

With
5.5 hours
enhanced
CPD

Assessment & Treatment of Patients with Snoring and Sleep Apnoea

Presented by

**Dr Aditi Desai,
Dr Judith Husband,
Hans-Peter Kopp, DDS
& Mr Giles Bradley**

This seminar aims to give dentists the knowledge and competence to assess the patient seeking treatment for snoring, refer them for medical investigation where required and **effectively and successfully treat their snoring** where appropriate.



The Barbican Centre,
Silk Street, London
EC2Y 8DS



Saturday 16th
November
2024



Registration 9 - 9.30am
Seminar 9.30 - 17.00

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Book before end of September

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Assessment & Treatment of Patients with Snoring and Sleep Apnoea

Up to 40% of the UK population snore, potentially disrupting the sleep of themselves and their partners. A proportion of them suffer from Obstructive Sleep Apnoea (OSA), which if severe may require medical intervention.

Suitably trained GDPs, working in conjunction with properly accredited and skilled technicians, can successfully manage and alleviate the snoring of many of these patients. However, it is clinically and legally necessary to first identify patients at risk of OSA and appropriately refer them before treatment.

This one-day seminar will provide the training which allows GDPs to start screening patients and from there offer them proven treatment for their snoring and improving them and their partners quality of life.

Aims, Objectives & Anticipated Outcomes

At the end of the seminar delegates should be able to better understand:

- The physical conditions related to snoring and OSA.
- Appropriate screening to help identify patients that would benefit from medical assessment.
- Documenting the assessment process and referring patients whose OSA falls out of the scope of practice of GDPs.
- Clinical requirements for prescribing, constructing & fitting anti-snoring devices.
- Practical methods of improving the success rate of treatment for snoring & OSA.
- Why many patients stop using Mandibular Adjustment Splints that are prescribed to treat their snoring and how to reduce this.
- Clinical advantages of using the **Silensor-sl**.

This day aims to give dentists the knowledge and competence to assess the patient seeking treatment for snoring, refer them for medical investigation where required and effectively and successfully treat their snoring where appropriate.

Suitable for GDPs

With 5.5 hours enhanced CPD

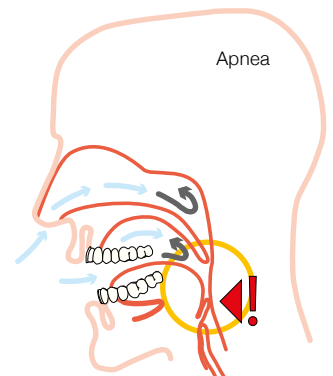
This seminar meets GDC Development Outcomes A, C & D

- Identifying appropriately trained and indemnified dental technicians/laboratories to manufacture anti-snoring devices.
- Appropriate follow up assessments to review signs and symptoms including TMJ monitoring maintenance of snoring devices.
- How to keep and maintain appropriate records.
- Indemnity and insurance requirements in production and supply of the **Silensor-sl** Mandibular Adjustment Splints (MAS).

Treatment for Snoring

Snoring is generated in the upper respiratory system. When the respiratory tract (pharynx) is cramped parts of the soft tissue start to vibrate and cause the snoring noise. Snoring, however, may also indicate underlying health issues such as Obstructive Sleep Apnoea (OSA) which require further medical management.

Snoring and obstructive sleep apnoea are a mechanical process that may be mechanically treatable in a dental setting. Studies have shown that the advancement of the lower jaw considerably reduced snoring in over 80% of patients, with 50% seeing a reduction in their apnoea index. However, many patients find Mandibular Advancement Splints are bulky and uncomfortable to wear and so stop using them.



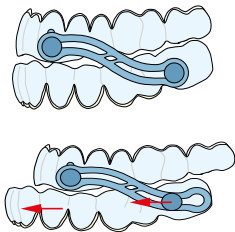


How the **Silensor-sl** Mandibular Advancement Splint solves the problem

The **Silensor-sl** was designed and developed by a dentist, Hans-Peter Kopp (Erkodent GmbH), to overcome these issues.

The **Silensor-sl** has proven effectiveness in treating snoring and the symptoms of OSA and is more acceptable to patients because it:

- is more comfortable due to being less bulky and providing maximum tongue space
- provides greater freedom of movement due to its unique connector system
- has a soft inner layer, to improve patient comfort
- is easily adjustable in increments of 1mm, to find the minimum effective advancement
- is completely metal-free





Silensor-sl Marketing Support

Is snoring a problem for you?

Silensor-sl
anti-snoring device

Allowing you and your partner to get a good nights sleep

For further advice and information about how the **Silensor-sl** may be able to reduce your snoring please speak to your dentist

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The **Silensor-sl** marketing support is completely free of charge to users and includes:

- A3 Posters
- Waiting Room Video
- Patient Literature
- Care Cards
- How to insert and remove the **Silensor-sl**
- How to replace **Silensor-sl** connectors
- Pre-screening and Partner screening questionnaires



Is snoring a problem for you?

