

# Implementing oral appliances for snoring and sleep apnoea in general dental practice

Practical lectures and hands on demonstrations

**Dental sleep medicine** is fast becoming one of the most important areas in the practice of modern dentistry.

This **one-day course** is for dentists or other oral health professionals who are new to dental sleep medicine (DSM), as well as more experienced dentists who wish to refresh their knowledge. It aims to provide **the theoretical knowledge and the practical skills** needed to incorporate DSM into their daily practice.

This course is being run by the **Australasian Sleep Association**, the multidisciplinary society representing clinicians, researchers and scientists working in sleep health and sleep medicine.



**Thursday 22 August 2024 • 8.30am-5.00pm**  
QT Hotel Perth 133 Murray St, Perth

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SLEEP  
MEDICINE**

## presenters



**Dr Anam Khan**  
Dental Sleep Medicine  
Practitioner



**Dr Amanda Phoon**  
Oral Medicine Specialist



**Dr Ivan Ling**  
Respiratory and Sleep  
Physician



**Dr Robert Delcanho**  
Adjunct Professor in  
Orofacial Pain Medicine  
and Clinical Associate  
Professor

## why?

The link between oral health and sleep health is becoming more recognised in the fields of dentistry and medicine. This is putting dentists more and more at the forefront of recognising the signs or symptoms of sleep disorders such as sleep disordered breathing, obstructive sleep apnoea and snoring.

Obstructive sleep apnoea alone has been linked to a host of health problems including high blood pressure, cardiovascular problems and diabetes in adults. In children, it can lead to the development of learning and behavioural problems if left untreated.

Dentists have the opportunity to recognise the oral manifestations of these conditions in a routine exam. With a sound understanding of dental sleep medicine, they can be involved in both the screening and potential treatment of sleep disordered breathing. This opens the door to fulfilling interdisciplinary collaborations with medical colleagues in the diagnosis and treatment of these disorders.

## who?

This course is designed for dentists or other oral health professionals who have little or no experience in DSM, and for more experienced dentists who wish to refresh their knowledge.

## outcomes

- Baseline knowledge of normal sleep, sleep medicine, sleep disorders, and the impact of sleep issues on health and the economy
- Comprehensive understanding of sleep-disordered breathing, particularly the obstructive sleep apnoea spectrum and treatment options available
- Confidence to read and understand sleep study or polysomnography reports to a practical level
- Understand screening methods for sleep-disordered breathing that can be implemented in the general dental practice
- Comprehensive theoretical understanding as well as practical skills in oral appliance therapy such as mandibular advancement splints.
- Skills to troubleshoot common side effects with oral appliance therapy and apply solutions.
- Implementation skills to apply learning in their general practice.

## cost

**\$680 (inc GST)**

Registration fee includes full day of intensive, interactive instruction in DSM, as well as morning tea, lunch and afternoon tea.

Attendees will automatically receive **6.5 CPD** hour credits through the ASA Learning Centre.



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[sleep.org.au](http://sleep.org.au)

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# schedule

|          |   |
|----------|---|
| 8:00 am  | <b>Registration</b>   |
| 8:30 am  | Introduction to the course outline, speakers and FDSM   |
| 9:00 am  | What is the growing field of Dental Sleep Medicine?   |
| 9:30 am  | The Wild World of Sleep – What is normal and what is abnormal?  |
| 10:10 am | <b>Morning tea (20 minutes)</b>   |
| 10:30 am | The basics of Sleep Disordered Breathing and how to make sense of sleep studies                             |
| 11:00 am | Treatment options for Sleep Disordered Breathing from a sleep physician's perspective and referral pathways |
| 11:30 am | Screening for OSA and bruxism in the General Dental Practice  |
| 12:15 pm | Mandibular Advancement Splint (MAS) designs, types & features   |
| 12:45 pm | <b>Lunch</b>  |
| 1:30 pm  | Clinical practice: examination, record-taking and fitting of the oral appliances                            |
| 3:00 pm  | <b>Afternoon tea</b>  |
| 3:20 pm  | Reviewing Outcomes and Troubleshooting Side Effects   |
| 4:00 pm  | Steps For Success: Common Considerations and FAQs for the General Dental Practice                           |
| 4:30 pm  | General discussion  |
| 5:00 pm  | <b>Close</b>  |



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