



Information About Patient Cases in Preparation for Mastery Courses II and III

Prior to Mastery Course II, you will be required to start two, guided patient cases. While you will receive further information on this upon completion of Mastery Course I, you are encouraged to work ahead by selecting two patients for these cases that:

- 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

Below are some FAQs regarding the guided patient cases.

What will I need to submit for my two guided patient cases?

1. You will sign two attestations indicating that you followed AADSM standards of treating patients with oral appliance therapy by acquiring necessary pretreatment documents (Rx and diagnostic study), perform a comprehensive examination and discuss informed consent.
2. You will upload photographs of **two** patients' centric bites in three views (right, anterior and left), two occlusal views and an image of the protrusive bite in place. For attendees using digital scanning for their full arch impressions, it is acceptable to upload digital still image files of all views including one of the digital models positioned in their "virtual protrusive bite". NOTE: There will be no submission of the protrusive bite on patients' models. Both upper and lower anterior midlines must be visible.
3. Finally, you will complete a four-part survey for both your patient's demographics and your treatment planning goals.

Do I need to submit a copy of the Rx, diagnostic study, or patient x-rays?

1. None of these will be submitted.
2. To comply with HIPAA standards, your cases must be labeled "case one" and "case two". Do not include any patient identifying data (name, initials, date of birth). Images should be intra-oral only.

Is there a timeline for when the diagnosis needs to be done?

No, there is no timeline for the diagnosis. If the physician provides a prescription for OAT based upon already diagnosing sleep apnea, that is fine. However, if the patient is planning to submit to insurance, you will want to verify with the insurer that the sleep study was completed within the required timeframe.

Can I use previous cases to meet these requirements?

No, to maximize the learning experience, previous cases will not be accepted.

Do I need to spend time in a sleep clinic or acquire a letter of recommendation from a sleep physician?

You do not need to spend time in a sleep laboratory; however, it is a wonderful opportunity to learn. Sleep technologists are generally very generous in explaining both the process and results of polysomnography. This is also an excellent way for dentists to get access to sleep physicians. You will find that collaborating with physicians is not only necessary for good patient management but also one of the many rewarding facets of treating patients with sleep-disordered breathing.

I have never fabricated an oral appliance for sleep-disordered breathing; how do I get started?

1. Ask every single patient you see in hygiene or in operative care if they snore, wake up unrefreshed, have been told they stop breathing, or have ever been prescribed a CPAP. Identifying patients who have already attempted CPAP is the most expeditious route to starting a case since they already have a diagnosis and treating physician. Remember that few CPAP patients wear their CPAP full-time or at all. Explain to the patients that you are working towards becoming a diplomate and need to submit two "guided patient cases." Offer a discount fee if needed. A trial of oral appliance therapy without financial risk will motivate symptomatic patients.
2. Call your local sleep clinics and explain to the receptionist (to please let the physicians know) that you need an OAT case as you prepare to become a diplomate and would be willing to treat a patient in need pro bono. You are also willing to treat someone in their office. Ask them to screen for CPAP intolerant patients. Tell them that time is of the essence. Call every office near you. Do it today!!
3. Also ask the same receptionist how long it would take a suspected OSA patient

to get in for consultation and diagnosis. Again, explain your deadline for the process and appeal to their sympathy.

4. Call local PCPs and cardiologists; they have patients that are CPAP intolerant.
5. Ask to spend time overnight in a sleep laboratory. Generally, this request has to be approved by the sleep physicians and will typically lead to further discussion about finding a patient to treat. Spending time in a sleep lab is not mandatory, but highly recommended to accelerate your learning and confidence.
6. Offer patients of record with suspected OSA a free case with the understanding that they will need to act quickly, see a physician, get an Rx and get back into your schedule. Save time slots in your schedule if needed. Only the exam, impressions and bite need to be done before Mastery Course II. The delivery is required before Mastery Course III.
7. Finally, tell every one of your friends and family members that you need two patients like this. Again, a discount is a big motivator to get people to act quickly. Treat your spouse, treat your relatives, treat your friends and absolutely start right away on a device for yourself, so that when it comes to delivery, you have a practice delivery under your belt.
8. Follow up with a letter: Dear sleep doctor, my name is....I am writing for your assistance...etc.