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FM COMDT COGARD WASHINGTON DC//CG-112//
TO AIG 4905
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UNCLAS //N06010//

SUBJ: ORAL APPLIANCE THERAPY (OAT) FOR SLEEP RELATED DISORDERS A. Quality Improvement Implementation Guide (QIIG) Exercise 39 1. OAT can help in the management of sleep-related breathing disorders including snoring and Obstructive Sleep Apnea (OSA).

2. The goal is to provide an oral appliance that assists in the maintenance of the airway during sleep. This will help to decrease snoring and/or improve the quality and quantity of sleep.

3. Prior to prescribing OAT, Coast Guard Dental Officers are required (at a minimum) to do the following:

a. Meet the requirements of the state (or states) in which they hold their license(s),

b. Complete the Naval Comprehensive Dentistry program or an accredited Advanced Education in General Dentistry / General Practice Residency with an OAT for sleep disorder curriculum or an accredited residency in Prosthodontics,

c. Have a supplemental clinical privilege in OAT for sleep related disorders approved by COMDT (CG-11).

4. Patient evaluation, treatment and follow-up must include:

a. Complete medical and dental histories,

b. Comprehensive exams (T-2) including current radiographs, diagnostic casts to provide a treatment plan,

c. A physician diagnosis of a sleep related disorder verified by polysomnograms /sleep studies resulting in a treatment plan that includes OAT,

d. Informed consent for the procedure reviewed verbally and in writing, including the purpose, benefits, risks, complications and future sequelae related to the chronic use of OAT devices,

e. Delivery of the appliance with written and verbal instructions,

f. Periodic evaluation by the Dental Officer as well as ensuring an ongoing physician assessment of OAT effectiveness,

g. Ongoing communication with other members of the treatment team.

5. This policy remains in effect until superseded or cancelled and will be included in the next edition of Ref (A).

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7. CAPT Deborah Noyes, Chief, Office of Health Services, sends.

8. Internet release authorized.

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