

## LESSON PLAN #2 (TEMPLATE)

Course: Health Education 401	Topic: Sleep apnea and the role of Dental Hygienist	Audience: Adult learners (Senior level Dental Hygiene Students)
Needed Materials: Computer, screen, media player, PowerPoint, handout, and brochure	Total Time: 50	

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

(#1-4 cognitive; #5 affective)

1. Define sleep apnea.
2. Discuss health risks associated with sleep apnea.
3. Identify signs and symptoms of sleep apnea in the oral cavity.
4. Evaluate the role of dental hygienists in addressing sleep apnea with patients.
5. Offer solutions by educating patients about different treatment options for sleep apnea.

### ANTICIPATORY SET:

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

**TOTAL TIME FOR ANTICIPATORY SET: \_\_\_3\_\_\_ minutes**

#### Introduction:

Start with telling the story of Emma Cooksey discussing her “wake-up call”. *“If my dentist had asked a few simple questions about my sleep, my obstructive sleep apnea diagnosis may have come a lot sooner.... I would have been forever grateful and considered that dentist my hero.”*  
Obstructive sleep apnea is more than just a snoring problem. There are many serious health complications associated with obstructive sleep apnea.

#### Gain Attention/Motivate:

Did you know you can save your patient's life by detecting the signs of obstructive sleep apnea?

#### Activate Prior Knowledge:

Do you know someone who snores? Did she/he ever discuss this issue with their dental professional? Do you know what the signs of sleep apnea are? As dental professionals, we play an important role to detect the sign and symptoms of sleep apnea in the early stages.

**Establish Rationale:**

By understanding the serious health issue associated with sleep apnea you are making a commitment to detect and educate your patient about sleep apnea and help them to find an appropriate treatment.

**LESSON CONTENT:**

Use outline below to give a sample of main lecture points (no sentences). 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 (use about 5-7 sentences for this).

**TOTAL TIME FOR LESSON CONTENT: \_\_40\_\_ minutes**

**What I Do (Lecture):**

- I. Obstructive sleep Apnea disorder
  - A. Physiology
  - B. Common causes
  - C. Prevalent in certain population
  
- II. Sleep apnea health risks
  - A. Stroke
  - B. Cardiovascular disease
  - C. Cognitive impairment
  
- III. Sleep apnea and oral cavity
  - A. Dry mouth
  - B. Tooth decay
  - C. Gingival inflammation
  
- IV. Role of dental hygienist
  - A. Screening for sleep apnea
  - B. Patient education regarding the dangers of sleep apnea
  - C. Discussing treatment options

## V. Treatment options

- A. CPAP machine
- B. Oral appliances
- C. Surgery

**SUMMARY:** I hope now you have a better understanding of sleep apnea and associated health risks. Use the knowledge you learned and apply it to your clinical assessment. Look for the signs and symptoms of sleep apnea in medical history as well as inside the patient's oral cavity. Take time to educate your patient about the serious health risks related to sleep apnea. Discuss different treatment options and provide necessary referrals.

### 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:**

Class Discussion:

Divide students into two groups. Provide each group with a case study that includes signs and symptoms associated with sleep apnea. Students are asked to list the signs and symptoms of sleep apnea associated with the case and discuss how they would address the case as a dental hygienist. Then each group will present its findings.

### **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 sleep apnea

Test Item: What is the physiological characteristic of sleep apnea?

- a. Repetitive narrowing or collapse of the pharyngeal airway during sleep.
- b. Relaxation of the neck muscle during sleep which can cause repetitive breathing.
- c. Hyper breathing during sleep due to an enlargement of the airway.
- d. Shallow breathing during sleep due to dysfunction of the trachea.

**2. Objective #2:** Discuss health risks associated with sleep apnea

Test Item: All the following are the health risks associated with sleep apnea **EXCEPT** one. Which one is an **EXCEPTION**?

- a. High blood pressure
- b. Insomnia
- c. Obesity
- d. Stroke

**3. Objective #3:** Identify signs and symptoms of sleep apnea in the oral cavity

Test Item: Which one of the following is consistent with signs of sleep apnea in the oral cavity?

- a. Tooth staining
- b. Scalloped tongue
- c. Periodontitis
- d. Aphthous ulcer

**4. Objective #4:** Evaluate the role of dental hygienists in addressing sleep apnea with patients.

Test Item: In 4 to 6 sentences, explain your role as a dental hygienist in detecting sleep apnea.

**5. Objective #5:** Offer solutions by educating patients about different treatment options for sleep apnea

Test Item: In 1 to 2 sentences, explain the most common treatment for sleep apnea.

**ANSWER KEY:**

- 1. A
- 2. C
- 3. B

4. As a dental hygienist, I make sure to go over the questions regarding sleep apnea in medical history. During the clinical assessment, I would look for signs of sleep apnea inside my patient's oral cavity, for example, dry mouth, scalloped tongue, bruxism, and increased carries. After gathering the information and discussing those with a supervising dentist I would educate my patient about the serious risk associated with sleep apnea and help the patient to seek treatment.

5. Breathing machines like CPAP are the most common treatment for sleep apnea. The CPAP machine provides constant pressure in the patient's throat and prevents the airway from collapsing.

## REFERENCES:

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

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