

# @Migrebot



## interactive Facebook & Telegram headache diary

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### Background

Headache diary (HD) is the best way of objective assessment of the patients' headache. HDs are widely used for correct diagnosis and for effective management of migraine and other headaches. Paper-based HDs are less valid because of suboptimal patient compliance to diary completion. Our aim was to create the interactive HD with high patient adherence and easy to use.

Unlike other electronic HDs on the market which need to be installed on the smartphones, we used the platform of commonly used messengers Facebook and Telegram. Another important difference is that we used interactive method of data capturing.

The whole process of HD completion is based on chatting in messenger like chatting with the friend. For example, the start of the day session is: «Hi! Did you have a headache today?»



Starting the chat-bot

Setting-up

Ready to use!

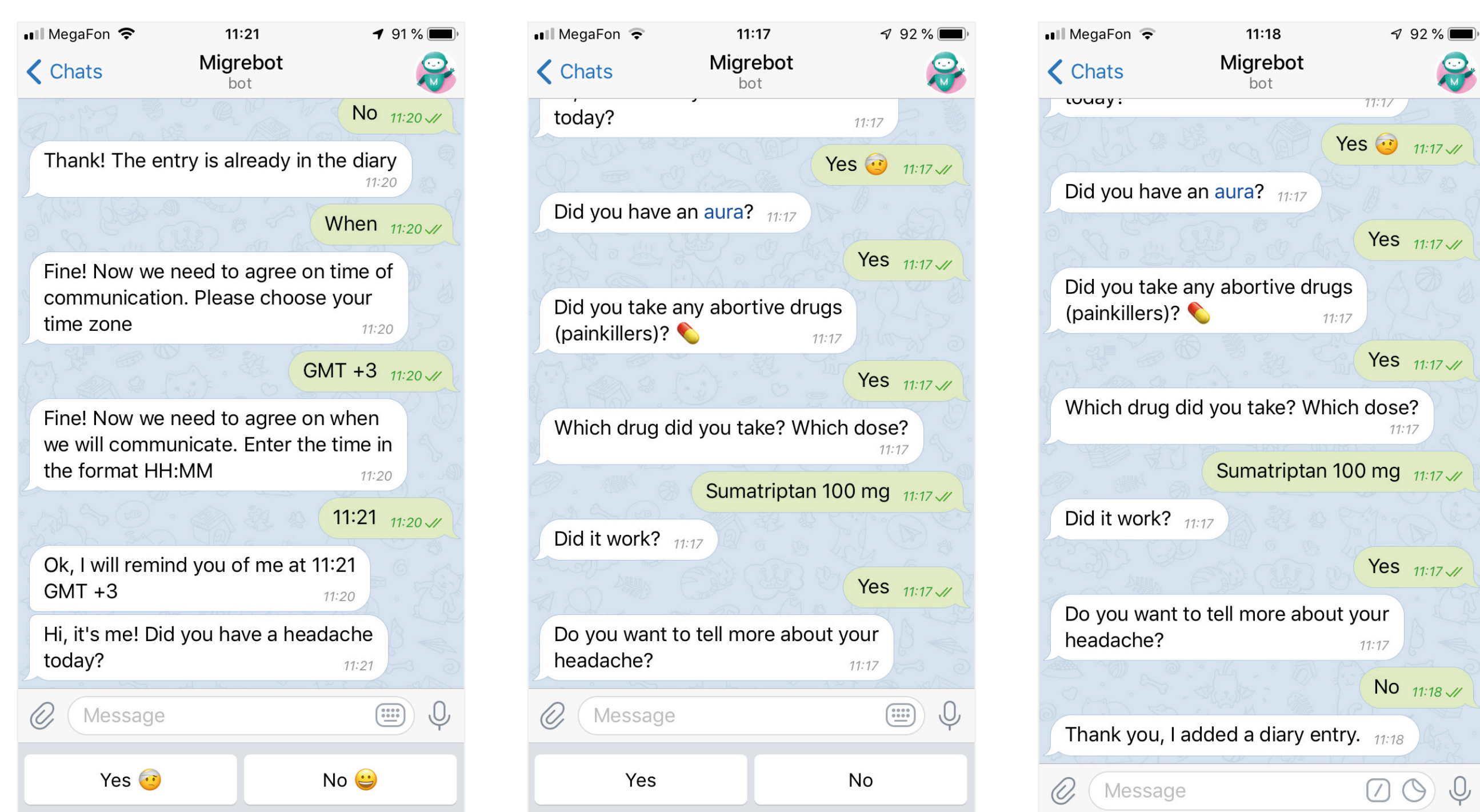
### Our aim

Our objective was to create simple and user friendly headache diary. To raise the adherence of patients for diary completion we created two dialogue scenarios.

### Short scenario

The short version captures only frequency of headache (and/or auras). This information is the most important for diagnosing of chronic headaches and for preventive treatment monitoring. And is perfect for the patients tired of long questionnaires. If the patient is willing to tell more about his attack, he could continue filling the long version of diary.

