

Academy of Orthopaedic Physical Therapy

Temporomandibular Disorders Clinical Practice

Guideline for Physical Therapist Practice – in Process

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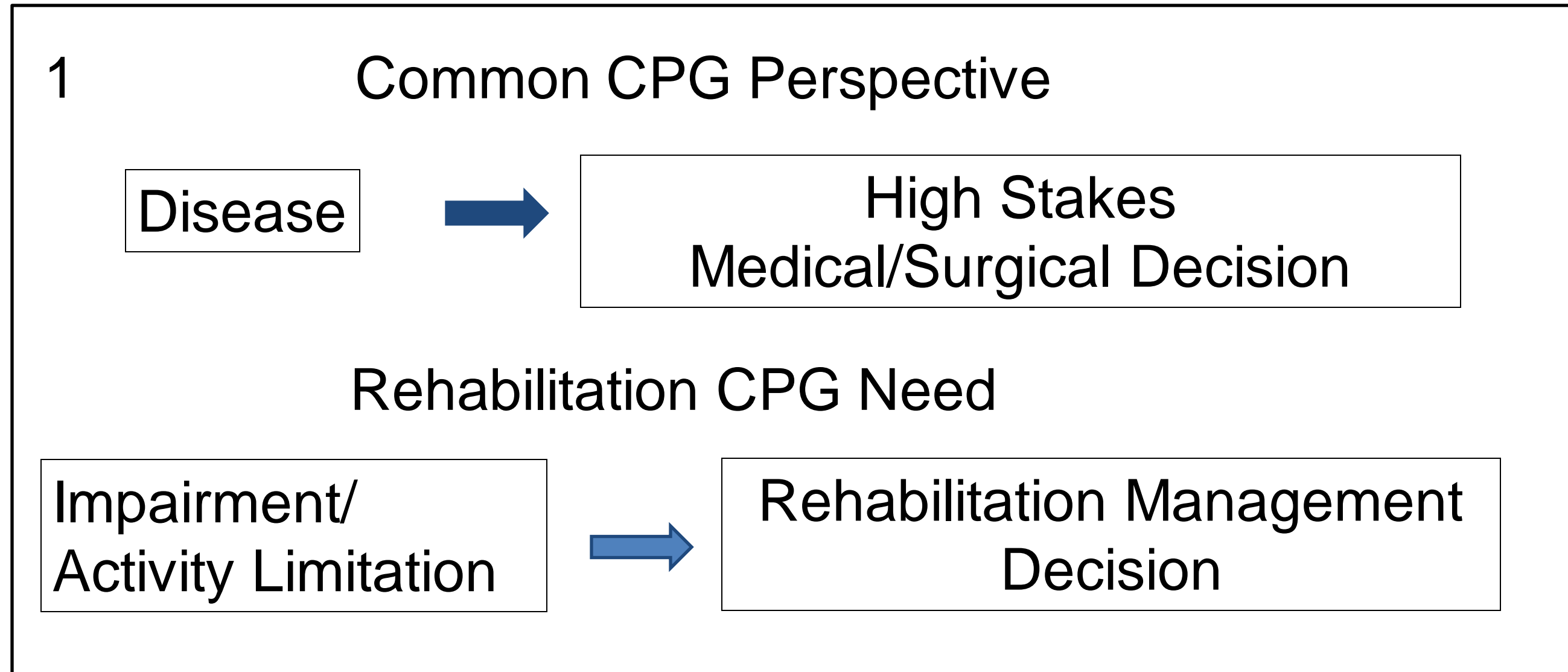
Namrita Johal

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RobRoy Martin, PT, PhD



PT-specific CPGs: Motivation



2

“Provide exercises or physiotherapy.....”

