



DENTAL SLEEP MEDICINE CERTIFICATE (LEVEL 7)

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Programme Overview

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 recognised 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.

- 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

Programme Leads



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.



Professor Riaz Yar

Professor Riaz Yar graduated from the University of Liverpool in 1999 and completed his specialty training in Prosthodontics at the University of Manchester in 2011. Riaz is also an Internal examiner for the Membership of Joint Dental Faculties 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.

Professor Yar lectures nationally and internationally and has most recently completed his Masters in Soft Tissue around Implants and Teeth with Professor Zucchelli (Bologna) and completing his PG Cert in Education. He also a Visiting Professor in Prosthodontics at the College of Medicine and Dentistry – Birmingham / Ulster University. His main topic of interest is TMD and Occlusion.

Faculty Speakers



**Professor
Danny Eckert**



**Professor
Adrian Williams**



**Dr Maria
Clotilde Carra**



**Dr Rachna
Murthy**



**Dr Brian
Kent**



**Professor
Bhik Kotecha**



**Professor
Joerg Steier**



**Sonya
Craig**



**Dr Shouresh
Charkandeh**



**Yakubu
Karagama**



**Professor Olivier
Vanderveken**



**Biswajit
Chakrabarti**



**Renata
Riha**



**Guy
Leschziner**



Dental Sleep Medicine Certificate (Level 7)

Blended 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

Mentoring sessions

Dental Sleep Medicine Certificate (Level 7): Introduction MODULE 1

Examination Cycle

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

Pathophysiology and Consequences

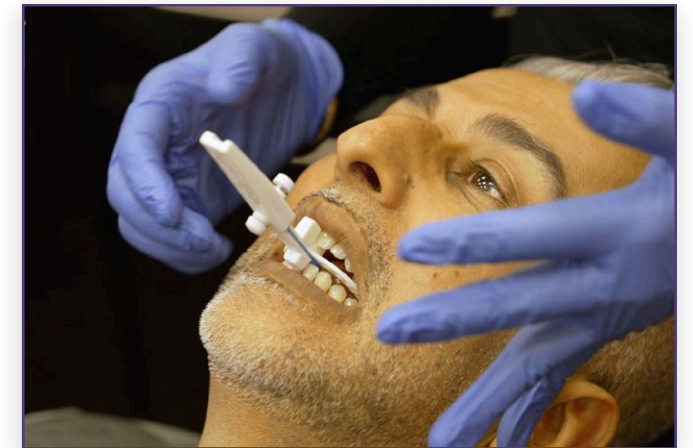
- > Role of the dental team in DSM
- > Terminology used with upper airway anatomy
- > Biomechanics of upper airway function

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



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.
- > Guides students to place accurate provisional crowns.

Dental Sleep Medicine Certificate (Level 7): Diagnostic Process

MODULE 2

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.



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.

Dental Sleep Medicine Certificate (Level 7): Management

MODULE 3

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.



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

Dental Sleep Medicine Certificate (Level 7): Face-to-Face Training Days

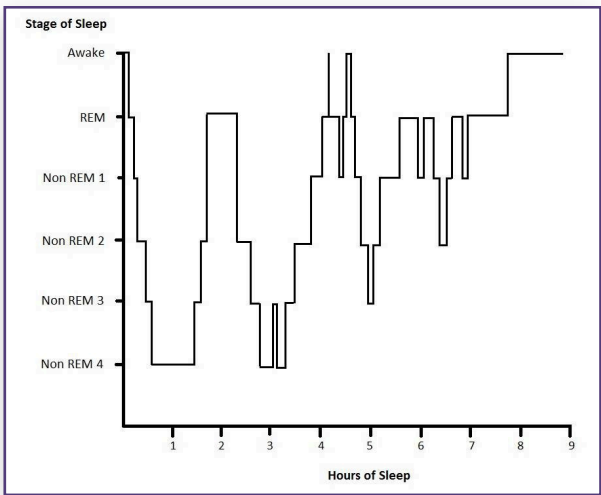
MODULE 4

The 3 days will be focussed around:

- > The assessment for a patient with suspected sleep disorders following a clear diagnostic pathway
- > Management of the data collected and designing/prescribing the appropriate device
- > Fitting of the device and problem solving

Hands on practicals include:

- > The Clinical examination as per the BSDSM protocol and TMD examination
- > Digital scanning and bite registrations
- > Fitting the devices, making a MOG and problem solving



READY TO BOOK?

Cost of the Course is £6,000 + VAT

Scan the QR
Code to book



NEED MORE INFORMATION?

Contact us at INFO@BADSM.ORG.UK

WWW.BADSM.ORG.UK