

Bruxism Treatment Among Dental Practitioners: Preliminary Qualitative Findings from The National Dental Practice-Based Research Network

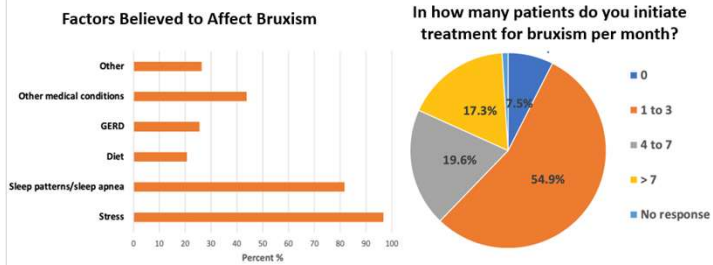
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BACKGROUND

- Bruxism is a repetitive masticatory muscle activity (sleep vs. awake)
 - New and current emerging evidence suggests it is a behavior rather than a disorder
 - Can be protective, harmful, or neutral
 - Teeth grinding and clenching can lead to gum recession, attrition and abfraction
- Multifactorial etiologies – psychosocial, physiological, and exogenous factors
- Need for a standardized protocol to assess and evaluate the management of bruxism in the dental field



RESULTS



CONCLUSIONS

- Basic strategy is to offer a guard or splint to everyone
 - Current literature does not recommend occlusal adjustment
 - Etiologies that affect behavior are rarely considered
- Remains unclear whether dental practitioners assess and treat bruxism patients with effective management approaches based on current recommendations
- Drives the need for a standardized clinical assessment and management evaluation procedure that practitioners can use for patients with bruxism

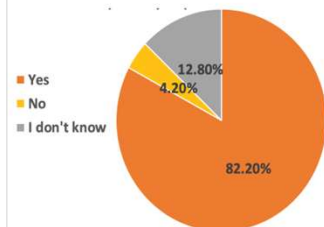


METHODS

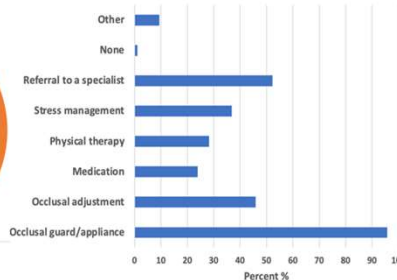


- Investigators in the National Dental PBRN conducted a Quick Poll that consisted of 5 questions about bruxism.
- Distributed nationally
- A total of N=400 practitioners responded to the Quick Poll

Would a study about bruxism be important to you and your patients?



Treatment Options Offered When Treating Patients With Bruxism



CITATIONS

- <https://thedentalpen.com/stop-tooth-grinding-and-clenching/>
- <https://www.advanceddentistry.co.uk/blog/what-is-bruxism/>
- <https://pymbledental.com.au/snoring-grinding-jaw-pain/occlusal-splints-nightguards/>
- <https://www.watertowerdentalcare.com/blog/2014/02/what-are-occlusal-adjustments>