



American Academy of Dental Sleep Medicine Continuing Education Offering

Instructions for Earning Credit

A dentist with a current and valid license to practice dentistry in the US or abroad may read any or all of the selected continuing education (CE) articles in this issue of *Journal of Dental Sleep Medicine*, complete the CE evaluation form, and fax or mail the form to the AADSM to receive CE credit. There is no charge to members of the AADSM for this service. Nonmembers must pay a \$20 administrative fee. To earn credit, carefully read any or all of the articles designated for CE credit (see below) and complete the CE evaluation form. A verification of participation letter for CE credit will be faxed or mailed within 3 to 5 weeks. The individual dentist is responsible for maintaining a record of credit received.

Accreditation Statements

The AADSM is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ADA.org/cerp. The AADSM designates this activity for a maximum of .5 CE credits per article. Each participant should claim only those credits that he/she actually spent in the educational activity.



Statement of Educational Purpose / Overall Education Objectives

The *Journal of Dental Sleep Medicine* (JDSM) aims to reflect the state of the art in the science and clinical practice of dental sleep medicine. The focus of JDSM is on the interaction between sleep-disordered breathing and dental medicine. Additionally, as sleep disorders are complex and their management multi-disciplinary, JDSM brings readers cutting-edge information about all common sleep disorders and disruptions. JDSM includes patient studies as well as basic science studies of the physiology and pathophysiology of sleep disorders. JDSM also includes studies that illustrate clinical approaches to diagnosis and treatment.

About the AADSM

The American Academy of Dental Sleep Medicine (AADSM) is a professional membership organization promoting the use and research of oral appliances and oral surgery for the treatment of sleep disordered breathing and provides training and resources for those who work directly with patients. AADSM members collaborate with colleagues to learn about oral appliances and the role they play in the diagnosis and treatment of sleep-related breathing disorders. The AADSM helps educate practitioner dentists through clinical meetings that keep leading-edge ideas accessible and establishes and maintains appropriate treatment protocol.

The following articles may be read and evaluated for .5 CE credits each:

Issue 1:

1. The History Behind the Mechanics of Oral Appliance Therapy for the Treatment of Obstructive Sleep Apnea

Objective: This first in a series of papers hopes to acquaint the reader with the long history behind oral appliance therapy for the treatment of obstructive sleep apnea.

Issue 2:

1. A Pilot Study: Is Snoring During Pediatric Dental Procedures Indicative of Obstructive Sleep Apnea?

Objective: To determine whether pediatric snoring during sedation could be used to screen for obstructive sleep apnea (OSA) by pediatric dentists.

2. Assessment of Potential Tooth Movement and Bite Changes With a Hard-Acrylic Sleep Appliance: A 2-Year Clinical Study

Objective: The objective of this study was to test a proprietary hard-acrylic computer-aided design/computer-aided manufacturing (CAD/CAM) oral appliance with “retainer-like fit” and determine whether it resulted in tooth movement upon regular wear over a minimum 2-year period. Additionally, this study focused on determining patient acceptance of said device considering any reported side effects.

Issue 3:

1. OSA Prevalence in a General Pediatric Craniofacial Population

Objective: Obstructive sleep apnea (OSA) is a common disorder characterized by collapse of the upper airway during sleep and requires a multidisciplinary management approach. There has yet to be a study that is able to compare a craniofacial (CF) population sample to a sample of the general public that is from a similar clinic setting. The aim of this study was to determine the prevalence of positive OSA screenings in a CF population sample treated in the CF clinic of a dental school, and compare it to a previously collected sample from the orthodontic clinic of the same dental school.

2. Obstructive Sleep Apnea Educational Intervention of Dental Hygiene Students

Objective: Oral health professionals (OHPs) have a unique opportunity to screen for obstructive sleep apnea (OSA) but receive limited education about OSA. This study determined whether an online educational intervention could significantly increase the knowledge of information relevant to OSA screening in individuals studying dental hygiene (DH).

3. Long Term Patient Centered Outcomes Following Treatment with Oral Appliance Therapy for Obstructive Sleep Apnea

Objective: This study assessed the long-term general and condition-specific quality of life (QOL) and perceived occlusal and functional changes of individuals with obstructive sleep apnea (OSA) who had oral appliance therapy (OAT) delivery 2 years ago or longer.

Issue 4:

1. Cephalometric Evaluation of Craniofacial Morphology in Pediatric Patients With Fully Diagnosed OSA With Distinct Sagittal Skeletal Malocclusions

Objective: To establish whether craniofacial and nasopharyngeal morphology, assessed through lateral cephalometry, in children properly diagnosed with obstructive sleep apnea (OSA) differed from that of non-likely OSA control children stratified based on sagittal malocclusion and to evaluate if there is any association with apnea-hypopnea index (AHI) severity.

2. The Current State of Dental Sleep Medicine Practice in Academic Institutions: A Questionnaire-Based

Objective: The aim of this study is to evaluate the current state of dental sleep medicine practice at the United States and Canada academic institutions.

3. Evaluation of Fat Tissue Deposition Within the Tongue Via Near-Infrared Interactance

Objective: In this study, the fat deposition within the tongue was evaluated via near-infrared interactance (NIR). The aim of this study was to investigate the feasibility of using NIR spectroscopy for measurement of tongue fat, and the relationship between the tongue fat and OSA status/severity.

Volume 6 CE Evaluation Form

Please use the following scale: 5 = Strongly Agree, 4 = Agree, 3 = Unsure, 2 = Disagree, 1 = Strongly Disagree

Educational Assessment	Issue 1 Article 1	Issue 2 Article 1	Issue 2 Article 2	Issue 3 Article 1	Issue 3 Article 2	Issue 3 Article 3	Issue 4 Article 1	Issue 4 Article 2	Issue 4 Article 3
I learned something new that was important	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I verified some important information	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to discuss this information with colleagues	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I plan to seek more information on this topic	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
My attitude about this topic changed in some way	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
This information is likely to impact my practice	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I understood what the authors were trying to say	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
I was able to interpret the tables/figures (if applicable)	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
The presentation of the article enhanced my ability to read and understand it	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1

Additional comments and/or feedback: _____

What changes, if any, do you plan to make in your practice as a result of these articles? _____

I attest to having completed the CE activity (CE will not be verified without signature)

Signature: _____ Date: _____

Name: _____ Degree: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Are you a member of the AADSM? (circle one): YES / NO (If no, complete the following payment information:

- Check made payable to AADSM for \$20 (US) is enclosed.
- Charge \$20 (US) to (check one): VISA MasterCard American Express

Credit Card #: _____ Expiration Date: _____

Cardholder Name: _____ Signature: _____ V-Code _____

**Please return this completed form to the American Academy of Dental Sleep Medicine national office:
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1001 Warrenville Rd., Suite 175, Lisle, IL 60532
Fax: (630) 686-9876**