

DENTAL SLEEP MEDICINE

PG CERT
2023-2024



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DENTAL SLEEP MEDICINE



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Programme Overview

- Blending learning
- 3 modules over 1 year
- Hands-on training with 3 face-to-face days
- Online training and lectures
- Energetic learning environment
- Opportunities to expand career and be involved with teaching
- Access to detailed reading list

This PG Cert is aimed at the higher educational needs of General Dental Practitioners who intend to introduce Dental Sleep Medicine as a treatment modality into their practices or to expand on existing knowledge and skills. It also instills the core skills essential for the professional practice of dentistry using new technologies and a commitment to lifelong learning.

The programme is multi-modular, and all modules have to be completed to progress through the programme.

The objective is to provide Dentists with the core knowledge and clinical skills essential for delivering high quality dental care, in accordance with GDC and other internationally recognized guidelines.

Additionally, it is to promote an understanding of the different requirements essential to the provision of ethical, predictable and evidence-based sleep medicine dentistry.

Ultimately to improve the patient's experience and their care and for members in our profession to reduce their risk and vulnerability medico-legally.



Learning Objectives

By the end of the programme, successful students will have acquired the knowledge, practical skills and experience to confidently:

- Develop an understanding of the physiology of healthy and unhealthy sleep
- Formulate an understanding in the nature and complexity of Sleep Disordered Breathing (SDB)
- Be able to identify the concomitant movement disorders such as sleep bruxism, dystonia and dyskinesia
- Distinguish the link between SDB, TMD, Orofacial pain and GERD
- Appreciate the presentation and co-morbidities of SDB
- Be able to identify, screen and assess those at risk of SDB
- Be able to practice within medico-legal boundaries and select the correct oral device for the patient
- Be able to work within an MDT framework
- Be able to manage SDB with oral appliances

Module 1

Foundation Principles of Dental Sleep Medicine

Introduction

Aims and Learning Outcomes:

- Introduce students to Dental Sleep Medicine.
- Equip students with the necessary critical appraisal skills to allow for evidence-based judgments following NICE guidelines.
- Introduce students to the role of other dental disciplines with Dental Sleep Medicine.
- Understand the consequences of undiagnosed Sleep Disordered Breathing.

Examination Cycle

- Understanding the basic foundations for dental health related to Dental Sleep Medicine
- Terminology within Dental Sleep Medicine (DSM)

Pathophysiology and Consequences

- Role of the dental team in DSM
- Terminology used with upper airway anatomy
- Biomechanics of upper airway function

Pathophysiology of Sleep Disordered Breathing

- Consequences of untreated sleep disordered breathing
- Sleep bruxism

Effects of SDB

- Dental disciplines that are affected by sleep disordered breathing
- Legislation involved in Dental Sleep Medicine

Module 2

Foundation Principles of Dental Sleep Medicine

Diagnostic process

Aims and Learning Outcomes:

- Understand the essential role of medical and dental disciplines within the practice of Dental Sleep Medicine.
- Give students an understanding of the signs & symptoms of Sleep Disordered Breathing in dental patients.
- Explain the pillars of screening & assessment of 'at risk patients.
- Provide students with a pragmatic approach to the whole dental teams' role within the management pathway.

Medical and Dental evaluation within SDB

- Multi-disciplinary team approach in the diagnostic process.
- Optical signs and symptoms of SDB and nasal examination.

Screening and Assessment

- Application of appropriate tests within Sleep Disordered Breathing,
- Screening questionnaires and assessment of risk.
- Polysomnography and Home Sleep Tests for Screening or Diagnosis..

Technologies in DSM

- Application of digital technology and imaging.
- Application of nasal endoscopy within SDB.
- Trial appliances in SDB.

Module 3

Foundation Principles of Dental Sleep Medicine

Management

Aims and Learning Outcomes:

- Emphasise current treatment modalities within SDB
- To give students an understanding of the types of oral appliances using analogue and digital workflows and how to titrate with complications.
- Provide students with a pragmatic approach in managing SDB and obtaining consent.
- Discuss surgical and weight loss management

Oral Appliances

- Treatment options for management of SDB
- Types of oral appliances and mechanism of action
- Digital and analogue workflows
- Risks and benefits

Medical Management

- Positive airway pressure devices
- Surgical Management
- Weight loss management

Adjuvant Therapies

- Personalised medicine model
- Neuromuscular electrical stimulation and other methods

Business of Dental Sleep Medicine

- Discuss NICE and ERS Guidelines.
- Setting up and growing your DSM practice.

