



## **2016 CDA Presents in Anaheim**

# **Sleep Medicine Basics for the General Dental Practice**

**Steve Carstensen DDS**

**Saturday, May 14, 2016**

8:30–11 a.m.

and continues 12:30–3 p.m.

Please visit the C.E. Pavilion to validate your course attendance

Or

**“If There’s a Line – Go Online”**

**@ [cdapresents.com](http://cdapresents.com)**

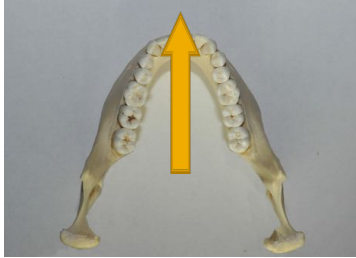
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**Please record your course code here \_\_\_\_\_.**

### **Official Disclaimer**

**The California Dental Association’s CDA Presents is an educational and scientific meeting. No speaker or product has any endorsement, official or otherwise from the California Dental Association.**

Opening the Airway



Time for Lunch

“A Hungry Mob  
Is an Angry Mob”

-Bob Marley



Obstructive Sleep Apnea

Afternoon

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Disclosures

Director of Sleep Education for:  
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Occasional Lecturer for:  
SomnoMed  
Nierman Practice Management



Editor in Chief for:  
Dental Sleep Practice Magazine



Opening the Airway



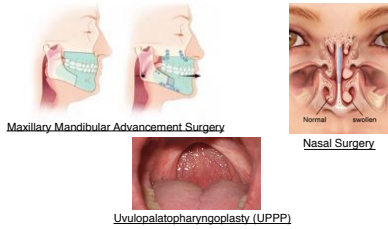
But Wait! First, there is PAP

- CPAP
- BiPAP
- APAP
- VPAP
- ASV



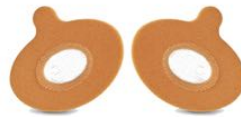
### Telegnathic Surgery

Orthognathic Surgical Techniques



### EPAP

Expiratory Positive Airway Pressure



### Positional Therapy



### Positional Therapy



Slumberbump.com

### Weight Loss & Exercise



### Examination for Oral Appliance Therapy

What Do You Need to Know?

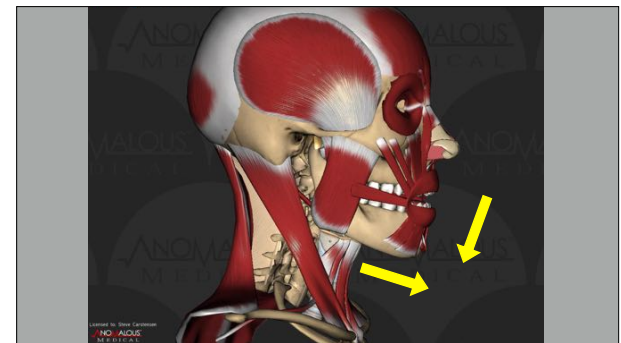
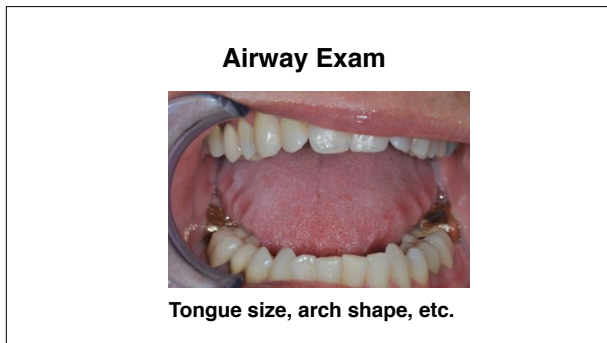
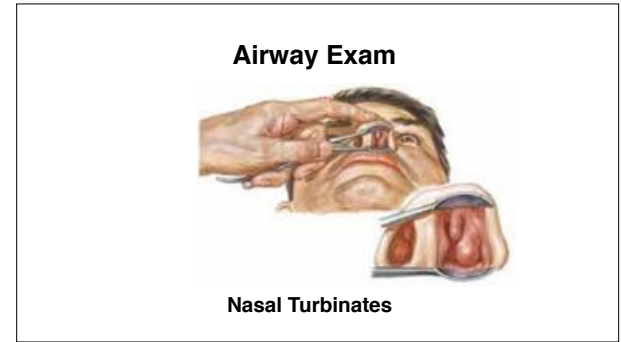
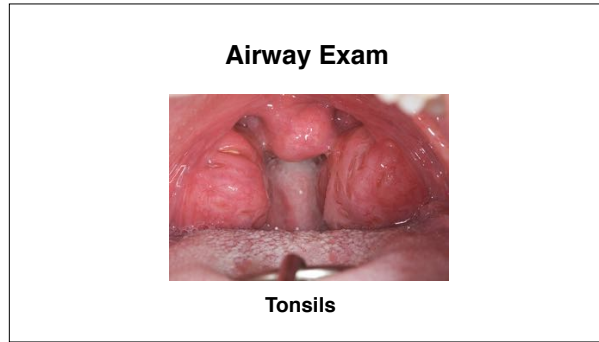
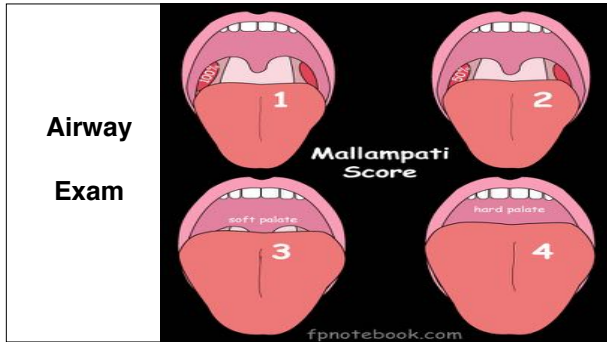
#### TMD Screening

