

## 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](http://www.ADA.org/cerp). The AADSM designates this activity for a maximum of .5 CE credits per article for a total of 3 CE credits. 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. Cardiovascular Benefits of Oral Appliance Therapy in Obstructive Sleep Apnea: A Systematic Review**

*Objective:* To perform a systematic review of the current evidence regarding the cardiovascular benefits of oral appliance (OA) therapy in obstructive sleep apnea (OSA) patients.

#### Issue 2:

##### **2. The Effects of an Oral Appliance in Obstructive Sleep Apnea Patients with Prehypertension**

*Objective:* To estimate the effect of oral appliance treatment on the blood pressure of a cohort of obstructive sleep apnea (OSA) patients on a short-term (3 months) and long-term (1 year) basis and also to evaluate changes in the apnea-hypopnea index (AHI), snoring index (SI) and overall impact on the sleep apnea quality of life (SAQOL).

#### Issue 3:

##### **3. A Brief Report on the Development of the Usability of Sleep Apnea Equipment–Oral Appliance Questionnaire: A Pilot Study**

*Objective:* To develop a questionnaire for measuring human factors (usability) associated with oral appliance use and to assess the feasibility of administering the questionnaire to patients with obstructive sleep apnea in a clinic setting.

#### Issue 4:

##### **4. How Close Can Single-Channel EMG Data Come to PSG Scoring of Rhythmic Masticatory Muscle Activity?**

*Objective:* Assessment of jaw-muscle activity during sleep is needed to establish a definite diagnosis of sleep bruxism (SB). Multichannel polysomnographic (PSG) studies are the gold standard (GS) but are unfortunately not readily available, so singlechannel electromyographic (EMG) devices have been developed. This study attempted to evaluate an EMG algorithm for singlechannel EMG recordings in comparison with the outcome from PSG recordings.

**5. Class III Bimaxillary Orthognathic Surgery and Sleep Disordered Breathing Outcomes**

*Objective:* To assess whether patients with class III malocclusions who underwent bimaxillary orthognathic surgery (BOS) are at an increased risk for obstructive sleep apnea (OSA) and/or a reduction in sleep-related quality of life compared to class III patients treated with orthodontics alone.

**6. Development of a Simplified Pediatric Obstructive Sleep Apnea (OSA) Screening Tool**

*Objective:* To develop and test a pediatric screening tool to gauge the risk that an individual child would have OSA prior to a dental procedure by a pediatric dentist requiring minimal or moderate oral conscious sedation.

**CE Evaluation Form**

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

<b>Educational Assessment</b>	<b>Article 1</b>	<b>Article 2</b>	<b>Article 3</b>	<b>Article 4</b>	<b>Article 5</b>	<b>Article 6</b>
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
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
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
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
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
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
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
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
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

**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 (circle 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:  
 AADSM  
 1001 Warrenville Road, Suite 175, Lisle, IL 60532  
 Fax: (630) 686-9876**