

# 2<sup>nd</sup> Symposium on the Role of Oral Health in Sports

30<sup>th</sup> October 2019, Aspetar - Qatar



Orthopaedic & Sports Medicine Hospital  
[www.aspetar.com](http://www.aspetar.com)

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ASPETAR اسبيتار

## Target Audience:

Physicians, Dentists, Nurses and Allied Health Professionals

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## Venue:

Aspetar Hospital – Auditorium, IS & HR Training Rooms

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## Time:

0730 – 1530

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## CME/CPD Accreditation and Credit Statements



***This activity (HGI-03-P59) is an Accredited Group Learning Activity (Category 1) as defined by the Qatar Council for Healthcare Practitioners - Accreditation Department and is approved for a maximum of 5.75 hours.***

***The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.***

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## Overall learning objectives:

***On completion of this activity, participants will be able to:***

- 1. Outline various disciplines in Sports Dentistry.*
- 2. Identify proper approach in dealing with an immediate trauma.*
- 3. Explain why aesthetics is key to successful treatment in athletes.*
- 4. Apply recent techniques used in management of oral injuries.*
- 5. Identify the effect of oral health in Athletes performance.*

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
07:30 -08:15	Registration		
08:15-08:25	Welcome		Senior Management
08:25-08:30	Overall learning objectives		Dr. Mohammed Alsaey
08:30-09:00 Presentation: 8:30-8:50 Q&A session: 8:50-9:00	<b>Types of pain in sports.</b>	<ol style="list-style-type: none"> <li>1. Explain the definition and classification of pain.</li> <li>2. Prove that trauma is not the only source of pain in sports.</li> <li>3. Explain how pain can affect the athlete's performance.</li> </ol>	Dr. Khalid Rahimi
09:00-09:30 Presentation: 9:00-9:25 Q&A session: 9:25-9:30	<b>Management of zygomatic/orbital complex injuries, why reduction without fixation should be abandoned.</b>	<ol style="list-style-type: none"> <li>1. Explain mechanism of deformity caused by fracture displacement.</li> <li>2. Discuss treatment according to displacement and explain theory behind abandoning reduction without fixation.</li> <li>3. Explain orbital anatomy with view to reconstruction.</li> </ol>	Dr. Talal Rane
09:30- 10:00 Presentation: 9:30-09:55 Q&A session: 9:55-10:00	<b>Management trauma to temporomandibular joint.</b>	<ol style="list-style-type: none"> <li>1. Prioritise the importance of TMJ evaluation.</li> <li>2. Discuss the different treatment options.</li> <li>3. Explain the ideal follow up algorism for TMJ injury.</li> </ol>	Dr. Islam Mohammed
<b>10:00- 10:15</b>	<b>Coffee Break</b>		
10:15-10:45 Presentation: 10:15-10:40 Q&A session: 10:40-10:45	<b>Management of complicated traumatic dental injuries.</b>	<ol style="list-style-type: none"> <li>1. Illustrate the pulp-dentin complex.</li> <li>2. Demonstrate the prevalence of dental injuries between athletes.</li> <li>3. List the types of complicated dental injuries; exposing the dental pulp tissue.</li> <li>4. Compare the difference treatment modalities.</li> </ol>	Dr. Dania Almasri

10:45-11:15 Presentation: 10:45-11:10 Q&A session: 11:10-11:15	<b>National Oral Health Plan and inter-organisation collaboration.</b>	<ol style="list-style-type: none"> <li>1. Outline the status of oral health in Qatar.</li> <li>2. Outline the National Oral Health plan approaches in Qatar.</li> <li>3. Discuss a unified collaborative approach to sports dentistry in the country.</li> </ol>	<i>Dr. Asmaa Othman Alkhtib</i>
11:15-11:45 Presentation: 11:15-11:35 Q&A session: 11:35-11:45	<b>Laser-assisted management of gummy smile and gingival pigmentation.</b>	<ol style="list-style-type: none"> <li>1. Classify the gummy smile and outline the treatment's options.</li> <li>2. Explain the colour of the gingiva is an important component in overall aesthetics.</li> <li>3. Utilise the dental laser in aesthetic periodontal treatment.</li> <li>4. Demonstrate the both open-flap and flapless surgical techniques when performing aesthetic crown lengthening with lasers.</li> </ol>	<i>Dr. Walid Altayeb</i>
11:45-12:15 Presentation: 11:45-12:10 Q&A session: 12:10-12:15	<b>Emergency dental trauma management variations in adult and children.</b>	<ol style="list-style-type: none"> <li>1. Classify and describe different types of dental trauma.</li> <li>2. Identify different emergency management in simple and complicated dental trauma.</li> <li>3. Determine public awareness of first-aid treatment for all types of dental trauma.</li> <li>4. Outline treatment choices and prognosis for dental trauma in different dentition.</li> </ol>	<i>Dr. Shady Ahmed Moussa Aly</i>
<b>12:15-13:15 Lunch Break</b>			
13:15-13:45 Presentation: 13:15-13:35 Q&A session: 13:35-13:45	<b>Management of endodontically treated teeth.</b>	<ol style="list-style-type: none"> <li>1. Outline the guiding principles for the restorability of root canal treated.</li> <li>2. Explain the current materials and available techniques.</li> <li>3. Illustrate some clinical hints to improve success.</li> </ol>	<i>Dr. Atef Hashem</i>

13:45-14:15 Presentation: 13:45-14:05 Q&A session: 14:05-14:15	<b>Do orthodontists contribute to the well-being of patients? An updated perspective of orthodontic treatment. Going beyond straight teeth.</b>	<ol style="list-style-type: none"> <li>1. Discuss the benefits of orthodontic treatment on quality of life.</li> <li>2. Discuss the importance of myofunctional therapy in orthodontic treatment apart from straightening teeth.</li> <li>3. Discuss the effects of orthodontic treatment on dietary intake and body weight.</li> </ol>	<i>Dr. Feras Jawad</i>
14:15-14:45 Presentation: 14:15-14:35 Q&A session: 14:35-14:45	<b>Nutrition and oral health in sport: a time for action?</b>	<ol style="list-style-type: none"> <li>1. Examine the challenges of nutrition in everyday society and its impact on oral health.</li> <li>2. Evaluate the effect sports nutrition has on the quality of oral health.</li> <li>3. Develop simple solutions to improve oral health in those who exercise and use sports nutrition products on a regular basis.</li> </ol>	<i>Dr. Daniel Kings</i>
14:45-15:15 Presentation: 14:45-15:05 Q&A session: 15:05-15:15	<b>Dental hygiene practice implementation in the State of Qatar</b>	<ol style="list-style-type: none"> <li>1. Describe the historical/ conceptual models of dental hygiene practice.</li> <li>2. Describe the roles and responsibilities of the dental hygienist</li> <li>3. Outline how the dental hygiene process of care relates to dental hygiene practice in the state of Qatar</li> </ol>	<i>Dr. Lina Aboutouk</i>
15:15-15:30	<b>Closing</b>		<i>Dr. Mohammed Alsaey</i>

## Scientific Planning Committee Members:

**Dr. Mohammed Alsaey (Chair), Dr. Rachid Bouras, Azouz Mbarka, Esther Schunke**

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