

LESSON PLAN #2 (TEMPLATE)

Course: Dental Hygiene Physiology	Topic: Myofunctional Therapy	Audience: Dental Hygiene Graduate Students
Needed Materials: Computer, Power Point, and handouts,	Needed Personnel: None Needed	Total Time: 50 min

OBJECTIVES: Upon completion of the lecture, the student should be able to:

(#1-4 cognitive; #5 affective)

1. Define myofunctional disorders.
2. Describe common therapies associated with myofunctional disorders.
3. Evaluate clinical manifestations in diagnosing a patient myofunctional disorders.
4. Design a treatment plan that will address concerns from the patient to the myofunctional therapist.
5. Reflect on the misconceptions of myofunctional therapy.

INSTRUCTIONAL SET:

Give a brief description of what you will do (1-3 sentences for each white sections).

TOTAL TIME FOR INSTRUCTIONAL SET: __5__ minutes

Introduce Topic:

We all have seen patients who have varying issues with their occlusion, grinding their teeth, and possible tongue thrusting. But did you know these varying symptoms can be from conditions called orofacial myofunctional disorders. These disorders happen from improper movements involving the tongue, lips, jaw, and face.

Establish Mood:

After today's lecture, you will be able to understand and identify what symptoms are associated with myofunctional disorders. Through gaining more knowledge on OMDs, you will be able to give your patient access to what therapies they may need.

Gain Attention/Motivate:

If a patient presented with having difficulties with sleeping, grinding their teeth, tongue thrusting, and or misaligned teeth would you know the proper steps to help them? Would you feel comfortable in recommending the proper therapy they may need?

Establish Rationale:

By understanding the complexity of OMDs, Dental Hygienists will be able to play a leading role in guiding their patients to obtain the correct therapies needed. This will allow the patient to be able to chew, breathe, and maintain good oral hygiene.

Establish Knowledge Base:

Have you received additional education in what myofunctional therapists due? Do you remember how to diagnosis your patient's class of bite, signs of tongue thrusting, and symptoms of sleep apnea? Knowledge in the above can serve to help you with diagnosing and treatment planning your patients with myofunctional disorders.

LESSON CONTENT:

Use outline to give a sample of main lecture points (no sentences for this). Roman numerals I-V will correspond to the 5 objectives and serve as major headings (DO NOT re-write objectives). A-C will be sub-headings that list important supporting details. Give a brief summary/closure and include an assignment (use sentences for this).

TOTAL TIME FOR LESSON CONTENT: __38__ minutes

What I Do (Lecture):

- I. Myofunctional Disorders
 - A. Overbite/Underbite
 - B. Tongue Thrusting
 - C. Mouth Breather
- II. Therapies to help with OMD
 - A. Physical therapy
 - B. Speech therapy
 - C. Orthodontic treatment
- III. Clinical signs
 - A. Dry Mouth
 - B. TMJ pain
 - C. OSA (obstructive airway disorder)
- IV. Treatment Plan
 - A. Initial evaluation
 - B. Steps for therapy
 - C. Conclusion to treatment
- V. Misconceptions of myofunctional therapy
 - A. Myofunctional therapy is easy
 - B. Tongue tie releases solves the issue
 - C. Myofunctional therapy must be done with a therapist

SUMMARY/CLOSURE: I hope you now have an understating in recognizing OMDs and how to accommodate your patients in receiving the best therapy, diagnosing clinical manifestations, and understanding the misconceptions. As dental hygienists it is important to recognize when our patients need therapy to help their myofunctional disorder. Being educated on how myofunctional therapists work, will aid our patients to the best treatment.

ASSIGNMENT: For a better understanding on myofunctional therapy and disorders you can refer to:

1. Articles provided on the reference page
2. Search the web for other related articles
3. Reach out to local PT or speech therapists

What We Will Do (Critical Thinking Activity):

Choose 1 option from the list and give a brief description of what the class will do for this high-level critical thinking activity.

TOTAL TIME FOR CRITICAL THINKING ACTIVITY: ____7__ minutes

CHOOSE ONE OPTION:

1. Case Study- A patient presents for their routine cleaning. After going over their medical history, you note the patient is taking high blood pressure medications, and his wife has made him aware of loud snoring. You continue with the clinical exam and note the patient is suffering from numerous areas of decay, wear facets on the molars and anterior incisors. With the information given, would you recommend for the patient to see a myofunctional therapists? Justify your answer through your knowledge on OMDs.

