

# Socio-Anthropological Research on the Care Pathway for Chronic Orofacial Pain Associated with Temporomandibular Disorders : A Patient Perspective

Pilot Study at the University Hospital of Toulouse in the specialized Occlusodontist Consultation

Émilie POISSON, Constance CUNY, Antonin HENNEQUIN, Olivier HAMEL, Florent DESTRUHAUT

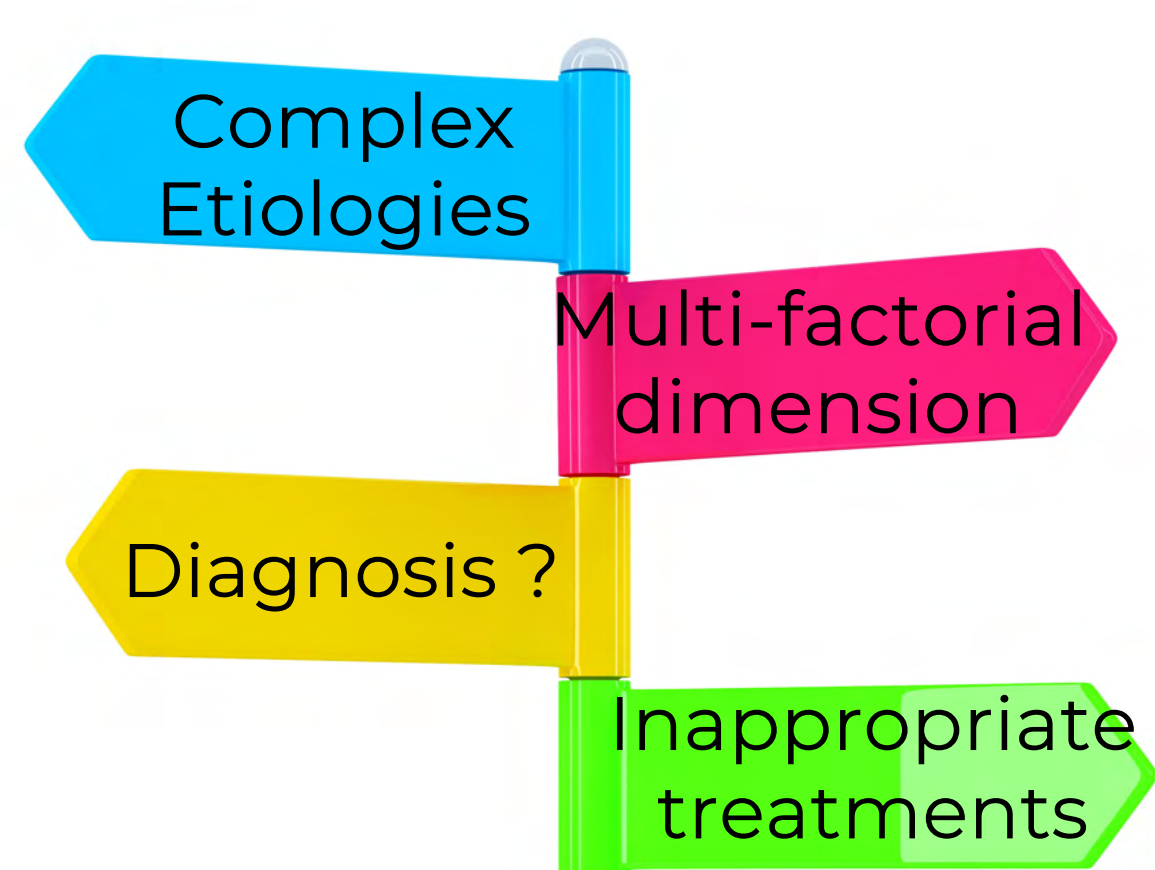
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## Abstract

Chronic pain can lead to significant handicaps and/or disabilities in patients, affecting their personal and professional lives. The patient journey to diagnosis and appropriate treatment is often long and arduous, exacerbated by the etiological complexity of the condition. Patients frequently undergo multiple consultations in search of answers. Our survey, conducted at the specialized occlusodontics consultation at Toulouse University Hospital, highlighted several issues: the difficulty in making a diagnosis, the lack of awareness and recognition of this pathology among practitioners, insufficient knowledge for appropriate patient referral, and lengthy delays in treatment. To enhance the care process, it is essential to promote collaboration, multidisciplinary, and the establishment of a professional network for greater visibility. Primary care providers must play a crucial role in this endeavor.

