



MONTHLY E-UPDATE

April 2013

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Each month we highlight a recent publication, recent study results, or other important information from the nation's network.

National Dental PBRN Article of the Month

The feasibility of a clinical trial of pain related to temporomandibular muscle and joint disorders

The January 2013 issue of the *Journal of the American Dental Association* featured an article entitled "The feasibility of a clinical trial of pain related to temporomandibular muscle and joint disorders: the results of a survey from the Collaboration on Networked Dental and Oral Research dental practice-based research networks".

In this publication, the authors conducted a survey to characterize the strategies used by general dentists to manage pain related to temporomandibular muscle and joint disorders (TMJDs) and to assess the feasibility of conducting a randomized controlled trial (RCT) to determine the effectiveness of these strategies.

The authors sent a questionnaire to members of the three former regional networks (DPBRN, PEARL, and PRECEDENT). Of 862 dentists surveyed, 654 were general dentists who treated TMJDs; among these, 80% stated they would participate in a future RCT. Dentists treated an average of three patients with TMJD-related pain per month. Splints or mouthguards (98%), self-care (86%) and over-the-counter or prescribed medications (85%) were the treatments most frequently used. The treatments dentists preferred to compare in an RCT were splint or mouthguard therapy (36%), self-care (27%) and medication (17%).

The authors concluded that most general dentists treat TMJD-related pain, and initial reversible care typically is provided. It is feasible to conduct an RCT in a dental PBRN to assess the effectiveness of splint or mouthguard therapy, self-care or medication for the initial management of painful TMJD.

Click [here](#) to view the article on the JADA web site.

Click [here](#) to view the PubMed abstract.