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Long-term improvement in migraine outcomes following participation in an employer-provided disease management program

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Introduction: Earlier published data showed that a 6-month education and support program, offered as complimentary service within a corporate wellness program, significantly reduced migraine-related disability and promoted disease management among employees. This analysis further assessed how this impact sustained at 3 months after program completion. **Methods:** Data from 141 participants who consented, were analyzed. Participants received six monthly sessions of individualized telecoaching from a specialized nurse supported by a specially developed smartphone application. At 3 months after program completion, participants were evaluated again on Migraine Disability Assessment (MIDAS), Patient Activation Measure (PAM), and an exit survey was also administered to collect their feedback on the program. **Results:** 79 out of 141 participants completed the 6-month program while 28 were still in the program but had not reached month 6, others dropped out either due to no further interest, lost to follow up or other health reasons. Of these 79, 42 participants were re-evaluated at 3 months after program completion. The total mean MIDAS and the PAM scores had improved from baseline during coaching and the effect sustained and further improved at month 9 (table). A total of 62% of the 42 participants who participated in the exit survey reported feeling much improved or very much improved compared to baseline on the Patient Global Impression of Change scale. When prompted for self-reported progress towards migraine goals and how the program helped them to optimize their migraine management, 64% and 81% responded in favor of the program. **Conclusions:** The employer-sponsored disease management program provided a better understanding of migraine and promoted methods and approaches to improved management combining medical and lifestyle options leading to significant improvements that sustained beyond the intervention supporting prolonged effectiveness of such programs.

Figure 1

Parameter	At 6 months, Mean (SD)	At 9 months, Mean (SD)
MIDAS	Number evaluated= 73 Baseline value= 15.0 (13.6) At the end of 6 months= 6.9 (8.2) Change from baseline= -8.1 (5.5) p<0.001	Number evaluated= 41 Baseline value= 15.4 (14.7) At the end of 9 months= 5.6 (6.0) Change from baseline= -9.8 (8.7) p<0.001
PAM	Number evaluated= 78 Baseline value= 63.8 (10.9) At the end of 6 months= 69.6 (12.8) Change from baseline= 5.8 (1.9) p=0.003	Number evaluated= 42 Baseline value= 63.5 (10.7) At the end of 9 months= 71.3 (12.2) Change from baseline= 7.8 (1.6) p=0.003

MIDAS, migraine disability assessment; PAM, patient activation measure; SD, standard deviation