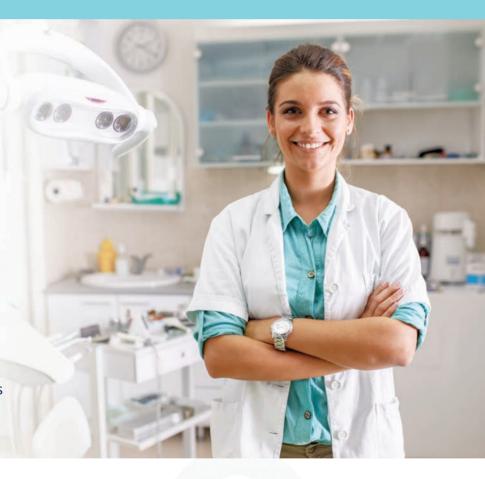
Introduction to dent and lectures and hands on demonstrations demonstrations. Siego... Medicine

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), providing 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.



Saturday 23 September 2023 • 8.30am-5.00pm

International Convention Centre Sydney • Meeting Room C4.8 (Level 4)







presenters



Dr Adam Teo Dentist



Dr Roo Killick Respiratory and Sleep Physician



A/Prof Andrew Chan Respiratory and Sleep Physician



Dr Sheila Sivam Respiratory and Sleep Physician



Dr Lyndon Chan Otolaryngologist



Dr Amanda Phoon Nguyen Oral Medicine Specialist



Dr Harry Ball Dentist



Dr Michelle Donegan Dentist

panel members



Dr Andrew Gikas Dentist



Dr Rob Shea Dentist





why?

The link between oral health and sleep health is becoming more recognised in the fields of dentistry and medicine. This puts dentists 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 basic level
- Understand screening methods for sleep-disordered breathing that can be implemented in the general dental practice
- Comprehensive theoretical understanding and practical skills in oral appliance therapy
- Skills to troubleshoot common side effects with oral appliance therapy and apply solutions
- Implementation skills to apply learning in their general practice.

cost

\$765 (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 received **7.5 CPD** hour credits through the ASA Learning Centre



REGISTER NOW

http://bit.ly/dentalsleep2023

Australasian Sleep Association ABN 51 138 032 014 Level 1, 5 George St North Strathfield NSW 2137





schedule

		12:30	All about Treatment options - Dr Amanda Phoon Nguyen
8:00 am 8:30	Registration What is DSM? - Dr Adam Teo Why DSM is important, the impact dentists can make and the importance of collaboration with medical colleagues		A basic introduction to CPAP therapy and how it works, MAS therapy and how it works, maxillofacial surgical options, weight loss, positional therapy and alternative therapiesll about treatment options FDSM - ASA - Dr Dinushki Daniels Practical training in oral appliance therapy – Dr Adam Teo Panel: Dr Andrew Gikas, Dr Adam Teo, Dr Harry Ball, Dr Rob Shea, Dr
8:45	Normal sleep and the public health impact of sleep disorders – Dr Roo Killick Understanding the basics of normal sleep, what sleep studies measure, and the public health and economic impacts of sleep disorders	1: 15 1:30	
9:15	Sleep-disordered breathing and obstructive sleep apnoea – A/Prof. Andrew Chan Understanding more about sleep-disordered breathing (SDB) and obstructive sleep apnoea (OSA), and how to assess for these in general dental		Michelle Donegan Impression record taking, bite records, oral appliance designs, troubleshooting and considerations to be taken with treatment planning for oral appliance designs, titration mechanisms and protocols, fitting appointment and patient instructions
10.00	practice Q&A	3:00	Afternoon tea
10:00 10:15	Morning tea	3:15	Reviews, side effect and troubleshooting– <i>Dr Michelle Donegan</i>
10:30	Measuring sleep and interpreting sleep studies – <i>Dr Sheila Sivam</i> An introduction to sleep studies available, what they entail, what measurements are taken, how to read the sleep physician report, and interesting things to look out for		Panel: Dr Adam Teo, Dr Harry Ball, Dr Rob Shea, Dr Andrew Gikas How to identify and provide solutions for common side effects such as TMD, pain, bite changes and teeth movement plus how to review a patient's
11:15	SDB in children and surgical options for adults – <i>Dr Lyndon Chan</i> A basic introduction to paediatric SDB, presentations, screening and treatments and introduction to surgical treatment options for adults	4:00	Common considerations and FAQs for the general dental practice <i>Dr Harry Ball</i> Panel: Dr Adam Teo, Dr Rob Shea, Dr Andrew Gikas, Dr Michelle Donegan
			Bringing all the concepts together get up and running in dental sleep medicine practice – consent forms, educating staff, reporting back to referring practitioner, process for patients in current Australian/NZ health systems to obtain a sleep study or assessment for OSA if at risk, other FAQ
27.5	DENTAL	4:30	Q&A

12:00 pm **Lunch**





:30 Q&A

5:00 Close