

2006 AMERICAN BOARD OF DENTAL SLEEP MEDICINE Certification Exam

Achieve The Recognition You Deserve

The need for practitioners who possess specific knowledge and skills in the field of dental sleep medicine continues to grow. With this growth also comes the need for greater recognition.

Certification as a Diplomate of the American Board of Dental Sleep Medicine represents a professional commitment to education, knowledge and skill in the areas of dental sleep medicine and oral appliance therapy. Diplomates are recognized by patients, colleagues and professional organizations in both medicine and dentistry as having met the highest level of knowledge and clinical competence in the field of dental sleep medicine.

Certification is designed to recognize practitioners in the field of dental sleep medicine with an advanced understanding of:

- Basic sleep medicine
- Oral appliance therapy
- Upper airway surgery

The American Board of Dental Sleep Medicine Certification Examination is administered once a year and is comprised of two hundred questions. It is conducted over a four hour period of time and held in conjunction with the Academy of Dental Sleep Medicine Annual Meeting. The exam tests candidates on airway anatomy and physiology, basic sleep medicine, hypersomnolence and related disorders. Most questions, however, focus on sleep disordered breathing.

2006 EXAMINATION DATE & LOCATION

- June 18, 2006** • Marriott Salt Lake City Downtown
75 South West Temple
Salt Lake City, UT 84101

2006 EXAMINATION DATES & DEADLINES

- April 3, 2006** • Deadline for postmark on application form, examination fee, and submission of prerequisites
- April 25, 2006** • Deadline for submission of “incomplete” prerequisites and supporting materials
- May 1, 2006** • Notification of application/prerequisite acceptance
- May 15, 2006** • Deadline for withdrawal and refund
- June 18, 2006** • Examination



PREREQUISITES

Documented Time in a Sleep Center/Laboratory

Each applicant must spend no less than ten (10) hours at an accredited sleep center/laboratory, documented in writing by a board-certified sleep physician (M.D., D.O. or Ph.D.) associated with that particular accredited sleep center or laboratory.

Case Studies

Oral Appliance Track

Each applicant must submit five (5) written obstructive sleep apnea (OSA) case studies treated by the applicant using oral appliance therapy (OAT). Each case study must adhere to the following criteria:

- Document presence of OSA, by full overnight polysomnography (PSG). PSG must be performed at an accredited sleep center or laboratory and interpreted by a board-certified sleep physician.
- Document that patient has, at minimum, an Apnea Hypopnea Index (AHI) or respiratory disturbance index (RDI) greater than 10; or Apnea Index (AI) greater than 5.
- Include a typed synopsis stating the patient's chief complaint, history of present illness, pertinent past medical history, clinical and radiographic examination, diagnosis, treatment, results, and disposition.
- Document at least three (3) follow-up appointments, the third appointment being at least three (3) months post OAT insertion.
- Contain the following sets of pre- and post-insertion supporting documentation, the post-insertion documents obtained no earlier than three (3) months after OAT delivery:
 1. Full overnight diagnostic PSG report of OSA. PSG must be performed at an accredited sleep center or laboratory and interpreted by a board-certified sleep physician.
 2. In selected cases when full overnight PSG is not obtainable, another objective measure of sleep related breathing should be performed, or a letter signing off on the case from a board-certified sleep physician within an accredited sleep center or laboratory.
 3. Radiographs, either panoramic and/or full mouth series.
 4. Photographs of the full dentition.
 5. Study models, which may be un-mounted but must be esthetically trimmed to allow ease of correct articulation, together with an interocclusal bite registration and/or vertical markings (of the occlusal relationship) on the models.

Letters of Recommendation

Each applicant must provide letters of recommendation from two (2) board-certified sleep physicians (M.D., D.O. or Ph.D.).

Surgery Track

A maximum of three (3) upper airway surgical cases may be substituted for no more than three (3) of the five OAT cases. Surgical procedures utilized must be well-documented in the OSA literature (peer reviewed journals and/or textbooks). All of the above OAT case specifications are required, including pre and post-operative supporting documentation, with the following modifications:

- A typed Operative Report, which must include the date and site of the procedure, the applicant listed as the primary surgeon, the specific procedures performed, indications for the operation (i.e., OSA data and other failed therapies, as applicable), and a detailed description of the operation.
- A concise rationale for the surgical procedure(s) (i.e., how it/they address the patient's site(s) of upper airway obstruction) included in either the case synopsis and/or the Operative Report.
- The results of at least one (1) appropriate published imaging modality such as lateral cephalometry (obtained at end-tidal volume, with cephalometric analysis to include measurements of SNA, SNB, PNS-P, PAS, MP-H and Go-Pog), nasopharyngolaryngoscopy, MRI, CT scans and acoustic reflection, to document upper airway changes pre- and post-operatively.
- Panoramic radiographs, study models, and full dentition photographs (only for skeletal advancement surgery).
- Full facial photographs (only if there is a significant change in facial appearance).

Complete information about the 2006 ABDSM certification exam has been mailed to members and is available on the Web site.

Visit www.dentalsleepmed.org or call the national office at (708) 273-9366 for more information.