner will be able to:

1. Identify the location of major features of the head and neck including skull, muscles, vasculature, nerves, glands, and lymphatics.
2. State the function of major features of the head and neck including skull, muscles, vasculature, nerves, glands, and lymphatics.
3. Apply basic anatomical knowledge to aid in diagnosis and treatment.
4. Implement correct terminology for proper documentation.

## **PREVENT AND PREPARE: MEDICAL EMERGENCIES IN THE DENTAL OFFICE**

### DESCRIPTION:

Prevention, preparation, and management of emergency situations common in the dental environment is crucial in the dental environment. This course walks the learner through the process to prevent and prepare for medical emergencies which may occur in the dental settings. Students walk away confident in their skills to prevent, prepare, and manage an emergency in the dental office.

Audience: Entire Clinical Team

Level: Intermediate

Length: options for a 2 or 4 hour review.

### OBJECTIVES:

After this course the learner will be able to:

1. List measures to prepare for and prevent a medical emergency.
2. Identify the emergency supplies and drugs in the emergency kit and explain how they are used.
3. Discuss medical emergency protocols.
4. Recognize and properly manage common medical emergencies in the dental office.

**HANDS-ON COURSES IN A CLINICAL SETTING ARE AVAILABLE. CONTACT TINA FOR MORE INFORMATION.**

1. LOCAL ANESTHESIA REFRESHER
2. LOCAL ANESTHESIA CERTIFICATION
3. MEDICAL EMERGENCY CASE SCENARIO
4. CPR CERTIFICATION/RENEWAL
5. HEAD AND NECK EXAMINATION