

Partnering with Pharmacy Teams to Improve Migraine Management



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Introduction

This joint two-year project between The Migraine Trust and NHS Grampian, with funding from the Scottish Neurological Care and Support Framework, developed and delivered focused training and a public awareness campaign to improve treatment and support available for people living with migraine from 628 community pharmacy teams; initially in Grampian and then rolling out to NHS Highland, NHS Lanarkshire, NHS Lothian, NHS Orkney, NHS Shetland and NHS Tayside. Leveraging the Pharmacy First program, this initiative empowers pharmacists with enhanced skills, improves patient access to timely care, and raises public awareness while aligning with the National Headache Pathway. Patient and staff experiences informing the service development aimed to reduce unwarranted variation and inequality; reduce waste and harm; and empower people to make informed choices about their care through shared decisions.

1 in 7 people in the UK live with migraine, the second leading cause of disability worldwide¹

Its “not just a headache” - lifelong disorder with a complex array of symptoms¹

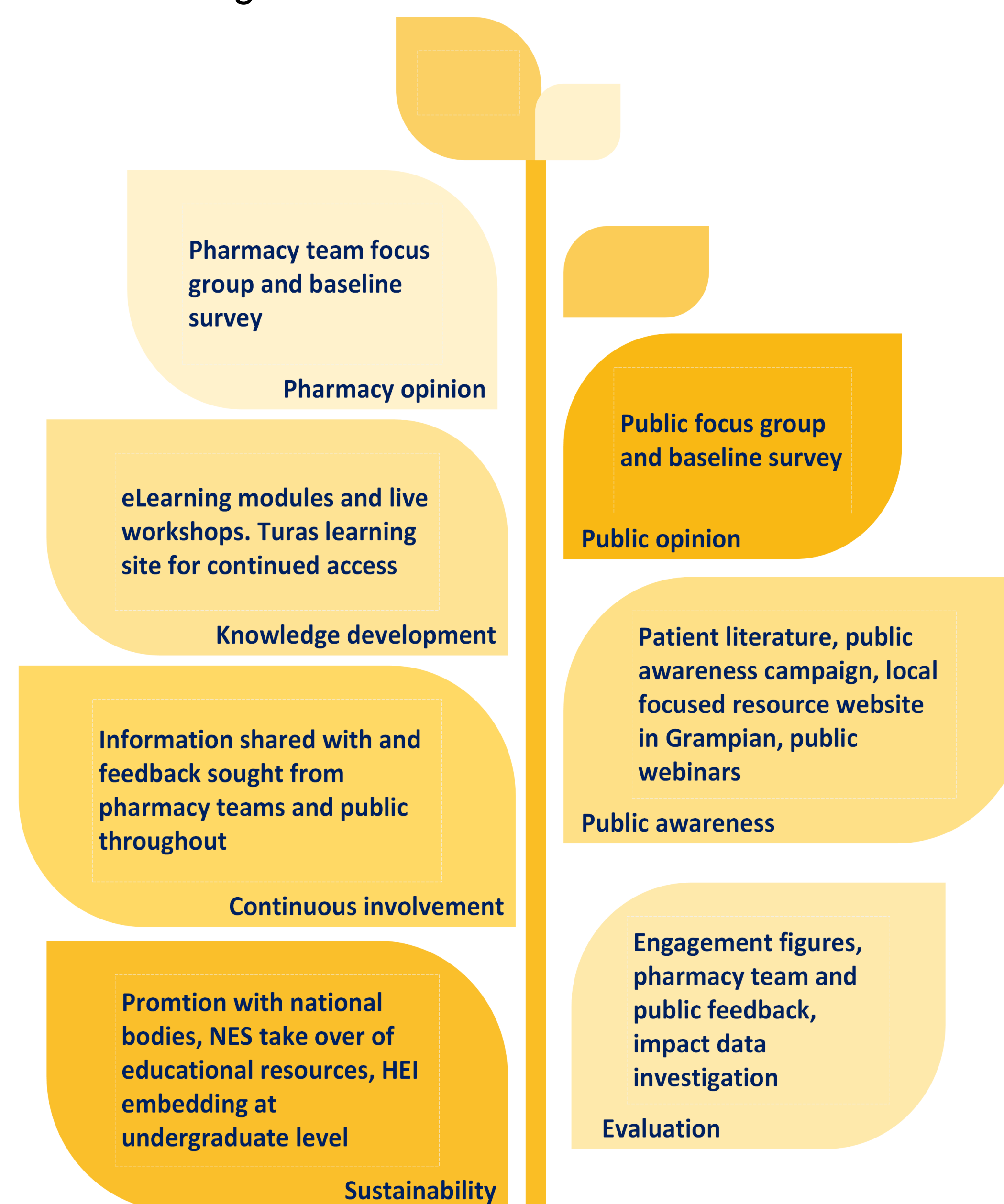
94% of headache presenting in Primary Care is migraine²

Early management reduces disability and complications such as Chronic Migraine and Medication Overuse Headache³

