



## Assignment Checklist

The AADSM Mastery Program consists of three in-person courses, each lasting two and one-half days. Prior to each course, attendees are required to complete pre-session assignments. This document contains an overview of those pre-session assignments to help you plan. Further details on these assignments, including detailed instructions and deadlines, will be provided approximately one month prior to each course.

All assignments are due two weeks prior to each course.

*NOTE: Attendees must have access to Microsoft PowerPoint to complete some of these assignments. When registering for Mastery, please be sure to enter an email address that is checked frequently as this is where all correspondence will be sent. Emails will be sent from [mastery@aadsm.org](mailto:mastery@aadsm.org), so it is recommended that you add this email to your contact list to avoid messages going to spam or junk folders.*

### **Mastery I**

- Submit copy of valid dental license with expiration date.
- Submit copy of valid professional liability insurance with expiration date.
- Read all articles from the AADSM Mastery Course I reading list.
- Watch five online learning modules and complete self-assessment tests.

#### *Competency I: Impression Taking*

After reading a tutorial, attendees are instructed to take an impression on any adult.

- Read the tutorial on impression taking.
- Acquire photos, in JPEG format, of maxillary and mandibular impressions of any adult (at least 18 years of age), patient or non-patient, with a minimum of 10 teeth per arch. Impressions of typodonts will not be accepted. Impressions must capture all dental anatomy and be free of voids, tears, pulls or distortions. Capture of 5mm tissue beyond the teeth is also required. While the tutorial describes a two-step PVS technique, attendees may submit images of alternative impression material (e.g. alginate) or technique (e.g. single-phase PVS) **OR** Acquire digital impressions of maxillary and mandibular impressions of any adult

(at least 18 years of age), patient or non-patient, with a minimum of 10 teeth per arch. Submit still image files of digital impressions demonstrating all tooth surfaces including the CEJ and tissue capture of 5mm beyond CEJ.

### *Competency II: Intra-Oral Photos for Record Keeping*

After reading a tutorial, attendees are instructed to take photographic intra oral images of any adult (at least 18 years of age), with a full dentition.

- Read an informational document on intra-oral photography.
- Acquire five orthodontic intra-oral photos, in JPEG format, of any adult (at least 18 years of age) with a full dentition **OR** Acquire and submit digital still image files of five orthodontic images described in informational document on intra-oral photography.

## **Mastery II**

Completing Mastery II and III involves treating two patients with oral appliance therapy (OAT). Select TWO patients who:

- are at least 18 years of age
- have a minimum of 10 teeth per arch
- have a diagnosis of obstructive sleep apnea (AHI of 5 or greater) made by a physician
- have a physician-written prescription for oral appliance therapy
- are not currently being treated with oral appliance therapy (aka new patients)
- will be used for both Mastery Course II (Competency III) and III (Competency VI) pre-session assignments

Attendees will perform comprehensive examinations, verify candidacy for OAT, acquire impressions and protrusive bites, select appliance styles and send cases to certified laboratories for device fabrication. Oral appliances must be delivered before Mastery Course III with intraoral photographs showing the device seated in the patient's mouth.

*NOTE: Suggestions for finding patients can be found [HERE](#).*

- Read all articles from the AADSM Mastery Course II reading list.

- Conduct a personal appliance trial. Attendees will select an appliance style that interests them, have it fabricated and delivered for overnight trial. Take and submit intra-oral photos (OR combination of intra-oral photos and still image digital files) and complete a survey.

### *Competency III: Bite Acquisition-Two Guided Patient Cases*

Attendees will acquire protrusive bites for two patients and complete surveys related to their experiences which are reviewed anonymously in class.

- Submit completed Attestations document.
- For each of the two patients: submit six intra-oral photos, in JPEG format: three in centric occlusion, two occlusal views, and one anterior view with bite in place **OR** Submit six digital still image files: three in centric occlusion, two occlusal views and one anterior view of protrusive bite position.
- Take Patient Case #1 survey.
- Take Patient Case #2 survey.

### *Competency IV: SOAP Notes and Informed Consent*

After reading a tutorial and case presentation, attendees and take a short quiz.

- Read the tutorial on SOAP notes and informed consent.
- Read the SOAP note sample.
- Take the SOAP note quiz.

## **Mastery III**

- Read all articles from the AADSM Mastery Course III reading list.

### *Competency V: Treatment Planning*

Attendees are required to read a sample SOAP note and take a short quiz.

- Read the Treatment Planning SOAP note sample.
- Take the Treatment Planning quiz.

### *Competency VI: Device Delivery and Follow-Up - Two Guided Patient Cases*

Attendees must deliver two devices and complete surveys related to their experiences which are reviewed anonymously in class.

- Submit the final intra-oral photo of the appliance in place, for each patient case, from the anterior perspective with appropriate retraction. This image will *not* be accepted as a digital still image file.
- Take Patient Case #1 delivery and follow-up survey.
- Take Patient Case #2 delivery and follow-up survey.