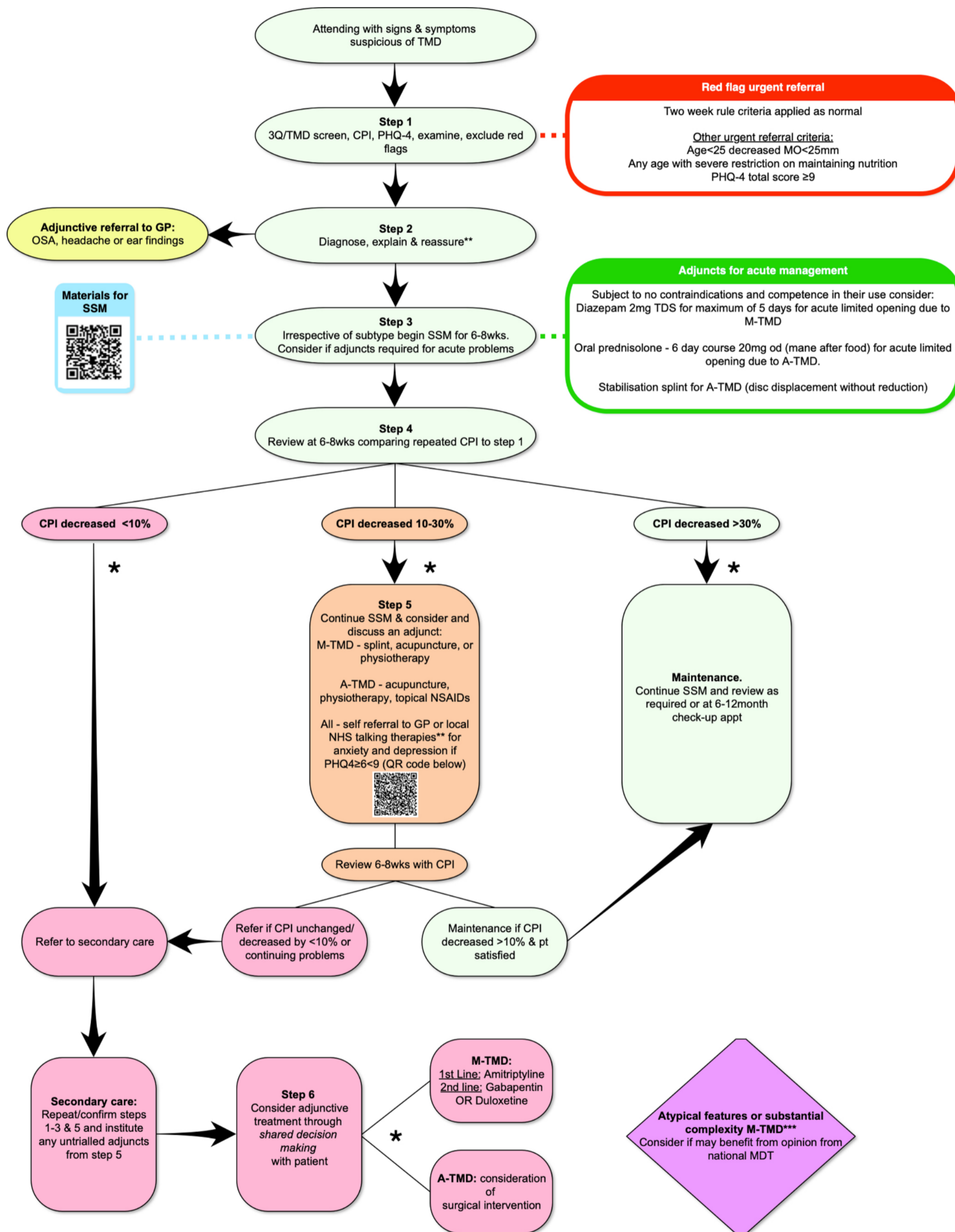


NHS England Getting It Right First Time (GIRFT) and Royal College of Surgeons' Faculty of Dental Surgery: Evidence based care pathway for the management of Management of painful Temporomandibular disorder in adults.



*If at any point the patient is comfortable and happy to move to maintenance there is no objective need to progress with further therapy and maintenance can be initiated

**Self-referral to GP if PHQ ≥6 <9 or to talking services for anxiety and depression which can be identified at: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

***Unfortunately following step 6 management options there is likely to be little further that can be offered. A national virtual MDT opinion may be appropriate when there is substantial complexity or comorbidity between a TMD and other conditions. This national MDT is currently being established and contact details are to follow.

Care pathway acronyms: Three question TMD screener (3Q/TMD); Arthrogenous TMD (A-TMD); Characteristic pain intensity (CPI); Mane (in the morning); Mouth opening (MO); Myogenous TMD (M-TMD); Once daily (OD); Obstructive sleep apnea (OSA); Patient health questionnaire 4 (PHQ4); Supported self-management (SSM)