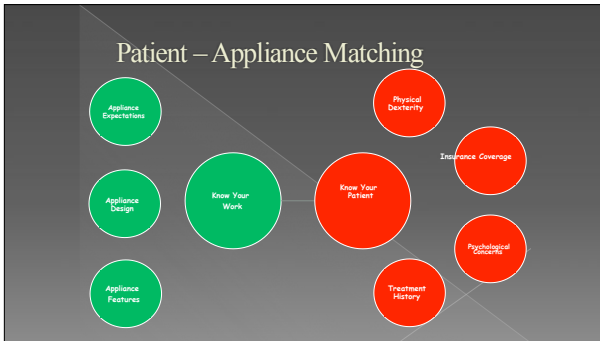
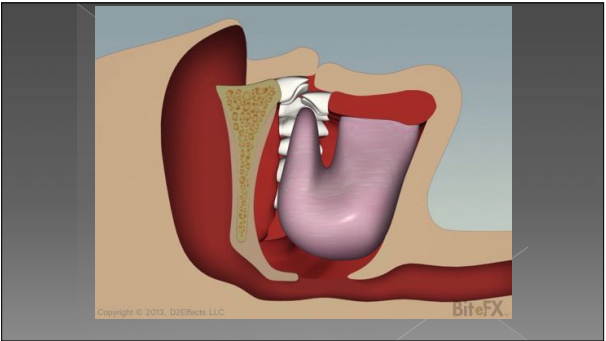
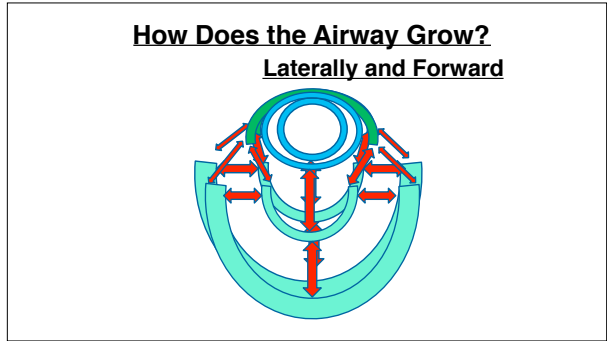
- Muscle Palpation
- Joint Stability
- ROM
- Bruxism History

Screening	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Muscle palpation																					
Joint stability																					
ROM																					
Bruxism history																					

#### Oral Exam

- Cancer Screening
- Periodontal Stability
- Tooth Stability





### History

#### Have They Worn An Appliance Before?

A close-up photograph of a person's mouth wearing a dental appliance. The appliance is a clear, plastic device that fits over the teeth.

