

"Importance of a good night's sleep for the dental patient"

## Saturday 17 July 2021 | VIRTUAL ONLINE EVENT

### Learning Objectives, upon completion attendees will:

- Understand the physiology of healthy and unhealthy sleep
- Understand the nature and complexity of Sleep Disordered Breathing (SDB)
- 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

Programme:	
09:00 – 10:00	<b>1. Why dentistry for a medical condition</b> <ul style="list-style-type: none"> <li>Sleep and overall health</li> <li>Sleep Disorders and relevance to dentistry</li> <li>What is dental sleep medicine</li> <li>Pathophysiology, causes and consequences of untreated SDB</li> </ul>
10:00 – 10:30	<b>2. Management options</b> <ul style="list-style-type: none"> <li>BSDSM Protocol, medico-legal guidelines</li> <li>Treatment options</li> </ul>
10:30 – 11:00	<b>Morning tea</b>
11:00 – 12:00	<b>3. Screening and assessment in dental practice</b> <ul style="list-style-type: none"> <li>Identifying the problem</li> <li>Focused history taking and examination</li> <li>Validated questionnaires</li> <li>Sleep tests</li> </ul>
12:00 – 12:30	<b>4. Discussion with Q&amp;A</b>
12:30 – 13:30	<b>Lunch</b>
13:30 – 15:00	<b>5. Which Appliances, predictors of treatment success</b>
15:00 – 15:30	<b>Afternoon tea</b>
15:30 – 16:15	<b>6. Analogue and Digital impressions</b> <ul style="list-style-type: none"> <li>Bite registration techniques</li> <li>Fitting, titration and trouble shooting</li> </ul>
16:15 – 17:00	<b>7. Q&amp;A</b>
17:00	<b>Close</b>

**BOOK YOUR PLACE ON THE BSDSM WEBSITE:**  
[bsdsm.org.uk/events](https://bsdsm.org.uk/events)

Foundation Course: Dental Sleep Medicine for the Dental Team: £425

**VIRTUAL ONLINE EVENT**

BSDSM Members receive 10% discount

# BSDSM

British Society of Dental Sleep Medicine

## About the speaker:

### Aditi Desai

President, British Society of Dental Sleep Medicine



Dr Aditi Desai is current President of British Society of Dental Sleep Medicine (BSDSM) as well as President of British Academy of Dental Sleep Medicine (BADSM). She is President Elect of Odontology, Royal Society of Medicine and Council Member of Sleep Section of Royal Society of Medicine. She serves on the Board of the Association of Respiratory Technology and Physiology (ARTP).

Aditi is a restorative dentist for over 44 years but now, by virtue of her passion for sleep medicine, limits her practice to the management of patients with sleep disorders that require dental management. This includes Snoring, Upper Airway Resistance Syndrome, OSA, Sleep Bruxism, TMD, Orofacial Pain.

She works closely with a team of sleep specialists as part of a multidisciplinary team from HCA Outpatients at Shard, Royal Brompton Harefield Hospital in Wimpole Street and Harley 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 will serve on the Executive Committee of this merger.

Aditi's passion is to teach on the subject of dentistry's role in treating these patients which number more than a billion worldwide. She teaches dentists and the entire dental team as well as physicians to increase awareness, provide education and access to trained dentists that patients receive appropriate care especially those who are non-compliant CPAP users.

## Sponsors



## Certification

This training course meets the educational criteria set by the GDC for verifiable CPD for the purpose of Recertification, providing 5 hours of verifiable CPD and is certified by the British Society of Dental Sleep Medicine.

Certificates will be handed to each delegate at the end of the course in return for a completed evaluation form.