

Undertreatment of chronic migraine patients in primary care in France, Germany, Italy, Spain and the United Kingdom.



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Background and Methods

Introduction

- Despite its substantial burden, migraine and particularly chronic migraine (CM), remains underdiagnosed and undertreated worldwide.

Objective

- To identify how CM patients are managed in primary care in 5 European countries.

Methods

- A pan-European scientific committee was created to discuss the needs of non-experts HCP on the management of CM.
- An online survey was developed and conducted among 200 European GPs from France (FR), Germany (DE), Italy (IT), Spain (ES) and the United Kingdom (UK).



Results

Use of anamnesis guide for CM diagnosis

- 64% of the participants reported using an anamnesis guide for diagnosis, either published or developed by themselves.

HCP in charge of CM patients and treatment prescription

- Although only 13% of participants considered they had received enough training on CM, 82% of them were in charge of CM patients' treatment (Figure 1).
- 55% of the CM patient's treated by the project participants were under preventive treatment, and 55% under specific anti-migraine treatment (Figure 2).
- Evaluation of treatment efficacy was mainly done through the patient perception (75% of the participants) and frequency of attacks (60% for the acute treatment evaluation and 50% for the prophylactic treatment).

Figure 1.

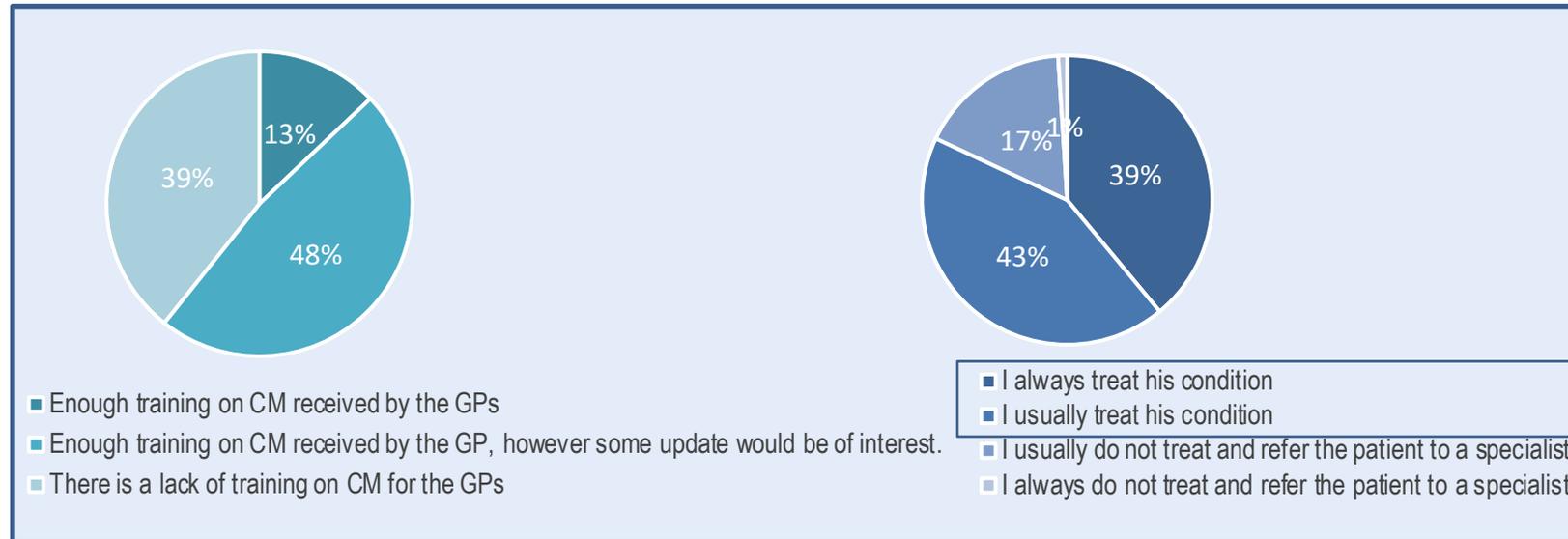
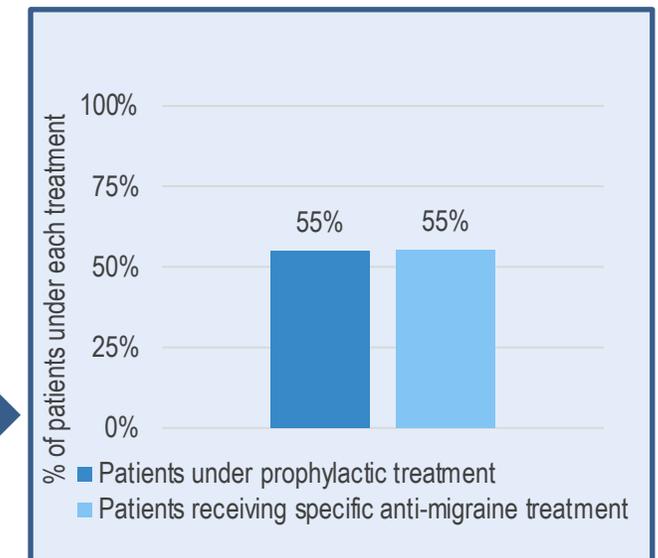


