

planning to include this in the group information session programme as well as preparing a patient information leaflet reinforcing the key points.

Conclusions

The delivery of targeted education and consistent counselling in a group setting results in patients reporting an increase in knowledge, understanding and confidence in self-managing their myofascial TMD pain which can be sustained up to 11 months post discharge.

Drawbacks include selecting and training a lead clinician as well as continuously adapting the sessions in response to patient feedback.

This novel care pathway for myofascial pain uses clinical time efficiently, appears cost effective while improving quality of care.

Acknowledgements

Anna Maciag, Dept. of Oral Surgery, Guys Dental Hospital, London, SE1 9RT

Jennifer Hare, Dept. of Sedation and Special Care Dentistry, Guys Dental Hospital, London, SE1 9RT

- Greene C. Managing the care of patients with temporomandibular disorders. *J Am Dent Assoc* 2010; **141**: 1086–1088.
- Reiter S, Goldsmith C, Emodi-Perlman A, Friedman-Rubin P, Winocur E. Masticatory muscle disorders diagnostic criteria: the American Academy of Orofacial Pain versus the research diagnostic criteria/temporomandibular disorders (TMD). *J Oral Rehabil* 2012; **39**: 941–947.
- Slade G D, Bair E, Greenspan J D *et al*. Signs and symptoms of first-onset TMD and sociodemographic predictors of its development: The OPPERA prospective cohort study. *J Pain* 2013; **14**: T20–T32.
- Cioffi I, Perrotta S, Ammendola L *et al*. Social impairment of individuals suffering from different types of chronic orofacial pain. *Prog Orthod* 2014; **15**: 27.
- Greene C S. The etiology of temporomandibular disorders: implications for treatment. *J Orofac Pain* 2001; **15**: 93–105.
- RCS Faculty of Dental Surgery. *Temporomandibular Disorders (TMDs): an update and management guidance for primary care from the UK Specialist Interest Group in Orofacial Pain and TMDs (USOT)*. 2013 Available at: <https://www.rcseng.ac.uk/dental-faculties/fds/publications-guidelines/clinical-guidelines/> (accessed: 22 June 2017).
- British Association of Oral and Maxillofacial Surgeons. *Commissioning guide: Temporomandibular joint disorders*. 2014. Available at: <https://www.rcseng.ac.uk/library-and-publications/college-publications/docs/tmj-commissioning-guide/> (accessed: 22 June 2017).
- Furnes B, Natvig G K, Dysvik E. Therapeutic elements in a self-management approach: experiences from group participation among people suffering from chronic pain. *Patient Prefer Adherence* 2014; **8**: 1085–1092.
- Abraham C, Michie S. A taxonomy of behavior change techniques used in interventions. *Health Psychol* 2008; **27**: 379–387.
- Huang G J, LeResche L, Critchlow C W, Martin M D, Drangsholt M T. Risk factors for diagnostic subgroups of painful temporomandibular disorders (TMD). *J Dent Res* 2002; **81**: 284–288.
- Klasser G D, Greene C S. Oral appliances in the management of temporomandibular disorders. *Oral Surg Oral Med Oral Pathol Oral Radiol Endod* 2009; **107**: 212–223.
- Durham J, Newton-John T R, Zakrzewska J M. Temporomandibular disorders. *BMJ* 2015; **350**: h1154.
- LeResche L. Epidemiology of temporomandibular disorders: implications for the investigation of etiologic factors. *Crit Rev Oral Biol Med* 1997; **8**: 291–305.
- Ohrbach R, Markiewicz M R, McCall Jr W D. Waking-state oral parafunctional behaviors: specificity and validity as assessed by electromyography. *Eur J Oral Sci* 2008; **116**: 438–444.
- Michelotti A, Cioffi I, Festa P, Scala G, Farella M. Oral parafunctions as risk factors for diagnostic TMD subgroups. *J Oral Rehabil* 2010; **37**: 157–162.
- Michelotti A, Iodice G, Vollaro S, Steenks M H, Farella M. Evaluation of the short-term effectiveness of education versus an occlusal splint for the treatment of myofascial pain of the jaw muscles. *J Am Dent Assoc* 2012; **143**: 47–53.
- Dao T T, Lavigne G J. Oral splints: the crutches for temporomandibular disorders and bruxism? *Crit Rev Oral Biol Med* 1998; **9**: 345–361.
- Ekberg E, Vallon D, Nilner M. The efficacy of appliance therapy in patients with temporomandibular disorders of mainly myogenous origin. A randomized, controlled, short-term trial. *J Orofac Pain* 2003; **17**: 133–139.
- Greene C S. Managing the care of patients with temporomandibular disorders. *J Am Dent Assoc* 2010; **141**: 1086–1088.
- Durham J, Steele J G, Wassell R W, Exley C. Living with uncertainty temporomandibular disorders. *J Dent Res* 2010; **89**: 827–830.
- Just J K, Perry H T, Greene C S. Treating TM disorders: a survey on diagnosis, etiology and management. *J Am Dent Assoc* 1991; **122**: 55–60.
- Le Resche L, Truelove E L, Dworkin S F. Temporomandibular disorders: a survey of dentists' knowledge and beliefs. *J Am Dent Assoc* 1993; **124**: 90–106.
- Michelotti A, Steenks M H, Farella M, Parisini F, Cimino R, Martina R. The additional value of a home physical therapy regimen versus patient education only for the treatment of myofascial pain of the jaw muscles: short-term results of a randomized clinical trial. *J Orofac Pain* 2004; **18**: 114–125.
- Dworkin S F, Turner J A, Mancl L *et al*. A randomized clinical trial of a tailored comprehensive care treatment program for temporomandibular disorders. *J Orofac Pain* 2002; **16**: 259–276.
- Lorig K R, Ritter P, Stewart A L *et al*. Chronic disease self-management program: 2-year health status and health care utilization outcomes. *Med Care* 2001; **39**: 1217–1223.
- Wright E, Anderson G, Schulte J. A randomized clinical trial of intraoral soft splints and palliative treatment for masticatory muscle pain. *J Orofac Pain* 1995; **9**: 192–199.
- Yalom I D, Leszcz M. *Theory and practice of group psychotherapy*. Basic Books, 2005.
- Dysvik E, Kvaløy J T, Furnes B. A mixed-method study exploring suffering and alleviation in participants attending a chronic pain management programme. *J Clin Nurs* 2014; **23**: 865–876.
- Keefe F J, Beupre P M, Gil K M, Rumble M E, Aspnas A K. Group therapy for patients with chronic pain. *Pain management: A practitioner's handbook* 1996; **2**: 234–255.
- Kelleher M, Ray-Chaudhuri A, Khawaja N. Patients' priorities and attitudes towards their temporomandibular disorders. *Prim Dent J* 2015; **4**: 17–21.
- Aggarwal V R, Tickle M, Javidi H, Peters S. Reviewing the evidence: can cognitive behavioral therapy improve outcomes for patients with chronic orofacial pain? *J Orofac Pain* 2010; **24**: 163–171.
- Sturdivant J, Friction J R. Physical therapy for temporomandibular disorders and orofacial pain. *Curr Opin Dent* 1991; **1**: 485–496.

Erratum

Education Article *Br Dent J* 2017; **222**: 709–713

In the original article one of the authors' names was given as 'R. McKenzie'. The correct name is 'R. McKerlie'.

The author information correctly reads as follows:

A. J. Crothers,¹ J. Bagg² & R. McKerlie¹

We apologise for any confusion caused.