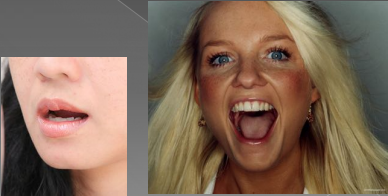
### Dexterity / Vision

#### Can They Make The Adjustments?

A close-up photograph of a hand holding a small object, likely a dental appliance. The hand is positioned to show the fingers and thumb holding the object.

**Mobility**


Can They Open Wide Enough?



05

**Tooth Support**


Periodontally Stable?  
Enough Teeth?



06

**Retention**

Will The Appliance Stay In Place?



07

**Toughness**

Will The Appliance Take What They Will Dish Out?



08

**Belief**

What Do They Think?



09

Appliance Categories

- Custom MAD
- TRD
- Boil-n-Bite
- Other

### Temporary Oral Appliances



This image shows a variety of temporary oral appliances. On the left, there is a box of MPOWERX oral appliances and a white appliance. In the center, there is a blue APNEA GUARD appliance. On the right, there is a white appliance with a clear front plate. Below the main images are two smaller images of orange, moldable appliances.

### Silent Sleep


(AKA: Easy Airway)



This image shows two types of Silent Sleep appliances. On the left, there is a clear, rigid appliance. On the right, there is an orange, moldable appliance.

### Silent Sleep

(AKA: Easy Airway)



- Retentive but Flexible
- Moldable over Aligners
- Fixed Protrusion

### Apnea Guard



This image shows a blue APNEA GUARD appliance.

### Apnea Guard

- Fully Adjustable including in Lab
- External Extension
- Remoldable
- Three Vertical Dimensions
- Rigid Arch Alignment
- Can Transfer Advancement Setting to the Custom MAD



This image shows a blue APNEA GUARD appliance.

### myTAP



This image shows a white myTAP appliance. On the left, there is a stack of three white appliances with a clear front plate. On the right, there is a white appliance with a clear front plate.

**myTAP**



- Small Profile
- Readily Remoldable
- Fully Adjustable
- External Extension
- Titratable in Lab
- More Movement Possible
- Low Maintenance

**Tongue Retaining Devices**





Easy to Use


Patient Compliance Issues

**EMA**

- Fragile - Not For Bruxers
- Easy to Add Vertical
- User Friendly
- No Tongue Space Bulk
- Straps can Stretch, Reducing Advancement



**Sleep Herbst**



- C concerns about Mechanism
- Well Tested Widely Available
- Easy to Adjust
- Free Mandibular Movement
- Minimal Tongue Space Interference
- Great for TMD Patients

**Silent-Nite**

- Weak - not for bruxers!
- Adjusts in Steps
- Lateral Connectors Have Sliders Posts Break Often
- Occlusion is not Stable Inexpensive
- Simple
- Good Trial Appliance



**SomnoDent MAS**

- Fully Adjustable MAD
- Can Add More Protrusion
- Allows Mouth Opening unless Elastics are Added
- Retention Not Critical
- Very Good Patient Acceptance
- Watch for Asymmetric Adjustment
- There are many Similar Designs



