



# An Interdisciplinary Cognitive Behavioral Program for adults with severe migraine in a Headache center of a General Hospital

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## BACKGROUND

We believe that every patient has to become his own migrainespecialist to be able to make the best choices in life and cope with their migraine (self-management). An interdisciplinary approach in which all health-practioners speak the same "language" was created. The program is semi-structured and uses up-to-date information about migraine.

## AIM

To describe an interdisciplinary headache program, report on patient perceptions and patient treatment outcomes on an impact scale of migraine.

## METHODS

The self-managementprogram "Grip on your Migraine" is developed in close cooperation with relevant specialists of the Headache center. We looked at 11 groups ,N=84 (female N=76, male N=8). Mean age: 46 ( SD=11.2). It's a closed group with a semi-structured program, 6 sessions of 2 hours and an evaluation-session after 3 months. Fixed parts of the program; up-to-date education about phenomenology, pathophysiology, "learning to cope triggers", CBT-elements, lifestyle counselling and different relaxation-exercises. Relevant specialists joined the program and answered all the questions on their specialism. Patient perceptions of the program were obtained with questionnaires, an overall rate for satisfaction and headache impact was measured using the Headache Disability Inventory (HDI, dutch version).

## RESULTS

On a range from 1-10 the mean score for satisfaction overall was a 8.4 (SD 0.41).

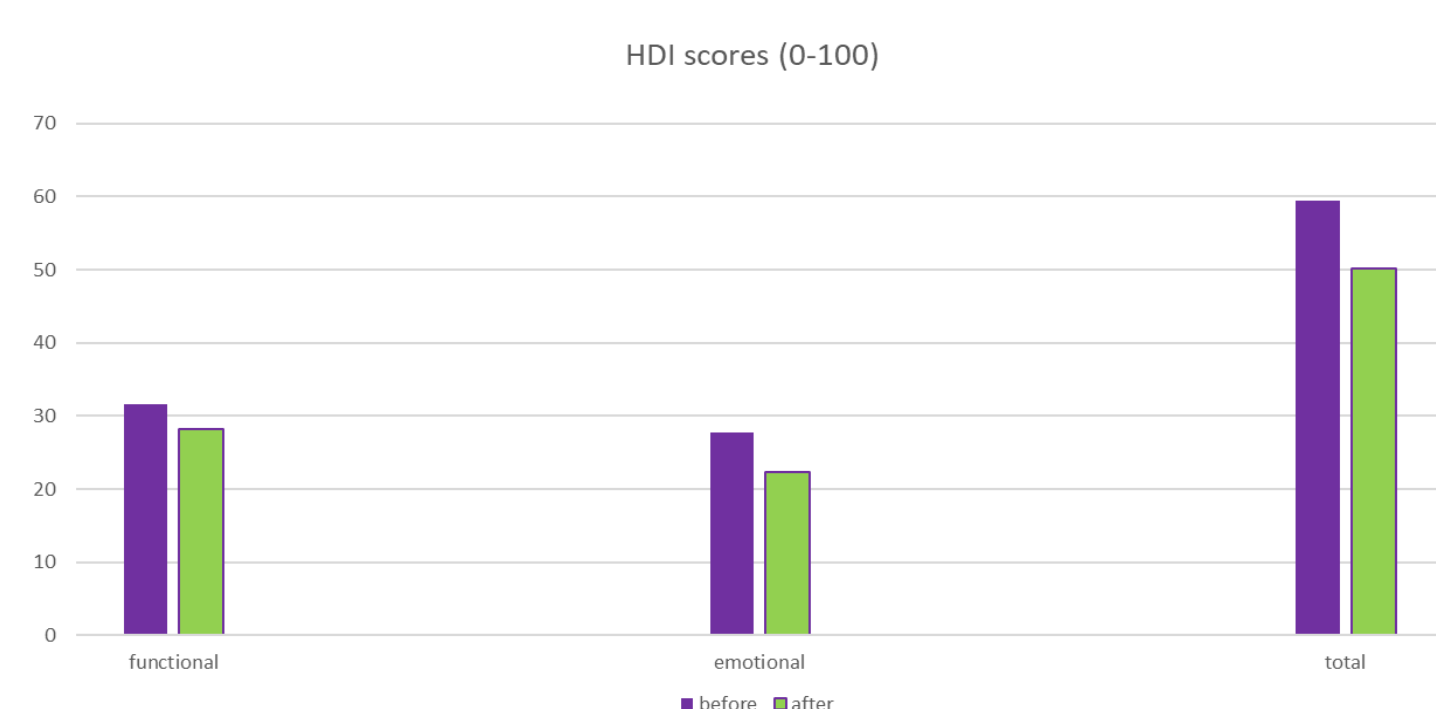


Figure 1 higher scores means more disability

HDI-scores n=49.0 (only the last groups).  
M pre= 59.5; SD 16.7; range 26-94  
M post= 50.2, SD 17.9; range 22-88  
Z = -4.161, p < 0.05, Wilcoxon Signed Ranks Test