## Introduction

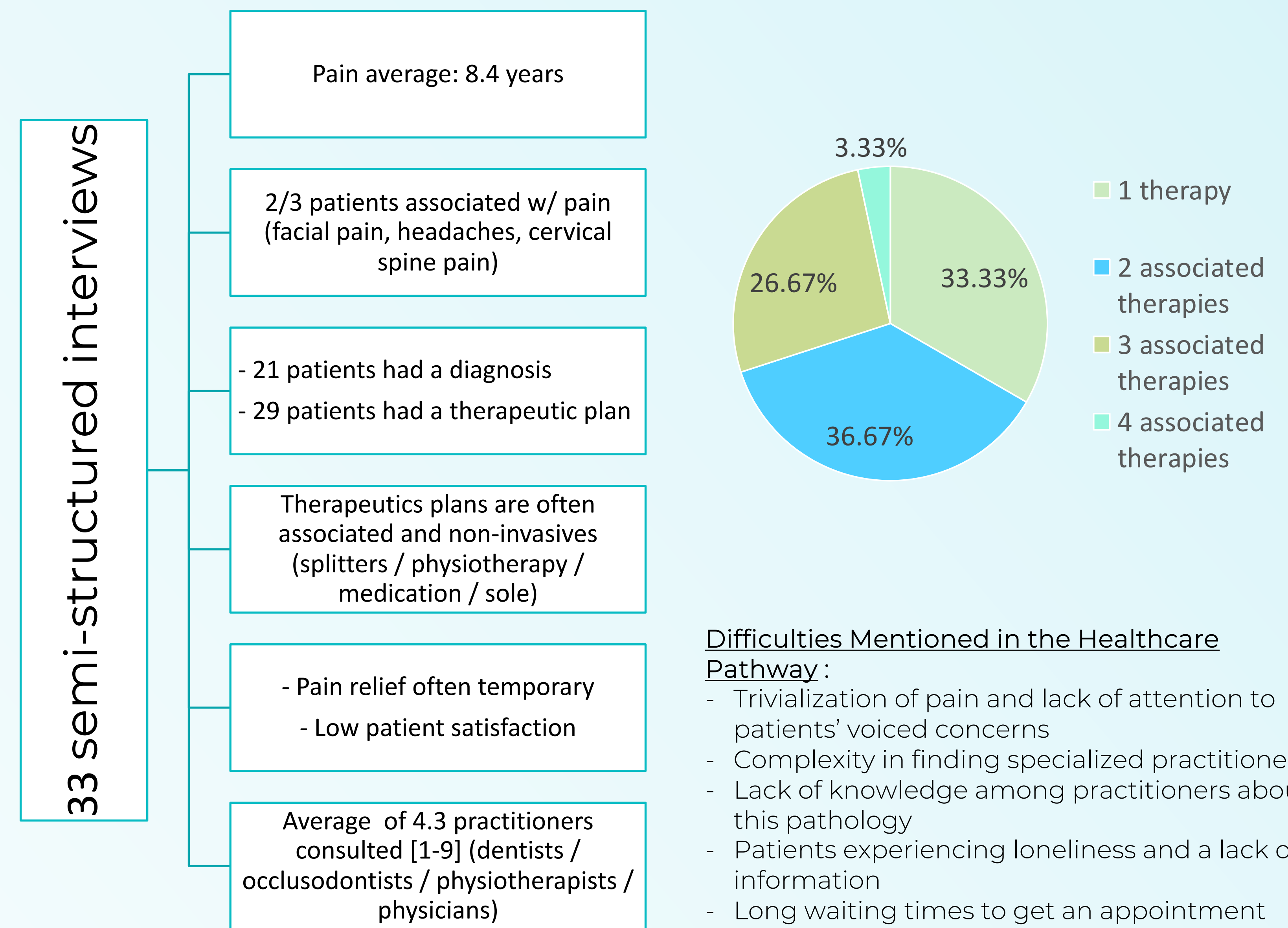
Orofacial pain affects one-fifth of the population, with acute forms being easily treated by dentists. However, chronic forms pose a significant clinical challenge in terms of diagnosis and long-term relief. In the case of temporomandibular disorders (TMD), this affects between 5% and 12% of the population.



As of January 1, 2022, the International Classification of Diseases (ICD-11) recognizes chronic pain as a disease.