Overarching Aims of AOPT Guidelines

Describe

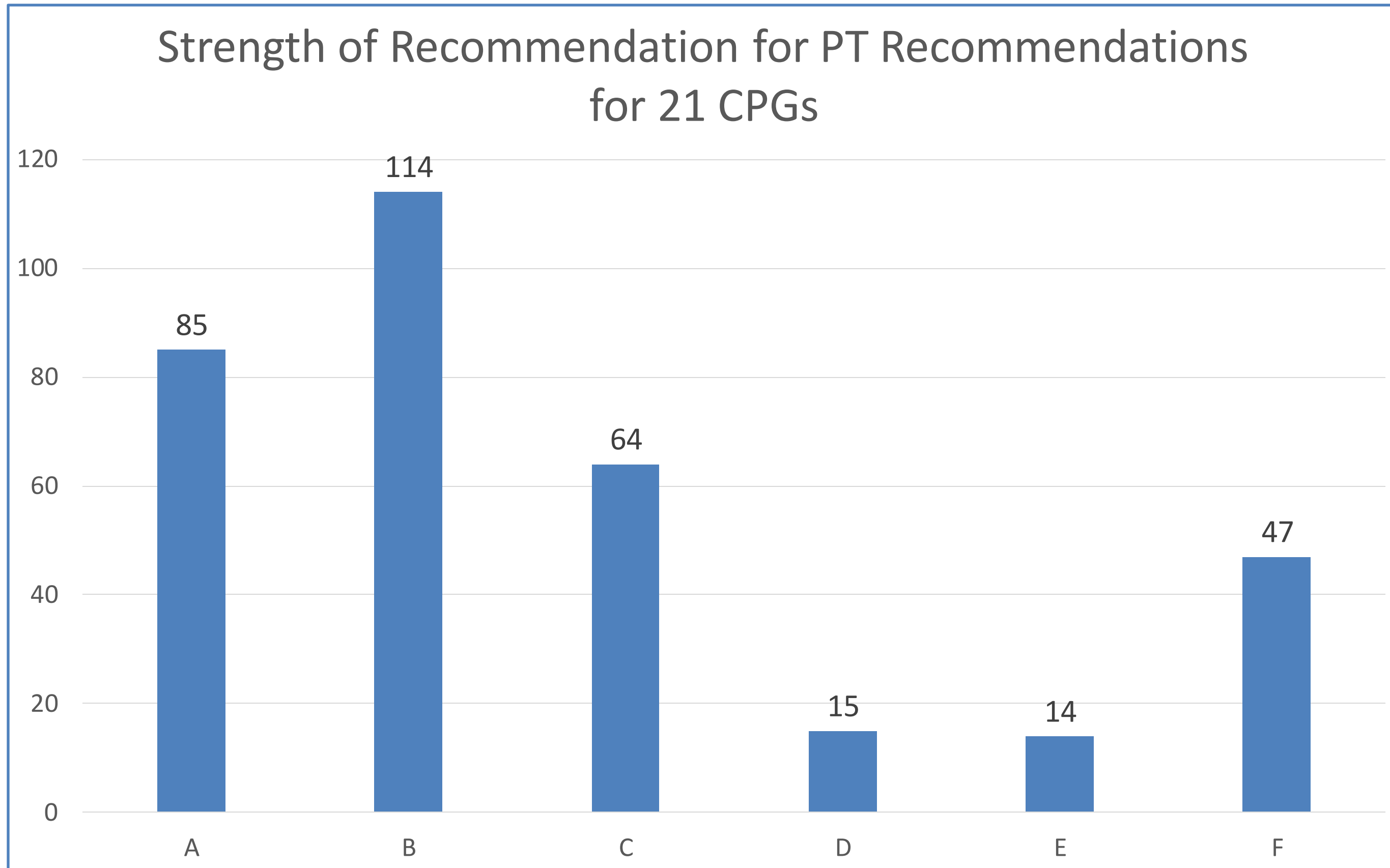
- diagnostic classifications based on ICF terminology & evidence
- best outcome measures to use
- best intervention strategies matched to classifications when possible

Assist clinicians with clinical decision-making.

Provide implementation/QI strategies

- reduce unwarranted variation
- do the right thing at the right time

How Common are Strong Recommendations in Rehabilitation?



