

February 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 surveyed 862 dentists and 654 were general dentists who treated TMJDs; among these, 80.3 percent stated they would participate in a future RCT. Dentists treated an average of three patients with TMJD-related pain per month. Splints or mouthguards (97.6 percent), self-care (85.9 percent) and over-the-counter or prescribed medications (84.6 percent) were the treatments most frequently used. The treatments dentists preferred to compare in an RCT were splint or mouthguard therapy (35.8 percent), self-care (27.4

percent) and medication (17.0 percent).

The authors concluded that most general dentists treat TMJD-related pain, and initial reversible care typically is provided.

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

Evidenced-Based Dentistry Champions Conference

EBD Champions Conference April 25-27, 2013

The goal of the ADA EBD Champions Conference is to train dental professionals to learn what Evidence-Based Dentistry is and how to apply its principles in clinical decision-making and then disseminate EBD to their colleagues. The Conference will be held at the ADA Headquarters in Chicago, IL. We encourage you to attend!

Click [here](#) for more information.

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