Answer:

After thorough review of the patient's medical history and clinical exam I would recommend for the patient to see a myofunctional therapist. The patient is showing signs of grinding and clenching which can be from sleep apnea which is presented through his loud snoring. These two different clinical manifestations, as we have learned, are signs of OMD. I would discuss this with the patient and compose a treatment plan.

ASSESSMENT:

What Students Will Do (Independent Assessment):

List objectives in order with a corresponding test item for each. #1-3 should be multiple choice questions, #4-5 should be short answer questions. Include answer key.

1. **Objective #1:** Define myofunctional disorders.

Test Item: All of the following describes myofunctional disorders **EXPECT** one. Which one is the exception?

- a. Temporal Mandibular joint dysfunction
- b. Sleep Apnea
- c. Class two periodontal disease
- d. Xerostomia

2. **Objective #2:** Describe common therapies associated with myofunctional disorders.

Test Item: Of the following, which is NOT a therapy associated with myofunctional disorders?

- a. Physical Therapy
- b. Orthodontic Treatment
- c. Speech and Language Pathologists

d. Occupational Therapy

3. **Objective #3:** Evaluate clinical manifestations that play a role in diagnosing a patient with myofunctional disorder.

Test Item: Which of the are **NOT** clinical manifestations of myofunctional disorder?

- a. Numerous areas of decay
- b. Cervical Abfractions
- c. Ankylosis
- d. Lichen Planus

4. **Objective #4:** Design a treatment plan that will address questions or concerns from the myofunctional therapist to the patient.

Test Item: Compose a short treatment plan to include questions/concerns that the patient may ask the myofunctional therapist.

5. **Objective #5:** Reflect on the misconceptions of myofunctional therapy.

Test Item: Explain, using 3-5 sentences the misconception of myofunctional therapy?

ANSWER KEY:

- 1. C
- 2. D
- 3. D

4. Initial evaluation

- 1. Go over Medical History
- 2. Do a clinical exam of all oral tissues and TMJ

Ask the myofunctional therapists what therapies may be needed: PT , Speech, ortho eval, sleep specialists.

Ask the therapist how long the therapy will last, what results can the patient expect, will this resolve the problem the patient is experiencing.

5. Myofunctional therapy is a fairly new way of treating patients with myofunctional disorders. There are varying opinions and thoughts as to if a certified therapists is deemed necessary to help treat this disorder. Another misconception is that releasing the tongue will fix the issues, which is not the case. The patient will still need exercises to train the tongue on proper position and movement. Many have the belief that myofunctional therapy is easy, which has been proven wrong by studies on the depth and time to it takes to treat OMD.

REFLECTION:

Briefly answer the questions below with 3 sentences each. (Write one sentence per bullet point):

1. Regarding the logistics of planning a lecture, what did you notice about how **template lesson planning (lesson plan #2)** differs from **full-length lesson planning (lesson plan #1)**?

- The full-length lesson plan is much more detailed, therefore providing more content and information for the instructor to teach the lesson.
- The template lesson plan is much less time consuming which can be a positive aspect for the instructor to put more time into other areas of the classroom.
- Since the full-length lesson plan is more detailed this can provide a substitute teacher the ability to teach the lesson effectively, whereas the template lesson plan would leave the substitute questioning the details of the lesson to be taught.

2. Which style of lesson planning is your preference **and why**?

If I were a seasoned professor, I would prefer lesson plan #2 as it is less time consuming which will allow me to allocate more personal time to my students. However, as new professor and teacher, I would feel most comfortable using lesson plan 1. Even though it is way more time consuming to formulate, it provides me with more direction to ensure the students will understand the material to be taught.

REFERENCES:

In the white space below, list at least 5 references from the last 5 years from a variety of sources using APA style.

Airwaymatters. (2020, May 7). *5 myofunctional therapy myths revealed and resolved*. Airway Matters. Retrieved November 18, 2021, from

<https://airwaymatters.blog/2019/05/05/5-myofunctional-therapy-myths-revealed-and-resolved/>.

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