2018 EDITION

APTA CLINICAL PRACTICE GUIDELINE PROCESS MANUAL

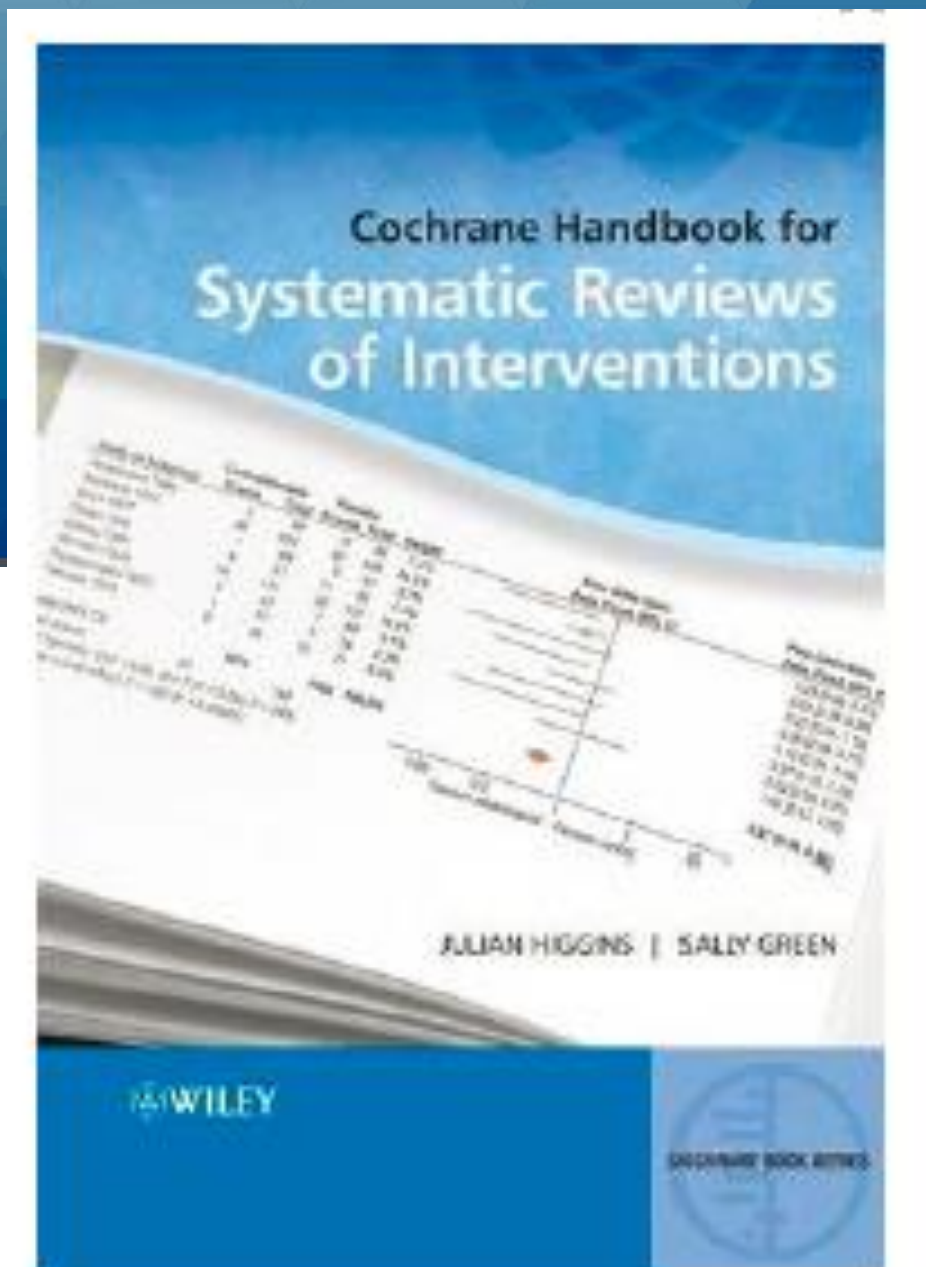
AOPT CPG Manual

This document is to guide authors with developing a Clinical Practice Guidelines consistent with the Academy of Orthopaedic Physical Therapy/JOSPT process while maintaining the standards to which we base our process: Institute of Medicine and Guideline International Network, and ECRI Guideline Trust.

The figures below provide an overview of the process and general timeline of events that will be broken down and discussed further in this manual.

TABLE 1. PROJECT PLAN PHASES AND MILESTONES FOR DEVELOPMENT AND DISSEMINATION OF A

Phase 1: CPG Planning and Resource Organization	Phase 2: Drafting and Publication	Phase 3: Dissemination, Implementation, and Evaluation	Phase 4: Revision, Update, or Affirmation
<ul style="list-style-type: none"> Identify the question the CPG will answer Conduct preliminary literature search 	<ul style="list-style-type: none"> Perform systematic review for PICOT questions/topics for which recommendations 	<ul style="list-style-type: none"> Disseminate the CPG Implement the CPG Evaluate the CPG 	<ul style="list-style-type: none"> Determine the need for updates based on the evaluation Either revise the CPG or affirm its current status

