



TRAVEL & LEARN

ANNUAL

SKI SEMINAR

WHISTLER

FEBRUARY 24 - 26, 2022

FOUR SEASONS RESORT



Photo credit Tourism Whistler/Justa Jeskova

9 HOURS OF INSTRUCTION

LIMITED ENROLMENT

COURSE TIMES

THUR. FEBRUARY 24	Registration	3:00 PM
	Course Time	3:30 PM - 6:30 PM
	Cocktail Reception	6:30 PM - 7:30 PM
FRI. FEBRUARY 25	Course Time	3:30 PM - 6:30 PM
SAT. FEBRUARY 26	Course Time	8:00 AM - 11:00 AM

REGISTRATION

	Until Dec 1	After Dec 1
Dentists	\$ 925	\$ 995
Allied Dental Personnel	\$ 525	\$ 555

LOCATION

Four Seasons Resort, Whistler, BC

The Four Seasons Resort is offering special hotel conference rates if you make your reservation before January 24, 2022 (based on availability). Please quote:

UBC Continuing Dental Education - Annual Ski Seminar when booking. Please book your accommodation early to ensure a reservation. Registrants are required to make their own accommodation arrangements.

E: reservations.whi@fourseasons.com P: 1-888-935-2460 W: fourseasons.com/whistler Registrants and their travel companions must apprise themselves of and comply with all travel requirements mandated by BC Provincial & Federal Governments.

CANCELLATION POLICY

Full refund less a \$100 service charge will be granted for cancellation made 60 days prior to the course. Cancellations made between 30 to 60 days prior to the first day of the program will receive a 50% refund. No refunds will be granted for cancellations made less than thirty days prior to the first day of the program. Continuing Dental Education at The University of British Columbia reserves the right to cancel courses if deemed necessary by low enrolment, instructor cancellation or other unforeseen issues. In case of course cancellation by UBC CDE a full refund will be issued.

THURSDAY, FEBRUARY 24, 2022 3:30 PM - 6:30 PM

IMPROVING THE IN-OFFICE PATIENT EXPERIENCE FOR OLDER ADULTS WITH COGNITIVE DECLINE, DR. NICHOLAS TONG

In Canada, a proportion of the senior population are frail and functionally dependant due to physical and/or cognitive decline. Dementia is a significant and complex health care issue and has a direct effects on oral health, patient communication and informed consent.

Improving the quality of life for patients living with cognitive decline is a challenge for health care professionals. An important component of this is to ensure primary health care services, such as dentistry, are able to respond to the needs of patients with cognitive decline and help them maintain functional independence for as long as possible. For dentists, it is also critical to plan and modify dental care to meet the needs of this patient cohort, especially as the condition progresses.

This course is designed to offer a practical guide in the clinical assessment and dental treatment of frail and functionally dependent older adults with cognitive decline. Course participants will consider

how they can optimize the patient experience in their dental practices for dementia patients and their caregivers. The course will review the pathophysiology and treatment of dementia, techniques in geriatric patient assessment, informed consent in geriatrics, clinical case studies, communication, and modifications to dental care. Practical advice on preventive, restorative, oral surgery, and other clinical techniques in geriatric patients will be described.

LEARNING OBJECTIVES

- Describe the incidence and pathophysiology of dementia and its relevance to dentistry
- Employ a systematic approach to the assessment of frail and functionally dependent older adults with physical, cognitive, and functional decline and discuss how this relates to dental treatment planning
- Understand the need and have the skills to obtain informed consent for dental care for patients with cognitive decline and understand how this differs from other adult patients



FRIDAY, FEBRUARY 25, 2022

3:30 PM - 6:30 PM

SLEEP AND ORAL APPLIANCES: BENEFITS & COMPLICATIONS

DR. FERNANDA ALMEIDA

Obstructive sleep apnea is a major health problem affecting over 10% of the adult population. The two most common and effective therapies used to treat sleep apnea are: (1) Continuous or Automatic Positive Airway Pressure (PAP), and (2) Oral Appliances. Dental Sleep Medicine is one of the fastest growing fields in dentistry, with large numbers of individuals with sleep apnea being treated with oral appliances. This course is designed to bring up-to-date and exciting information for new, and experienced clinicians and researchers in the field. This first day will be focused on basics of sleep, sleep studies types and interpretation, and types of oral appliance therapy for the treatment of sleep apnea. It will also focus on how to improve oral appliance efficacy and the role of initial bite and titration. A deep understanding of oral appliances side effects and possible adjunct therapies will be explored. This is a clinically-focused and evidence-based continuing education program combining clinical and research information to bring to attendees the newest knowledge and its application to clinical practice.

