**Critically Appraised Topic (CAT)**

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| **Project Team:**  |
| **1A-3** |
| **Project Team Participants:**  |
| **Josephine Tokarev****Amin Akeeb****Josephine Hayes-Birchler****Tristan Rostagno** |
| **Clinical Question:** |
| What is the effectiveness of occlusal guards in patients with myofascial pain?  |
| **PICO Format:** |
| **P:** |
| **Patients with myofascial pain** |
| **I:** |
| **Splinting therapy** |
| **C:** |
| **Non splinting therapy** |
| **O:** |
| **Success rate**  |
| **PICO Formatted Question:** |
| In patients with myofascial pain, does splinting therapy compared to nonsplinting therapy result in a higher success rate? |
| **Clinical Bottom Line:** |
| **Splinting therapy has a higher success rate** |
| **Date(s) of Search:**  |
| **10/5/20** |
| **Database(s) Used:** |
| **Pubmed**  |
| **Search Strategy/Keywords:** |
| **Myofascial pain and splinting therapy**  |
| **MESH terms used:** |
| **Splinting therapy****Dental myofascial pain** |
| **Article(s) Cited:** |
| Al-Ani Z, Gray RJ, Davies SJ, Sloan P, Glenny AM. Stabilization splint therapy for the treatment of temporomandibular myofascial pain: a systematic review. J Dent Educ. 2005 Nov;69(11):1242-50. PMID: 16275687.Dao TT, Lavigne GJ, Charbonneau A, Feine JS, Lund JP. The efficacy of oral splints in the treatment of myofascial pain of the jaw muscles: a controlled clinical trial. Pain. 1994 Jan;56(1):85-94. doi: 10.1016/0304-3959(94)90153-8. PMID: 8159444.Greene CS, Laskin DM. Splint therapy for the myofascial pain--dysfunction (MPD) syndrome: a comparative study. J Am Dent Assoc. 1972 Mar;84(3):624-8. doi: 10.14219/jada.archive.1972.0090. PMID: 4500373. |
| **Study Design(s):** |
| **RCT & Systematic Review**  |
| **Reason for Article Selection:** |
| **Strength****Prior citations** |
| **Article(s) Synopsis:** |
| Click here to enter text. |
| **Levels of Evidence:** (For Therapy/Prevention, Etiology/Harm) See <http://www.cebm.net/index.aspx?o=1025>[x]  **1a** – Clinical Practice Guideline, Meta-Analysis, Systematic Review of Randomized Control Trials (RCTs)[ ]  **1b** – Individual RCT[ ]  **2a** – Systematic Review of Cohort Studies[ ]  **2b** – Individual Cohort Study[ ]  **3** – Cross-sectional Studies, Ecologic Studies, “Outcomes” Research[ ]  **4a** – Systematic Review of Case Control Studies[ ]  **4b** – Individual Case Control Study[ ]  **5** – Case Series, Case Reports[ ]  **6** – Expert Opinion without explicit critical appraisal, Narrative Review[ ]  **7** – Animal Research[ ]  **8** – In Vitro Research |
| **Strength of Recommendation Taxonomy (SORT) For Guidelines and Systematic Reviews**See article **J Evid Base Dent Pract 2007;147-150**[x]  **A** – Consistent, good quality patient oriented evidence[x]  **B** – Inconsistent or limited quality patient oriented evidence[ ]  **C** – Consensus, disease oriented evidence, usual practice, expert opinion, or case series for studies of diagnosis, treatment, prevention, or screening |
| **Conclusion(s):** |
| **There is insufficient evidence that splinting therapy vs. non splinting therapy would be beneficial for patients with myofascial pain.** |