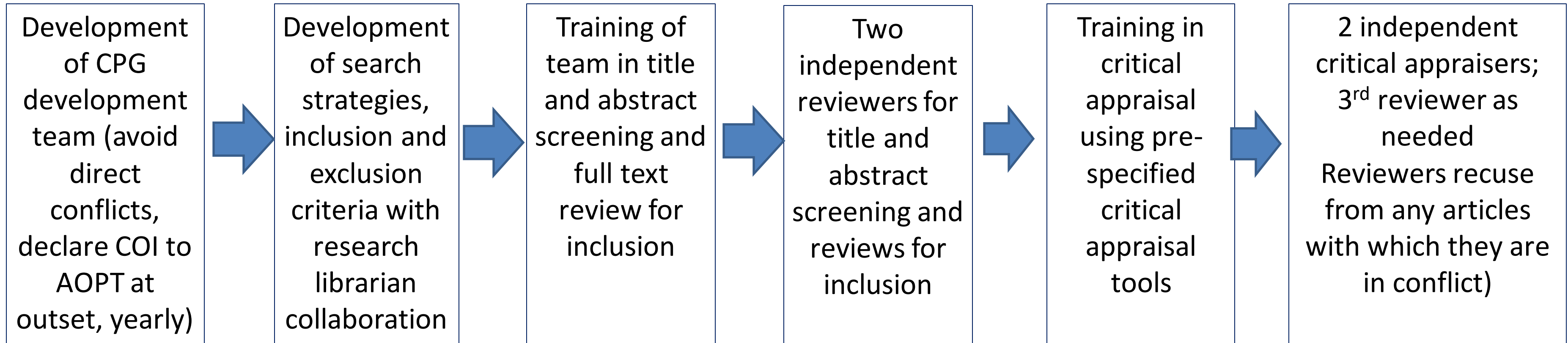


STANDARDS FOR EACH PHASE OF THE CPG

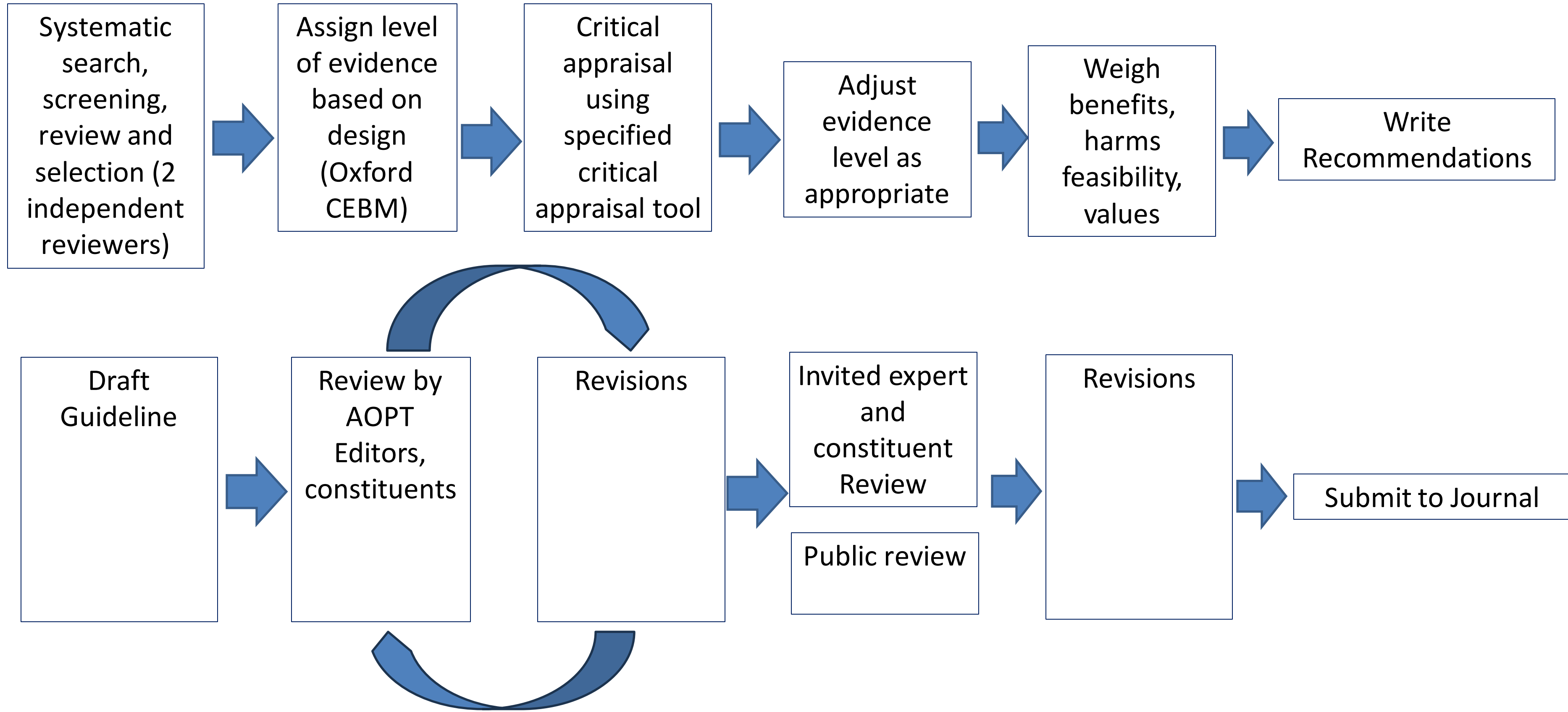
PLANNING AND ORGANIZATION

- Identifies the key question the CPG will address
- Identifies stakeholders that will be impacted by the CPG
- Identifies GDG chair(s) and consultant groups
- Addresses conflicts of interest.