LEARNING OBJECTIVES

- Understand the common sleep disorders and their characteristics
- Explore the different types of evaluation of sleep and sleep disorders
- Learn the different oral appliance designs and their impact on side effects

Dr. Almeida will be setting aside the last hour of each presentation for audience driven discussion. When you register, please let us know in advance any topics or specific areas of interest you would like to see covered.

FERNANDA ALMEIDA, DDS, MSc, PhD

Fernanda Almeida is a dentist who received her Doctorate (PhD) at The University of British Columbia, Canada (UBC). Dr. Almeida is currently an Associate Professor at UBC. She also sees patients in a private practice restricted to the treatment of sleep disordered breathing.



She has been awarded the WW Wood Teaching Award for her outstanding contributions to the educational progress of the undergraduate dental students at UBC as well as 7 full time faculty award for teaching excellence. In the field of Dental sleep medicine, she was the recipient of the Pierre Robin Award from the American Academy of Dental Sleep Medicine (2011) and the Meier-Ewert Award from the German Dental Sleep Society (2012) for significant, original and sustained contributions evidenced by publications, and academic appointments and other efforts. Her current research is focused on the use of tongue retaining devices as an alternative to mandibular advancement devices, the effectiveness of CPAP and highly focuses on the effectiveness of mandibular advancement splints and the identification of the elements of integrated care that are central to providing patient-centered medicine.

SATURDAY, FEBRUARY 26, 2022

8:00 AM - 11:00 AM

THE FUTURE OF PERSONALIZED TREATMENT FOR SLEEP APNEA

DR. FERNANDA ALMEIDA

Obstructive sleep apnea is a highly prevalent condition associated with daytime symptoms and cardiovascular and metabolic risk. However, available therapy options for OSA come with various therapeutic limitations. Standard care remains CPAP, a highly efficacious therapy but with the well-recognized limitation that a large proportion of OSA patients use it at suboptimal levels to achieve health effects, or abandon it altogether. Alternative therapies often fair better on patient adherence and preference. However, most alternative therapies do not eliminate all apneic events, leaving some level of residual OSA in most patients. Given that no single treatment is 'perfect', there is scope for combination therapy approaches to OSA treatment to improve treatment effectiveness. Combination therapy approaches can involve adjuncts to standard CPAP to improve effectiveness and meet patient needs. Additionally, alternative therapies not completely efficacious on their own, can be combined to better eliminate the disease. Novel opportunities for combination therapies targeting non-anatomical pathophysiology are also emerging. This session will highlight advances in combination therapy approaches to OSA therapy. It will also focus on how to improve oral appliance efficacy and the role of initial bite and titration. A deep understanding of oral appliances side effects and possible adjunct therapies will be explored.

LEARNING OBJECTIVES

- Discuss comorbidities associated to Sleep Apnea and recent expectation of treatment impact
- Review the common and new treatments for sleep apnea
- Understand the scope of existing and emerging combination therapy approaches to OSA treatment

NICHOLAS TONG, BHSc, DDS, MSc

Dr. Nicholas Tong is an Assistant Professor of Teaching at The University of British Columbia Faculty of Dentistry in the Division of Prosthodontics and Dental Geriatrics. He is the Program Director for the hospital based UBC General Practice Residency. Dr. Tong graduated with BHSc degree from McMaster University in 2010, a DDS degree from the University of Toronto in 2014, a GPR certificate from the University of Alberta Hospital in 2015, and a MSc (Craniofacial Science) degree from UBC in 2019. He has been a staff dentist with the UBC Geriatric Dentistry Program since 2015, treating frail and functionally dependent patients in Long-Term Care. Dr. Tong is a member of the Geriatric Dentistry Committee with the British Columbia Dental Association and a Fellow with the Special Care Dentistry Association Council of Geriatric Dentistry.



ADA CERP | Continuing Education
Recognition Program

CDE at UBC 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

DISCLAIMER: Dental education institutions have an obligation to disseminate new knowledge related to dental practice. Some presentations may include controversial materials or commercial references. Sponsorship of a continuing education course by The University of British Columbia does not imply endorsement of a particular philosophy, procedure or product by The University of British Columbia.



REGISTER ONLINE: WWW.DENTISTRY.UBC.CA/CDE/WHISTLER