Figure 2.



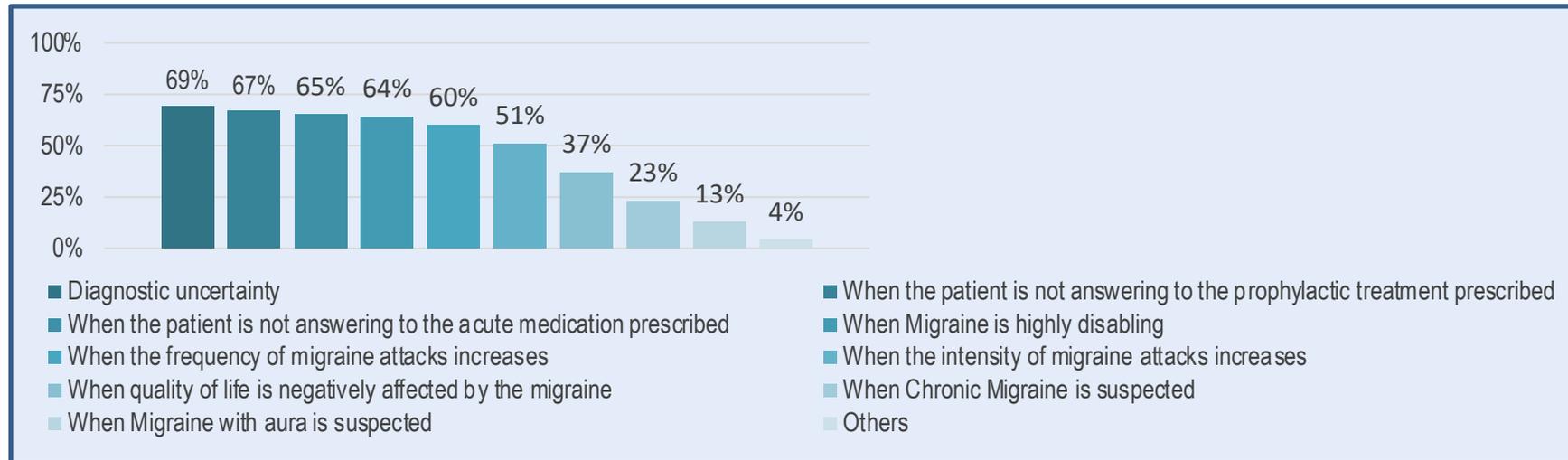


Results and Conclusions

CM patient referral to a specialist

- The main reason for patient referral was (Figure 3):

Figure 3.



Conclusions

- Better knowledge on the recognition and management of migraine in primary care would improve both prognosis and diagnosis and reduce impact of migraine on patients' lives, healthcare utilization and societal burden.
- The results from this survey indicate that more education on diagnosis and management of CM is needed in primary care.