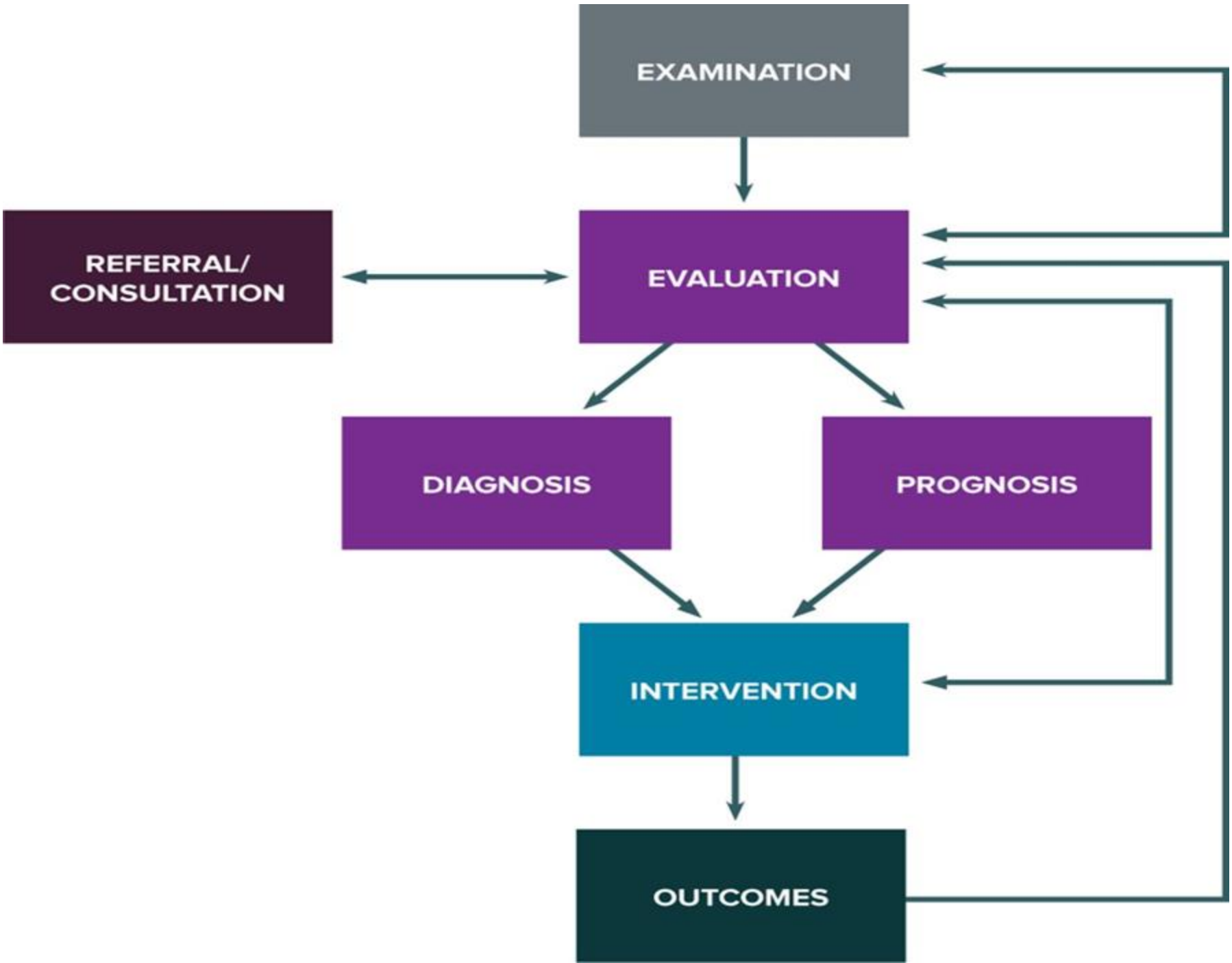
CPG Development and Review Processes



CPG Development and Review Processes



The Patient & Client Management Process



GUIDE TO
PHYSICAL THERAPIST PRACTICE

Stakeholder Review



Development of a Clinical Practice Guideline: Diagnosis and Management of Temporomandibular Disorders for Physical Therapists

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**Would you like to help with
guideline review?**

**Are you a likely stakeholder
(clinician, patient, payer etc.)?**



Levels of Evidence and Strength of Recommendations

I	Evidence obtained from high-quality diagnostic studies, prospective studies, systematic reviews or randomized controlled trials
II	Evidence obtained from lesser-quality diagnostic studies, prospective studies, or randomized controlled trials (eg, weaker diagnostic criteria and reference standards, improper randomization, no blinding, less than 80% follow-up)
III	Case-control studies or retrospective studies
IV	Case series
V	Expert opinion

GRADES OF RECOMMENDATION	
A	Strong evidence
B	Moderate evidence
C	Weak evidence
D	Conflicting evidence
E	Theoretical/ foundational evidence
F	Expert opinion

Martin RL et al. ,Heel Pain- Plantar Fasciitis Revision 2014: *J Orthop Sports Phys Ther.* 2014;44(11):A1-A23.
doi:10.2519/jospt.2014.0303

Monitoring and Updates


- Update/Revision every 5 years
- Possible monitoring and certification, living CPGs

TMD Topics and Search Strategies:

- Systematic Review
 - TMD Diagnosis & Examination
 - Diagnosis/Classification & Differential Diagnosis
 - Outcomes assessment
 - Physical therapy interventions
- Narrative Review
 - Pathoanatomic Features
 - Risk Factors
 - Prevalence
