

WHY ARE PEOPLE WITH MIGRAINE RELUCTANT TO SEEK CARE OR TAKE PREVENTIVE TREATMENT?



According to the OVERCOME study, of people with migraine (MIDAS > 11) who were candidates for a preventive medication (n=5,873)¹:

~1/3 of people did not seek care¹

~28% of people with a migraine diagnosis took a recommended* preventive medication¹

~15% completed all three steps to appropriate care: sought care, diagnosed, and received a recommended* preventive treatment¹

Neurologists As Educators

✓ As a neurologist, you play an important role in helping patients understand migraine and the treatments available.

✓ Some of the reasons patients are hesitant to ask for treatment include fear of being labeled as a drug seeker, not wanting to bother their HCP, or lack of awareness about preventive options.²

✓ Appropriate education to migraine patients reinforces the use of prescribed medications resulting in less calls or unscheduled visits related to migraine.³

“Migraine is not just a bad headache.”



Quality of Medical Communication

Even after patients seek care for their migraine symptoms, it is important to communicate and make the most of every conversation.⁴

Quality medication communication is directly related to:



Patient Satisfaction⁴



Improvement in medication adherence⁴



Treatment compliance⁴



Increase in healthcare providers' level of satisfaction⁴

Information that is unsuccessfully communicated can actually cause anxiety, fear, and hopelessness.⁵

Discussion Techniques

WHAT

When educating patients about migraine, it is vital that patients leave the conversation understanding:⁵

- ✓ What migraine is (and is not)
- ✓ Migraine symptoms and impact
- ✓ The diagnosis
- ✓ Treatment options and goals

HOW

Motivational interviewing can improve patient conversations. This is a technique for increasing motivation to change behavior. It aims to encourage patient autonomy in decision-making where clinicians act as a guide, collaborating on a plan for care.^{6,7}

Motivational interviewing techniques:^{6,7}

- Ask Open-ended Questions
- Make Affirmations
- Use Reflective Listening
- Summarize What You've Heard

Additional tips for talking with patients:

- Communicate information using language your patient understands^{4,5}
- Understand how much information your patient wants⁵
- Use metaphors/analogies to explain topics⁵
- Provide information in smaller pieces^{4,8}



POTENTIAL FOR MISCOMMUNICATION

Clinicians may focus on traditional measures of disease such as headache frequency or severity, while patients may focus more on how migraine impacts their lives.⁴

WHEN

Talk about migraine and its impact with patients at **every visit.**

For more information on Think Talk Treat Migraine

[Click Here](#)

References

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*Recommended treatment refers to receiving preventive medication noted in AHS 2018 position statement regarding qualification for novel CGRP mAb.^{1,9}

MIDAS=Migraine Disability Assessment

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