

# ORAL APPLIANCE THERAPY FOR SNORING, SLEEP APNOEA & BRUXISM

A Four Week Live Online Training and Mentoring Program  
9 live sessions as well as 6 months of group, and one on one support

## Including:

- Essential patient education materials, clinical forms, informed consent, screening questionnaire and more
- An extensive compilation of seminal articles and landmark studies in dental sleep medicine
- A comprehensive 7 module, 8 hour educational video recording on dental sleep medicine. Ideal for training key staff members

## This interactive training program will feature:

- All the steps and tools to immediately commence practicing in the field
- An exceptional online training platform that allows for close engagement with "live" patient clinical sessions

You already have a "practice within a practice" of patients who would benefit greatly from this treatment.

TOTAL  
18 HOURS  
CPD



## With Australasia's leading experts:

### Dr Harry Ball

Dentist  
Co-chair, Dental Sleep Medicine Council,  
Australasian Sleep Association

### Dr Rob Shea

Dentist  
Co-chair, Dental Sleep Medicine Council,  
Australasian Sleep Association

### Dr James Douglas

Sleep Physician

### Dr Alex Bartle

Sleep Physician (NZ)

### Dr Rob Delcanho

Orofacial Pain Consultant

### Dr David Cunnington

Sleep Physician

### Mr Eduard Pudel

Ear, Nose and Throat Surgeon

### Assoc. Professor Fernanda Almeida

Key note presenter

Assoc. Professor Almeida is a specialist dentist and one of the leading world authorities on dental sleep medicine. She has published extensively and presented highly acclaimed keynote presentations for the American Academy of Sleep Medicine, the American Sleep Association and the Australasian Sleep Association.

## Live Session Dates

<b>SESSION 1 Q&amp;A</b>	Wednesday 28th June 9.30pm - 10.45pm Monday 3rd July 9.30pm - 10.30pm
<b>SESSION 2 Q&amp;A</b>	Wednesday 5th July 9.30pm - 10.45pm Monday 10th July 9.30pm - 10.30pm
<b>SESSION 3 Q&amp;A</b>	Wednesday 12th July 9.30pm - 10.45pm Monday 17th July 9.30pm - 10.30pm
<b>SESSION 4 Q&amp;A</b>	Wednesday 19th July 9.30pm - 10.45pm Monday 24th July 9.30pm - 10.30pm
<b>SESSION 5</b>	Wednesday 26th July 7.30pm - 8.30pm

Cant attend a session? Recordings will be available for all participants.  
All session times New Zealand Standard Time (NZST).

### 18 CPD HOURS

NZDA verifies, that based on the information provided to NZDA, this activity meets the Dental Council policy requirements for CPD. NZDA CPD verification does not imply promotion or endorsement of the contents of any course. Attendees need to use professional judgment to assess the validity and usefulness of techniques, materials or therapeutic products to their own practice.

## Key Areas Covered

- Screening for snoring, sleep apnoea and bruxism.
- Organising and interpreting sleep studies.
- Understanding the range of current appliances.
- Fitting appliances with minimal chair side adjustment
- Understanding the criteria for success & problem solving.
- The latest research in bruxism and the splint design specialists use.
- Delivering an occlusal splint for bruxism that achieves maximum comfort and long-term compliance.
- The communication skills for high case acceptance.

“ The training seminar is one of those courses that has an immediate and direct impact on how you practice dentistry, right from the first day back in the office. A highly recommended course. ”

Dr Neil Tuddenham - Wamberal NSW  
Participant in the 2016 program

## Who should attend?

This training program is suitable for dentists new to oral appliance therapy, as well as experienced dentists who want to take it to a new level and make it a significant part of their practice.

**Key staff members are included with your registration.** They have an important role to play in implementing oral appliance therapy into your practice. They are often the first point of contact for your patients and can make all the difference in whether patients proceed with appointments.

## Highlights and topics

### Overview of Sleep Medicine

The sleep physicians will present on the various sleep disorders and the important role of the dentist in managing sleep apnoea and snoring.

### Initial Consultation

- Validated methods of screening for possible sleep apnoea and determining the patient's suitability for oral appliance therapy
- The simple step by step approach demonstrating effective patient education

### Impressions and Registration

- Impression techniques and methods for determining the optimal mandibular position for each patient
- Taking an accurate bite registration

### Choosing an Optimal Appliance

- The four essential criteria for choosing an optimal appliance.
- A demonstration of the appliances and discussion of the effectiveness, side effects and pros and cons of each appliance

### Fitting the Appliance

A proven method for fitting an appliance that requires minimal clinical time and adjustment, plus instructions on advancing the mandible.

### Troubleshooting and Adjustments

Side effects do not become a problem if they are dealt with promptly and effectively. Having fitted over 6000 appliances, Dr Ball will share his valuable experience in overcoming problems or side effects.

### Diagnosing Sleep Apnoea

- Organising sleep studies for your patients, with the results and treatment recommendations from a sleep physician
- An analysis of several patient sleep studies will be demonstrated.

### ENT Presentation

- Demonstration by the ENT surgeon of an airway examination
- Discussing the impact of nose and throat problems on sleep apnoea
- Methods for enhancing the effectiveness of oral appliance therapy.

### Communication Skills for Dentists and Team Members

- Methods for effectively dealing with frequently asked questions by patients
- Communication skills that lead to high case acceptance and compliance
- Practical demonstrations and role playing

### Internal and External Marketing

- Methods for identifying the many existing patients of the practice who have problems with snoring and sleep apnoea
- Proven strategies that are successful in attracting new patients, and their families, who can go on to become long term patients of the practice

### Bruxism and Occlusal Splints

- How to choose the optimal design which is effective and comfortable and based on the research and the consensus of specialists
- A demonstration of a 30 second method for taking a bite registration resulting in an ideal occlusion with no adjustment required on fitting.

## Registration

### Super Early Bird

\$1890 Before 20th May

### Early Bird

\$1990 Before 15th June

### Regular Registration

\$2290 16th June onwards

### Additional Dentists

\$1360 each

Registration includes three of your non dentist staff members

Prices are in NZD - GST Exempt

### Special Bonus, valued at \$1350:

- A comprehensive 7 module, 8 hour educational video recording on dental sleep medicine.
- A demonstration mandibular advancement splint on resin models
- Six months of group and one on one support
- Access to essential patient education material and all clinical forms
- An extensive compilation of seminal articles and landmark studies



### For more information or to book

**Online:** [www.dentalsleepinstitute.co.nz](http://www.dentalsleepinstitute.co.nz) **Phone:** +61 3 8657 5910 **Email:** [info@dentalsleepinstitute.com.au](mailto:info@dentalsleepinstitute.com.au)