PRESENTATION

Title: Temporomandibular Joint Dysfunction and Sleep-Disturbed Breathing

This course will allow dentists to increase their knowledge of Temporomandibular Joint Dysfunction and Sleep-Disturbed Breathing. It will also serve to support your training by thinking of taking a master in the future like the one offered by our Dental Science university.

GENERAL DATA

Duration: 150 hours (15 ECTS credits)

Modality: Blended

Date and time: 01/09/2022 - 26/02/2023

This course will take place in Australia

Contact phone:

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Title / Diploma obtained: Temporomandibular Joint Dysfunction and Sleep-Disturbed Breathing

RECIPIENTS

All the students will have to be a qualified, registered dentist in their respective states/countries.

OBJECTIVES

- Through this program, the student will get familiar with the principles of dental sleep medicine and temporomandibular joint disorders. We concentrate on the importance of interdisciplinary approach in achieving optimal results, focusing on minimally invasive dentistry as a basic premise.
- Treatment options for pain and maximising general health is a focus.
- With an approach of functional diagnosis of the head and neck, airways, and sleep analysis through dental parameters, the student will be able to elaborate an interdisciplinary treatment plan and aim to solve these kinds of cases.

PROGRAM

Records and Assessment

- Temporomandibular joint, muscles of mastication, tonsils, adenoid, and airway
- Case work-up for temporomandibular joint disorders
- Imaging of the temporomandibular joints
- Abnormalities of the temporomandibular joint
- Occlusal analysis and muscle palpation
- Movement of the temporomandibular joint

- Restriction in mouth opening
- Evaluation and aetiology of joint sounds
- Temporomandibular joint pathology
- Relationship between occlusion, malocclusion, and TMJ
- Bruxism
- Muscle pathology
- Examination and discussion of treatment options for head & neck pain
- Trigger points

Diagnosis

- Temporomandibular joint dysfunction
- Diagnosis of orofacial pain
- Nociception, pain, and pain behaviour
- Pathophysiology of pain
- Homotropic (primary) and heterotropic/referred (secondary) pain
- Trigeminal neuritis
- Migraine and headaches

Classifications and Theories

- Pain theory
- Orofacial pain disorders
- Aetiological theories of TMJ pain dysfunction syndromes
- Classification of temporomandibular disorders
- Classification of orofacial pains

Treatment Planning and Options

- Multidisciplinary approach to orofacial pain
- Modalities of treating head & neck pain
- Autologous blood concentrates
- Discussion of different bites and occlusal patterns in the scheme of reducing pain and maximising function: Phonetic bite in detail
- Pharmaceutical alternatives for treating pain

Sleep

- Sleep
- Functions of sleep
- Sleep cycles, sleep architecture
- REM and non-REM sleep
- Interactions between pain and sleep
- Sleep-disordered breathing
- Consequences of non-restorative sleep
- Sleep disorders, parasomnias, dyssomnias
- Sleep bruxism
- Exogenous influences on sleep
- Relationship between GORD and bruxism
- Obstructive sleep apnoea and central sleep apnoea
- ADHD and sleep apnoea
- Airway orthodontics and sleep apnoea
- Sleep apnoea in children
- Treatment modalities and devices for sleep apnoea
- Combination therapy for sleep

- “Sleep hygiene”, lifestyle factors
- Relationship of malocclusion, TMD, orthodontics, and sleep medicine: explored and discussed
- Appliance therapy for different manifestations of TMD and sleep disorders

Orthodontic Perspective (Brief Discussion)

- Orthodontic diagnosis
- Removable appliances vs. fixed appliances
- Diagnosis and treatment planning Cephalometric and software applications
- Functional appliances and their clinical applications
- Extraction vs. Non-extractions

METHODOLOGY

The course will be carried out through theoretical online presentations via IAADent Student Portal. Submission of 5 cases with complete documentation is required for receiving the Diploma

EVALUATION

The course will be evaluated by taking an online exam after each module and presenting 5 cases per student with a heavy emphasis on complete record-taking, correct diagnostics and treatment planning. The cases do not have to be completed but treatment need to have started.