### TAP3, TAP 3 Elite

Easy to Add More Protrusion and Vertical Support

Somewhat Rigid Mandibular Positioning

Needs Excellent Retention  
Very Good Patient Acceptance

Very Easy Adjustments

Customizable to Add PAP



### Narval

Wide Range of Adjustments

CAD-CAM

Aligned with Occlusal Plane

Plane

Easy for Patients to Adjust

Least Bulky Appliance

Low Overall Cost



### MicroO2

MicroDental Labs  
Methylmethacrylate

No adjustments – advance with different parts

CAD-CAM

Reproducible



### Somnowell

Cast Metal

Precision fit

Herbst Design

Only for Stable Dentitions

Articulator Fabricated

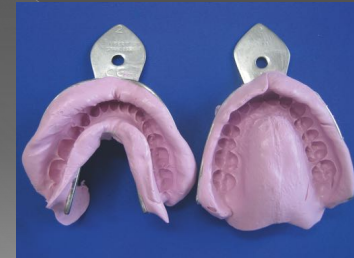


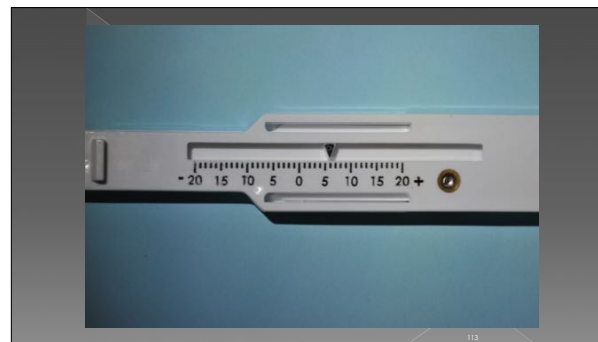
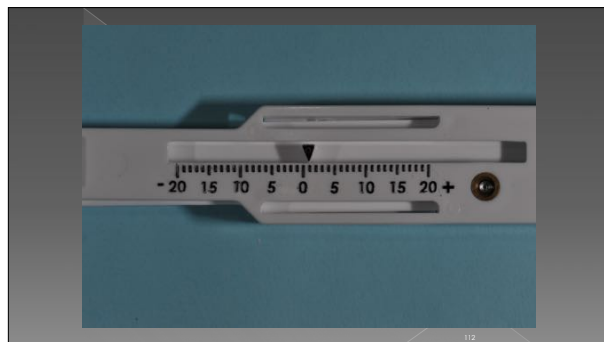
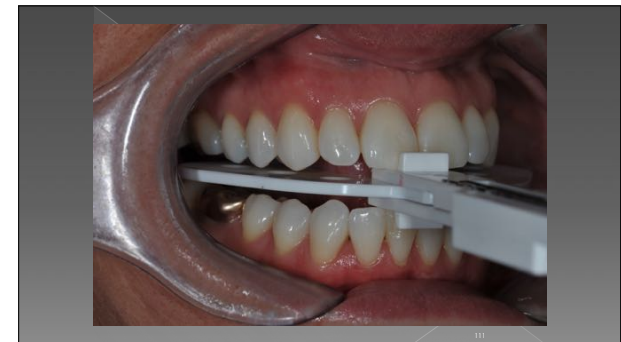
### What Records Do You Need?

Excellent Impressions

3D Jaw Position Record

### Excellent Impressions

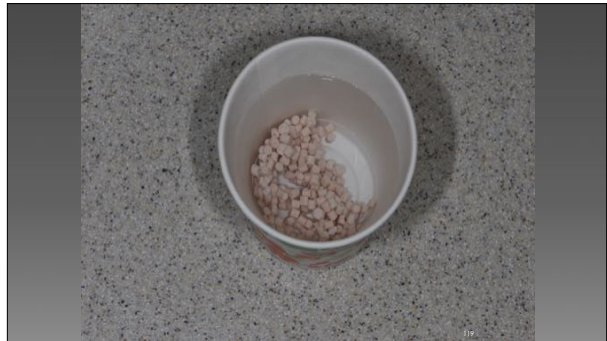
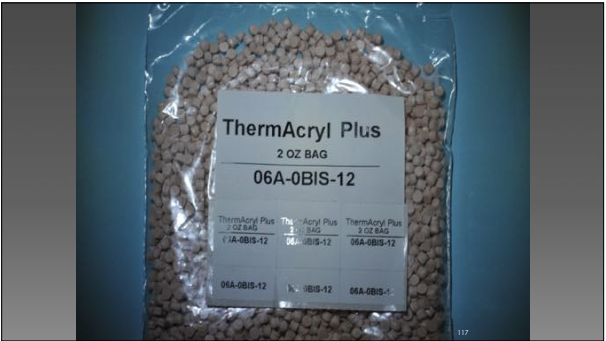






### Oral Appliance Delivery

- How to Fit It
- How to Clean It
- When to See Them





You Must Master More Than  
One Appliance  
Become Adept at Several

### Nothing's Free



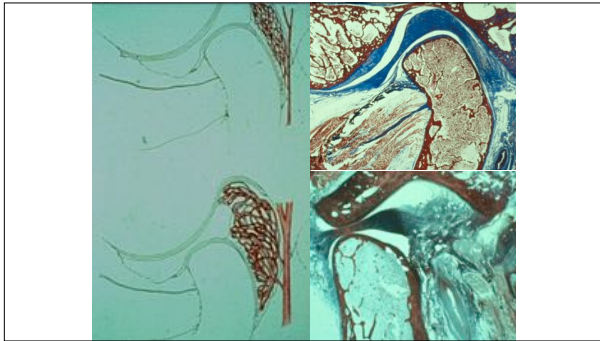
What Could  
Go Wrong?