Method

Through a collaborative approach which has championed stewardship and sustainability the following has been facilitated:

- Focus groups and surveys of pharmacists and people living with migraine to understand learning needs and support needs
- Development of a self-study module and a suite of problem-based learning modules
- Live training workshops and follow up sessions
- Development of a TURAS Learning site which has resources including an eLearning module, live training recordings, links to external resources and patient literature.
- Patient literature resources
- Public awareness campaigns
- Public webinars
- Collaboration with Higher Educational Institutes to embed resources at undergraduate level



Baseline findings

131 healthcare professionals completed baseline surveys:

- 50% were not confident in dealing with migraine management in their practice
- 63% were not confident they have a good understanding of migraine, and migraine management

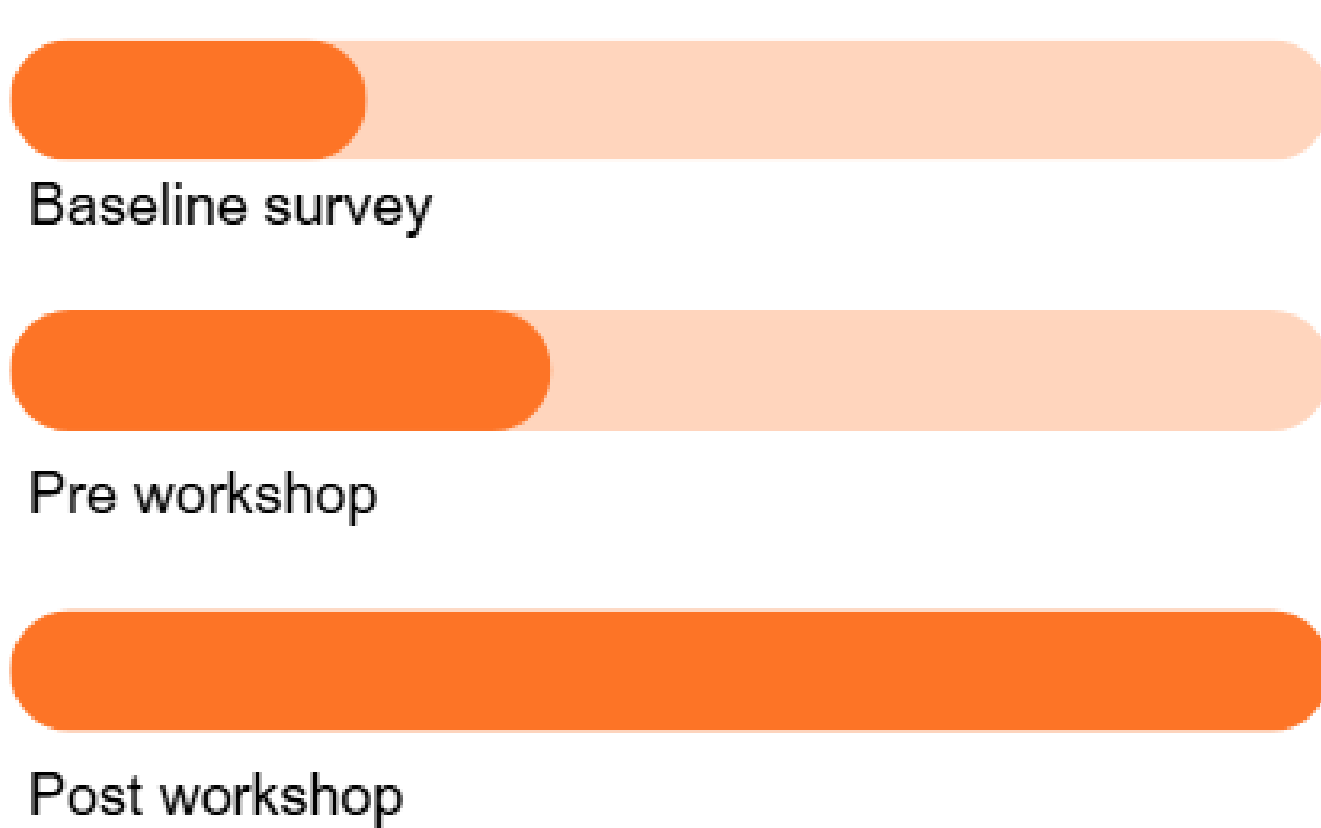
200 people living with migraine complete baseline surveys:

