

## AAO Foundation Award Final Report

Principal Investigator	<b>Benjamin Pliska DDS MS FRCD(C)</b>
Award Type	<b>Orthodontic Faculty Development Fellowship Award</b>
Project Title	<b>Orthodontic Faculty Development Plan</b>
Project Year	<b>July 1, 2012 – June 30, 2013</b>
Institution	<b>University of British Columbia Faculty of Dentistry</b>
Summary/Abstract (250 word maximum)	My research focus for the past year has been the development of a multi-disciplinary clinic for the treatment of children with obstructive sleep apnea within the context of prospective research protocols. Modeled after the more familiar team approach seen in Cleft Lip/Palate clinics, this project will be in collaboration with the ENT division at BC Children's Hospital. Our initial planned investigation is to compare the effects of traditional adenotonsillectomy surgery with orthopedic maxillary expansion for children diagnosed with mild-moderate OSA. The aim of this controlled randomized crossover study is to identify the characteristics of patients successfully treated without tonsil and adenoid surgery, with the long-term goal of generating validated protocols for the non-surgical treatment of OSAS in select patients. This clinical trial is underway, and I am currently in the process of data collection.
Were the original, specific aims of the proposal realized?	My OFDFA proposal was not tied to a specific project, but rather to the overall development of a research stream on which I could build a successful academic career. To that end I believe that I have made considerable progress, with the described project being the first outcome of those efforts.
Were the results published? If not, are there plans to publish? If not, why not?	<p><b>Publications during the fellowship period:</b></p> <ol style="list-style-type: none"> <li>1. <b>Pliska BT</b>, Fuchs RW, Beyer JP, Larson BE. Effect of applied moment on resistance to sliding among esthetic self-ligating brackets. Angle Orthod. 2013 Jul 16. [Epub ahead of print]</li> <li>2. Almeida FR, Henrich N, Marra C, Lynd LD, Lowe AA, Tsuda H, Fleetham JA, <b>Pliska B</b>, Ayas N. Patient preferences and experiences of CPAP and oral appliances for the treatment of obstructive sleep apnea: a qualitative analysis. Sleep Breath. 2013 May;17(2):659-66.</li> <li>3. The orthodontist and the obstructive sleep apnea patient. <b>Pliska B</b>, Lowe AA, Almeida FR. Int J Orthod Milwaukee. 2012 Fall;23(3):19-22.</li> </ol>

<p>Have the results of this proposal been presented? If so, when and where? If not, are there plans to do so? If not, why not?</p>	<p>I am a scheduled speaker at the 21<sup>st</sup> Annual Scientific Meeting of the Canadian Academy of Restorative Dentistry and Prosthodontics in September 2013. My presentation is entitled “What Every Dentist Should Know About Obstructive Sleep Apnea”</p>
<p>To what extent have you used, or how do you intend to use, AAOF funding to further your career?</p>	<p>The funds from my OFDFA were used entirely as salary support during the past year, and provided some financial relief to assist in the repayment of my educational loans.</p>