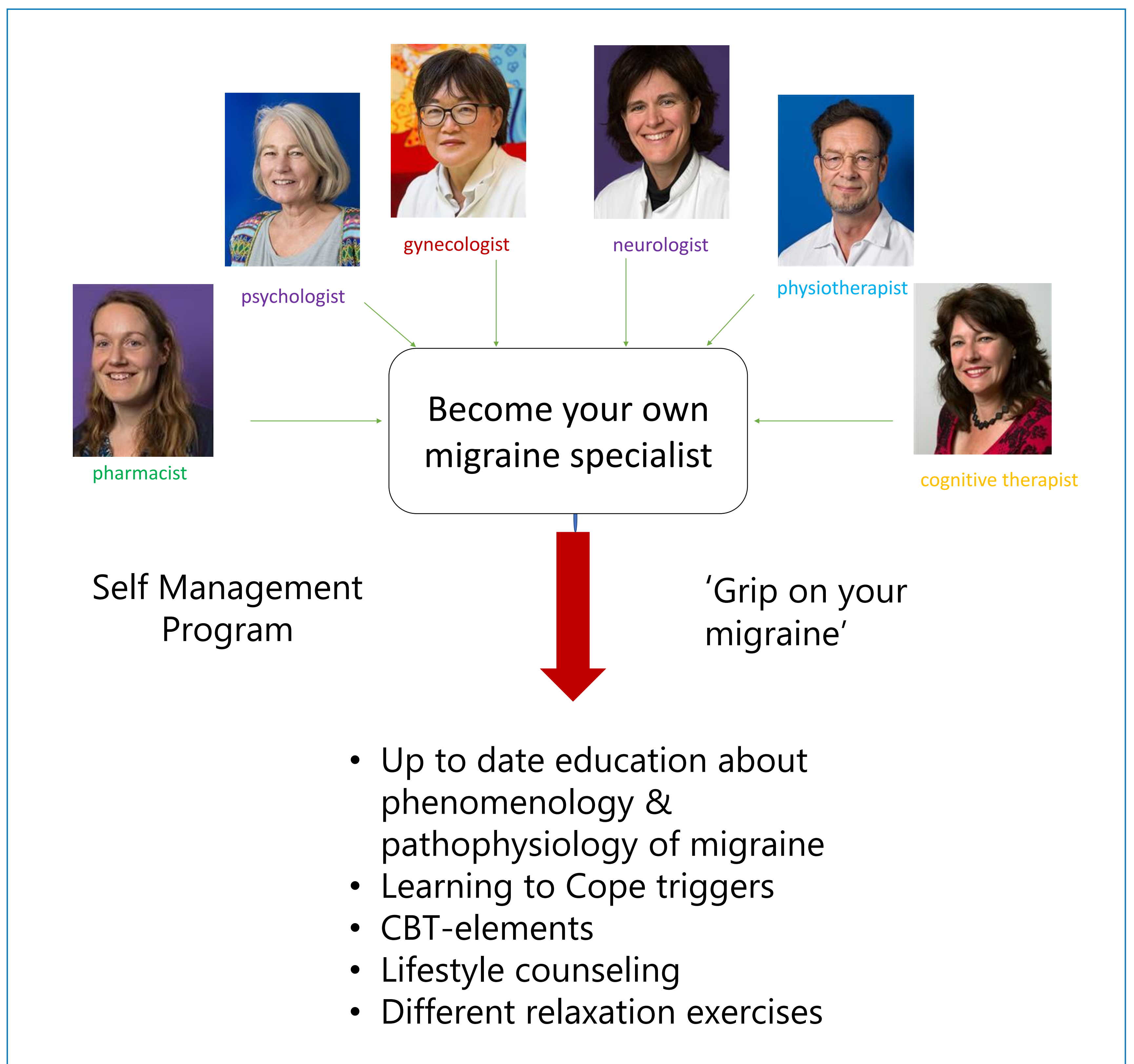


Figure 2..

1. The perception of the patients of the interdisciplinary treatment was very positive (high scores) and the participation of the specialists was highly appreciated.
2. The compliance was good.
3. Elements described as positive are; acknowledgement, counseling, a positive approach to self-management , up-to-date information, CBT elements and relaxation.
4. Pre-post comparison of the HDI-scores (n=49) were significantly reduced in this single-group, uncontrolled clinical study
5. The program elements described as influential for life changes were different for patients (from medication information to relaxation, to CBT and learning to cope with triggers).

## DISCUSSION AND CONCLUSION

This interdisciplinary program is described as very high appreciated by patients with severe migraine. Up-to-date education, relaxation and learning to cope with triggers where the most appreciated parts.

Optimal acknowledgement helped to accept a psychological approach and opens new ways for patients to cope with their migraine.

A positive approach in the sessions and solution oriented, endorsed by all specialists is seems to play an important role

Future studies are needed to show the the efficacy of this treatment program in an randomized controlled trial