### Complications

- Jaw Muscle Pain
- Drooling
- Tooth Sensations
- Tongue Tenderness



**BITE CHANGES**



### Navigating Medical Insurance Billing

### Medical Billing Basics

- ★ Medicare & Private Insurance Allowance
- ★ Non-Surgical, No Medications, Reversible
- ★ Patient Compliance
- ★ Usual and Customary Fee Range Differ

### Private Insurance & Medicare

### Medical NOT Dental

**Prescription**

**Referral/Rx**

**Diagnosis**

**Procedure**

### Medical Coding

**Diagnosis** → **International Classification of Disease (ICD)**  
**G47.33**

**Procedure** → **Current Procedural Terminology (CPT)**  
**E0486**

### What Else?

**Exam**      **X-rays**      **Follow Up**

**Exam = Evaluation & Management Codes**

### Medical Coding

**Diagnosis** → **International Classification of Disease (ICD)**  
**G47.33**

**Procedure** → **Current Procedural Terminology (CPT)**

Evaluation & Management Codes **9921?** **9920?**  
 Existing Patient      New Patient

Panoramic X-ray **75330**  
 Orthotic Checkout **97762**

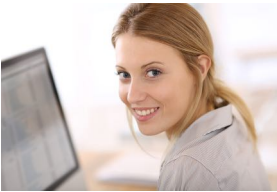

### Medical Policies

**Oral Appliances**

Mandibular advancement oral appliances to reduce upper airway collapsibility or tongue retaining devices are considered medically necessary for members who have sleep test results that meets one of the following criteria:

1. The AHI or RDI is greater than or equal to 15 events per hour with a minimum of 30 events; or
2. The AHI or RDI is greater than or equal to 5 and less than 15 events per hour with a minimum of 10 events and documentation of:
  1. Documented history of stroke;
  2. Documented hypertension (systolic blood pressure greater than 140 mm Hg and/or diastolic blood pressure greater than 90 mm Hg); or
  3. Documented ischemic heart disease; or
  4. Documented symptoms of impaired cognition, mood disorders, or insomnia; or
  5. Excessive daytime sleepiness (documented by either Epworth greater than 10 or NIST less than 6); or
  6. Greater than 20 episodes of oxygen desaturation (i.e., oxygen saturation of less than 85 %) during a full night sleep study, or any 1 episode of oxygen desaturation (i.e., oxygen saturation of less than 70 %).
3. If the AHI is greater than 30 or the RDI is greater than 30 and meets either of the following:
  1. The member is not able to tolerate a positive airway pressure (PAP) device; or
  2. The use of a PAP device is contraindicated.


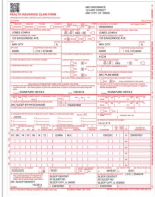
### Documentation

Verify Benefits

Pre-Authorizations

Documentation & Tracking






Medical Clearing House

Medical Billing Software

Third Party Medical Billing Services

### Medical Claim Form





### Evaluation & Management Codes

E/M coding is the process by which physician-patient encounters are translated into five digit CPT- codes to facilitate billing. CPT stands for "current procedural terminology."

**Office Visits Based on 4 Criteria**

1. **History** (3 components/4 levels)
2. **Examination** (3 types/2 components/4 levels)
3. **Medical Decision Making** (3 components)
4. **Counseling & Coordination of Care** (1 component)

Verify
Pre-Auth




Financial Contract
Electronic Claim





Documentation
Tracking & Follow-up




### Immediate Actions – PASS OFF

- Prepare Your Team
- Aware of Risk Factors
- Screen Every Patient
- Seek a Diagnosis
  
- Offer a Solution
- Follow-Up What You Do
- Fill In Your Education



**You Can't Unlearn This**

**These Are Your Patients**

**What Are You Going To Do?**

**Go Home and Help People Live Longer!**



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