 - Clinical Course (including ICF and ICD-10 codes)
 - Prognosis
 - Imaging
 - Oral appliances

Calendar	2022 1 st Quarter			2022 2 nd Quarter			2022 3 rd Quarter			2022 4 th Quarter			2023 1 st Quarter		
Activities	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Define Scope	█														
Design and Conduct Lit Search		█													
Title & Abstract						█									

Calendar	2023 1 st Quarter			2023 2 nd Quarter			2023 3 rd Quarter			2023 4 th Quarter			2024 1 st Quarter			
Activities	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	
Full Text Review			█													
Critical Appraisal and Data Extraction									█							
Evidence Synthesis and Recommendations													█			

Calendar	2024 2 nd Quarter			2024 3 rd Quarter			2024 4 th Quarter			2025 1 st Quarter		
Activities	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Draft Manuscript	█											
Editors Review #1				█								
Selective Stakeholder Review							█					
Final Editors Review									█			
Finalize Draft										█		
Submit to JOSPT												

Implementation Strategies

- Need to consider organizational, operational and individual (clinicians and patients) strategies
- Training implementers (national and international meetings, CEU courses etc.)
- Examination and intervention-specific toolkits
- Checklists and algorithms
- Infographics (PT/PTAs, patients, dentists, dental hygienists, OFP specialists, physicians etc.)
- Social media platforms
- Websites (APTA, AOPT, PTBCCT, AAOP etc.)
- Etc.

Thank you

Acknowledgments

- Academy of Orthopedic Physical Therapy
- American Physical Therapy Association
- Physical Therapy Board of Craniofacial & Cervical Therapeutics
- Volunteer and stakeholder participation