Programme Lead: Dr Aditi Desai



Dr Aditi Desai is current President of British Society of Dental Sleep Medicine (BSDSM) and British Academy of Dental Sleep Medicine (BADSM.). She is also the President of Odontology Section of Royal Society of Medicine and serves on the Council of Sleep Section at Royal Society of Medicine. She serves on the Executive Board of the British Sleep Society and Association of Respiratory Technology and Physiology (ARTP). Aditi has been recently invited to serve on the first Scientific and Education Committee of the World Dentofacial Sleep Society.

Aditi has recently been awarded Fellowship of the College of General Dentistry by virtue of her distinguished service to dentistry over 45 years.

A restorative dentist over 45 years and by virtue of her passion for sleep medicine, Aditi now limits her practice to the management of patients with sleep disorders that require dental intervention. She works closely with a team of sleep specialists as part of a multidisciplinary team from HCA Outpatients at Shard and Specialist Care at Royal Brompton & Harefield Hospital in Wimpole Street, London. She has travelled widely, nationally and internationally, lecturing on the subject of Dental Sleep Medicine.

She has recently successfully seen the merger between the BSDSM and British Sleep Society and. Aditi has been instrumental in the implementation of the pathway to see the provision of Oral Appliance Therapy by trained dentists in the National Health Service.



Programme Lead: Prof Riaz Yar



Prof. Riaz Yar graduated from the University of Liverpool in 1999. After spending some time in general practice Prof. Riaz set up his own practice in 2003 before gaining MFDS from the Royal College of Surgeons, Edinburgh in 2005.

In 2008, Prof. Riaz completed an MPhil in Restorative Dentistry and in 2011 completed a 4-year long Membership of Pros Dent mono-specialty training in Prosthodontics at the University of Manchester.

In addition, Riaz is also an Internal examiner for the Membership of Joint Dental Faculties of the Royal College of Surgeons England and an Internal examiner for the Overseas Registration Exam and License in Dental Surgery of the Royal College of Surgeons England. As well as completing the specialty prosthodontic training, Riaz has undertaken a Diploma in Postgraduate Dental Studies (DPDS) with the University of Bristol and a Diploma in Implant Dentistry with the Royal College of Surgeons, Edinburgh.

Prof. Yar lectures nationally and internationally and is a keen advocate of postgraduate teaching and this is evident with the setting up of RED (Restorative Education of the Dental Team) Square – providing a MSc in Restorative Dentistry with University of Chester for which he was program director for 4 years. He is currently running a PG Diploma in Advanced Aesthetics / PG Cert Dental Sleep Medicine with Elevate Dental and a PG Cert in Dental Risk Mitigation. Prof. Yar has most recently completed his Masters in Soft Tissue around Implants and Teeth with Professor Zucchelli (Bologna).



He is a member of the Faculty of Trainers with the Royal College of Surgeons, Edinburgh and Fellow of the College of Dentistry.

He also a Visiting Professor in Prosthodontics at the College of Medicine and Dentistry – Birmingham / Ulster University and Shifa Dental School, Islamabad. His main topic of interest is TMD and Occlusion with Sleep Medicine and he runs courses nationally and internationally.

Faculty



Professor Adrian Williams



Professor Danny Eckert



Dr Maria Clotilde Carra



Dr Brian Kent



Dr Rachna Murthy



Professor Bhik Kotecha



Professor Joerg Steier



Professor Olivier
Vanderveken



Dr Shouresh
Charkandeh



Dr Edward Sall

Enrolment

1 YEAR
CPD/CE

DATES

Registration opens 1st May 2023
Course starts 1st June 2023

PRICING

Course fee £9000 incl. VAT

20% discount for:

- First 15 registrants
- BSDSM members
- Tubulite members

10-month payment plan available (10% per month)

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OUR MISSION

To educate, empower and help dental professionals excel by rapidly developing their skills and knowledge using exciting learning techniques and evidence based learning.

OUR VALUES

Integrity, honesty and professionalism.
Dedication, quality and achievement.
Loving what we do and having fun whilst doing it!

