



27th Annual Ski & Learn: Sundance Mountain Resort, Utah

February 23-25, 2023

Preliminary Program

Thursday, February 23, 2023

7:30 AM

Expanding the social in “biopsychosocial”

Flavia P. Kapos, DDS, MS, PhD

- Outline key theories on social determinants of health and why they matter for pain
- Describe how the social context may influence chronic pain risk, impact, and prognosis
- Discuss potential social interventions to reduce the burden of chronic pain within and beyond the clinic

9:30 AM Adjourn

Friday, February 24, 2023

7:30 AM

Integrating a TMD evaluation into a busy general dental practice

Donald Nixdorf, DDS, MS

- Know the key elements that derive a TMD diagnosis
- Understand ways to use questionnaires to help streamline information gathering
- Ways to ask questions and things to observe to get more out of face-to-face time

8:30 AM

What we know about TMD in endodontic patients

Donald Nixdorf, DDS, MS

- Know the prevalence of painful TMDs in endodontic practice.
- Utilize brief TMD screening tools in patients with endodontic pain to identify those who may need a more thorough TMD examination.
- Recognize signs, symptoms, and the most useful examination findings that may indicate painful TMD as an etiology or a contributing factor of the patient’s tooth pain complaint.

9:30 AM Adjourn

Saturday, February 25, 2023

7:30 AM

TMD management: How physical therapy can help your dental practice

Emily Kahnert, DPT, CCT

- Understand the Physical Therapy approach to TMD & Orofacial pain rehabilitation
- Discuss the role of PT on a multidisciplinary care team for TMD
- Develop strategies for interdisciplinary collaboration with PT

8:30 AM

The importance of sleep in dentistry

Alberto Herrero Babiloni, DDS, MS

- Understand the phases of sleep, when they occur and what they do
- Know ways sleep can be perturbed and methods of sleep hygiene to improve sleep
- Develop an understanding of the interaction between sleep and pain

9:30 AM Adjourn

Meet Our Speakers

Alberto Herrero Babiloni, DDS, MS, is a PhD candidate at McGill University within the Division of Experimental Medicine. He completed his Doctor of Dental Surgery Education at the University of Valencia in Spain and his master's level training at the University of Minnesota. His postdoctoral work is housed at the Hôpital du Sacré-Coeur de Montréal. His vast portfolio of published work features Bruxism an Issue Between the Myths and Facts within the International Journal of Dental Sciences, Multitargeting the sleep-pain interaction with pharmacological approaches: A narrative review with suggestions on new avenues of investigation in a highly-regarded Sleep Medicine journal, and Research routes on improved sleep bruxism metrics: Toward a standardized approach within the Journal of Sleep Research

Emily Kahnert, DPT, CCTT, is a Physical Therapist in the Temporomandibular Disorders (TMD), Orofacial Pain, and Dental Sleep Medicine Clinic at the University of Minnesota School of Dentistry and a Rehabilitation Science PhD Candidate. Her 17 years of clinical practice have exclusively focused on treating TMD and Orofacial pain in multidisciplinary settings. She earned her Certified Cervical and Temporomandibular Therapist designation through the Physical Therapy Board of Craniofacial and Cervical Therapeutics in 2019 and is part of the TMD PT Clinical Practice Guideline development group. Her dissertation will assess telerehabilitation effectiveness for individuals with TMD, and her research is supported by the Academy of Orthopaedic PT and the American Academy of Orofacial Pain.

Flavia Kapos, DDS, MS, PhD is a postdoctoral fellow at the Pediatric Pain and Sleep Innovations Lab at Seattle Children's Research Institute. She is a pain epidemiologist and diplomate of the American Board of Orofacial Pain. Dr. Kapos completed her DDS training at the University of São Paulo School of Dentistry and her MS and orofacial pain residency at the University of Minnesota School of Dentistry. She obtained her PhD in Epidemiology at the University of Washington School of Public Health, where she was an NIH/NIDCR R90 trainee focused on the social determinants of chronic pain in the United States. Her current research focuses on life course and intergenerational mechanisms of pain inequities.

Donald Nixdorf, DDS, MS, is a Professor at the University of Minnesota School of Dentistry and Director of the Division of TMD & Orofacial Pain. He graduated from dental school at the University of Alberta, a hospital

residency from The Ohio State University, an anesthesia fellowship at Johns Hopkins University, and an orofacial pain fellowship at the University of Alberta. He is a Diplomate of the National Dental Board of Anesthesiology (NDBA) and the American Board of Orofacial Pain (ABOP).

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Continuing Dental Education Staff members have nothing to disclose.

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