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 abrasion
- 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**

- **Factors Believed to Affect Bruxism**
  - Other medical conditions
  - GERD
  - Diet
  - Sleep patterns/sleep apnea

- **In how many patients do you initiate treatment for bruxism per month?**
  - 0
  - 1 to 3
  - 4 to 7
  - > 7
  - No response

- **Treatment Options Offered When Treating Patients With Bruxism**
  - Other
  - None
  - Referral to a specialist
  - Stress management
  - Physical therapy
  - Medications
  - Occlusal adjustment
  - Occlusal guards/appliances

**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

**CITATIONS**
- [https://www.advanceddentistry.co.uk/blog/what-is-bruxism/](https://www.advanceddentistry.co.uk/blog/what-is-bruxism/)
- [https://www.watertowerdentalcare.com/blog/2016/02/what-are-occlusal-adjustments](https://www.watertowerdentalcare.com/blog/2016/02/what-are-occlusal-adjustments)