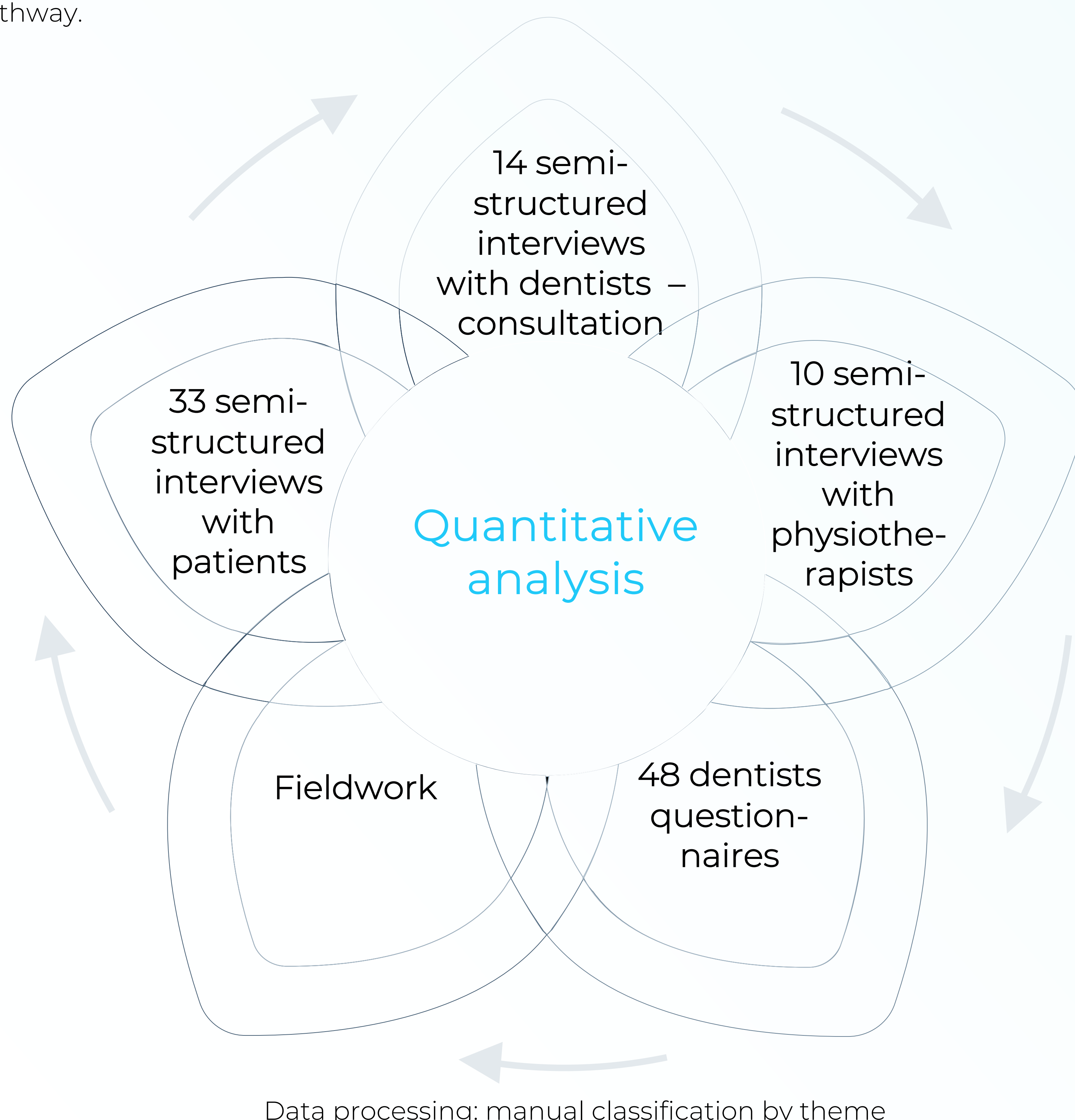
A multidisciplinary approach is necessary in the care pathway process. This is a lengthy process and presents a diagnostic challenge for professionals.

## Results



## Methodology

The aim of the qualitative approach is to collect human experiences and gain access to individuals' representations, perceptions, and experiences on a specific theme. In this study, patient interviews were conducted to elaborate on the care pathway.



## Conclusion

General physicians and dentists are at the heart of the primary care process and play a fundamental role in patient orientation. Currently, there is no predefined care pathway, and patients often need to undergo numerous consultations to obtain a diagnosis and/or appropriate treatment.



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Pictures :  
<https://slidesgo.com>  
<https://fr.freepik.com>