How to insert & remove your **Silensor-sl**

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Silensor-sl
anti-snoring device

How to replace **Silensor-sl** connectors

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How to replace **Silensor-sl** connectors

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Assessment & Treatment of Patients with Snoring and Sleep Apnoea

Seminar Programme

Presenter colour guide:

Dr Aditi Desai, Dr Judith Husband, Hans-Peter Kopp and Mr Giles Bradley.

- | | |
|---------------|--|
| 9:00 – 09:30 | Registration and Refreshments |
| 09:30 – 10:30 | Airway assessment. Why is this important for every dentist.
Causes and consequences of Sleep Disordered Breathing (SDB). |
| 10:30- 11:00 | Screening and assessing 'at risk' patients for underlying (SDB). |
| 11:00 – 11:30 | Refreshment break |
| 11:30 –12:15 | Scope of Practice and establishing a Multidisciplinary network for appropriate referral. |
| 12:15-12:30 | British Society of Dental Sleep Medicine Protocol for safe practice. |
| 12:30 – 13:30 | Lunch |
| 13:30 – 13:45 | History and introduction of the Silensor-sl |
| 13:45 – 14:45 | Mandibular Advancement Devices as a treatment option for SDB.
Informed consent and discussing alternate therapies.
Avoidance and management strategies of complications of Oral Appliance Therapy. |
| 14:45 – 15:15 | Refreshment break |
| 15:15 – 16:00 | Clinical history and advantages of using the Silensor-sl . |
| 16:00 – 16:30 | Practical Clinical Skills and Techniques for Mandibular Adjustment Splints.Theory of impression taking and intra oral scans and demonstration of using the protrusion gauge. |
| 16:30 – 17:00 | Panel open for questions.
Course reflection and questionnaire for CPD. |



Dr Aditi Desai

Aditi Desai is current President of British Society of Dental Sleep Medicine (BSDSM) and British Academy of Dental Sleep Medicine (BADSM). She is also the immediate Past President of Odontology Section of Royal Society of Medicine and serves on the Council of Sleep Section at Royal Society of Medicine. She serves on the Executive Board of the British Sleep Society and Association of Respiratory Technology and Physiology (ARTP). Aditi has been recently appointed to serve on the first Scientific and Education Committee of the World Dentofacial Sleep Society.

Aditi was awarded Fellowship of the College of General Dentistry by virtue of her distinguished service to dentistry. A restorative dentist over 46 years and by virtue of her passion for sleep medicine, Aditi now limits her practice to the management of patients with sleep disorders that includes Sleep Apnoea, Snoring, Sleep Bruxism and TMD that require dental intervention. She works closely with a team of sleep specialists as part of a multidisciplinary team from HCA Outpatients at Shard and Specialist Care at Royal Brompton & Harefield Hospital in Wimpole Street, London. She has travelled widely, nationally and internationally, lecturing on the subject of Dental Sleep Medicine.



Hans-Peter Kopp DDS



Peter is the Managing Director of Erkodent GmbH and practicing dentist. He graduated in Pharmaceutical Chemistry at the Dr. Grubler University in Isny in 1977 and in Business Studies at the University of Strasbourg in 1979. Peter then qualified as a dentist at the University of Heidelberg in 1986 and has been a practicing dentist ever since. He is the inventor of the Silensor-sl, the most effective and comfortable anti-snoring system available. He is also the inventor of a range of other products, such as Erkoform and Occluform, which allow the opposing bite to be registered immediately after thermoforming has taken place. Since becoming Managing Director of Erkodent GmbH in 1988, Peter and his team have continued to grow the company by developing a growing range of innovative products which improve patient outcomes.



Dr Judith Husband BDS, Dip IoD, FCGDent

With twenty-five years clinical experience Judith is an associate dentist in general practice working with a mixed NHS and private patient base in rural Northamptonshire. She has had an interest in helping patients suffering from snoring for the past six years.

Her nonclinical time is shared across several roles related to healthcare and dentistry including MPS Dental Protection Board and Chair of the Members Advisory Board of Wesleyan Assurance Society, trustee of the Oral and Dental Research Trust and she is the independent clinical advisor to Schottlander.

Judith is elected to the General Dental Practice Committee Executive where she continues her national representational roles. She is past Deputy Chair of the British Dental Association Executive Board and held senior officer roles on the Principle Executive Committee, including extensive work with UK dental regulatory bodies. Judith is a Fellow of the College of General Dentistry and a keen advocate for the dental profession.



Mr Giles Bradley RDT

Giles, qualified as a dental technician in 1990, and has owned and run Ultralight Dental Laboratory in West Yorkshire for more than 25 years. He has over 30 years' experience of fabricating thermoformed appliances, with a particular focus on the **Silensor-sl** anti-snoring device for the past 20 years. Working with consultant dentists with a special interest in Dental Sleep Medicine, he is an integral part of the team at a Teaching Hospital which seeks to positively impact the quality of life of some of the hardest to treat patients. Giles has committed himself for many years to improving his knowledge and developing new skills and techniques, prioritising continued education in both the UK and Europe. He brings this commitment to education to his passion to help others to improve their skills and further their own knowledge.

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