§ 53% had never accessed pharmacy for support

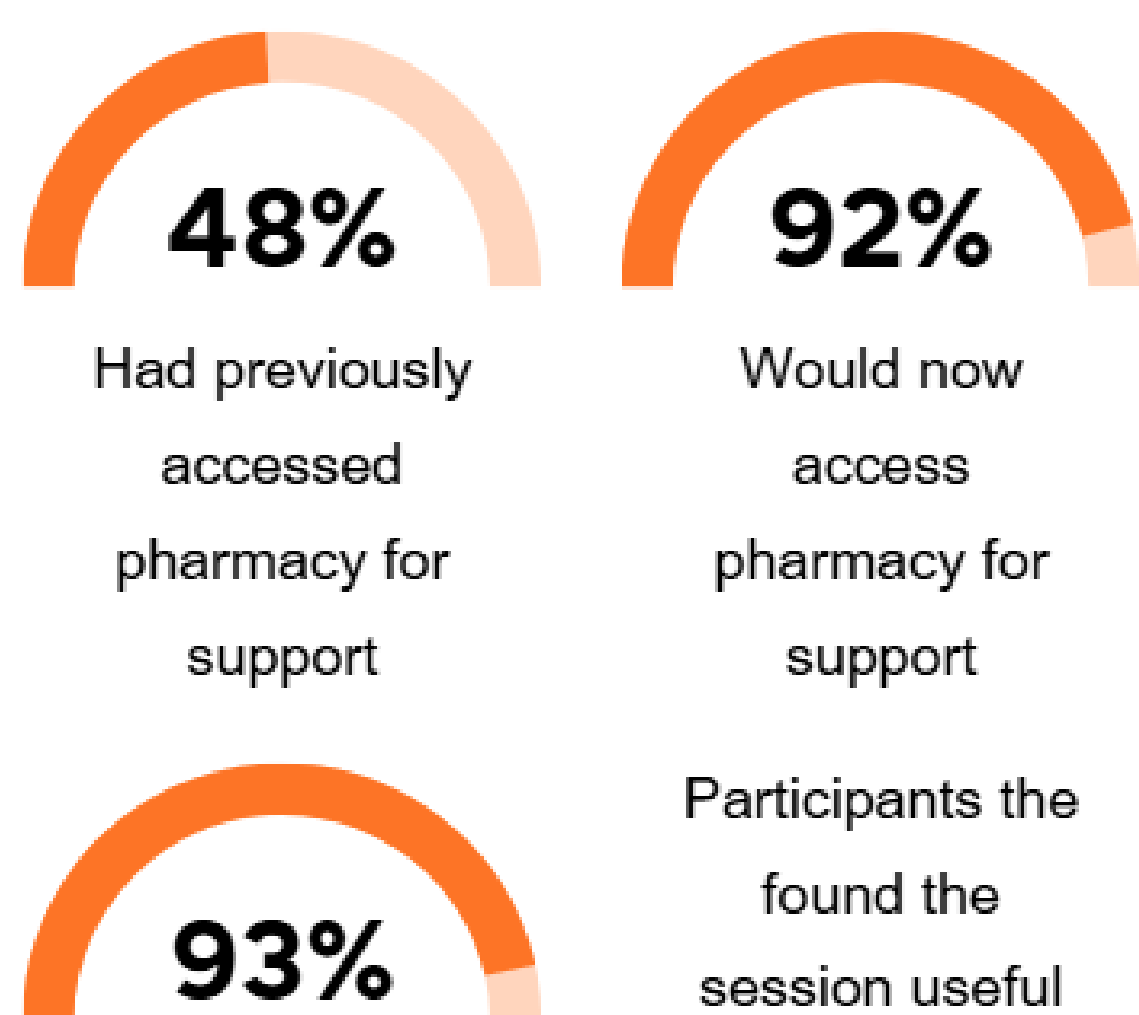
When asked why they felt pharmacies would be a useful place to access support for migraine management.

- 33% accessibility of community pharmacies
- § 35% reported good knowledge of migraine and its management

Pharmacy team understanding of migraine and its management



Public Webinar feedback



Results

- 567 health care professionals have engaged with the e-learning modules
 - 300 have attended live training sessions
- Engagement is from:
- all territorial health boards in NHS Scotland
 - over 25 different health professional roles
- 613 people attended the public webinars
 - recordings of these viewed over 1760 times.

Conclusion

Evaluation data indicates that this project has influenced change in practice of pharmacy and other primary care colleagues, and has influenced improved, awareness, recognition, accessibility of support and supported self-management for people living with migraine.

I would like to say that what I have discovered because of this project has been absolutely life changing. I cannot iterate enough how taking simple (and cheap) aspirin has cleared my headaches.
 -Quote from public survey

I consider more patients that present with headache may have migraine. In one instance I had a patient who thought they were suffering recurrent sinus infections causing headache but on further questioning I found they were exhibiting classic migraine symptoms.
 -Community Pharmacist

During the webinar, I discovered various treatments and strategies to better manage my symptoms. This has made a significant difference for me, and I'm experiencing fewer migraine.
 -Webinar attendee

Resources

All project resources can be accessed on the Turas Learning site.



References
 1. Steiner TJ, et al. J Headache Pain. 2013;14(1):1; 2. The Migraine Trust. State of the Migraine Nation Dismissed for too long: Recommendations to improve migraine care in the UK. September 2021.
 2. Landmark Study, Tepper et al. Headache 2004 Oct;44(9):856-64
 3. Scottish National Headache Pathway

