

Dental Postgraduate Department

**Sports Dentistry
(SW23-11-08-01)**

Date and venue:

Wednesday November 8th, 2023
The Holiday Inn, Taunton
Dean Gate Avenue,
Taunton
TA1 2UA

Course Organiser:

Lucy Silk

Course Lecturers:

Peter Fine

Programme

09.15- 09.30	Registration
09.30- 11.00	Introduction to Sports Dentistry. Prevalence, relevance, and incidence of sporting trauma
11.00-11.15	Coffee
11.30-12.30	Treatment of fractured teeth, pulpal involvement, and composite restorations
12.30-13.30	Lunch
13.30-14.30	Influence of diet on elite athletes, saliva testing, screening
14.30-15.00	Splinting of traumatised teeth
15.00-15.15	Tea
15.15-16.00	Prevention; mouthguards, helmets and orthodontic treatment
16.00-16.45	Discussion and close

Aims

To introduce the concept of Sports Dentistry, including:

- Resume of sporting oro-facial trauma
- The role of Sports Dentists within the Sports Medicine team

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- Prevention of sporting oro-facial trauma
- The role of poor oral health and athletic performance
- The use of so called 'Smart Mouthguards'

Objectives:

By the end of the day, delegates will have the knowledge to:

- Base their treatment on sound evidence based dentistry
- Diagnose and treat different sporting trauma to the orofacial area
- Educate athletes about the systemic effects of poor oral health
- Explore the use of modern mouthguards

Outcomes:

Following the course, participants will be in a better position to advise and prevent dental injury and oral disease amongst their patients who participate in sport at any level.

GDC development outcome:

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The eGDC activity log suggests reflecting on the following during and after this course:

- What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?
- If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?
- What was the benefit to your work and/or your patients in carrying out this activity?