less than  
**1 min**  
data capturing



Date	Headache	Aura	Acute medication	Drug dose	Drug efficacy	Pain intensity	Location	Quality	Aggravation	Nausea	Photophobia	Phonophobia	Triggers	Which triggers	Duration	More
17.08.19	No	No														
18.08.19	No	No														
15.08.19	No	No														
16.08.19	Yes	Yes	Sumatriptan 1	Yes		9	Left side	Pulsating	Yes	Yes	No	No	Yes	skipping meal, little sleep	02:30	
17.08.19	Yes	No	Ibuprofen 600	Yes		9	Right side	Pulsating	No	No	No	No	No	skipping meal, little sleep	11:09	
18.08.19	No	No														
19.08.19	Yes	Yes	Ibuprofen 600	Yes		9	Right side	Pulsating	Yes	Yes	No	No	No	skipping meal, little sleep	03:00	
20.08.19	Yes	Yes	Ibuprofen 600	Yes												

The statistics of headache could be sent by to the email in Excel file.

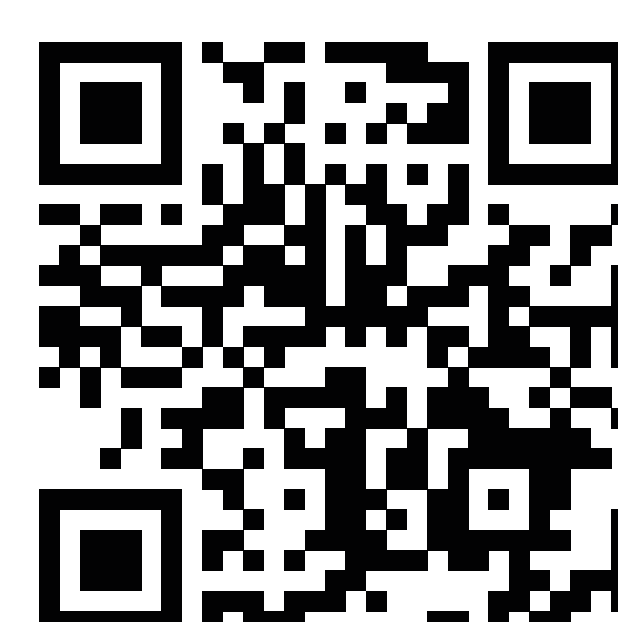
### Discussion

By using interactive chat-bot headache diary several advantages over paper-based and other e-diaries are being offered, including the alarms to remind patients to complete diary, minimization of missing data since the chat-bot programmed to prevent the skipping or exclusion of diary items and convenient chatting format of data entry.

Any questions? Write to Kirill Skorobogatykh to [post.kirill@gmail.com](mailto:post.kirill@gmail.com)

### Full scenario

The long version include the assessment of different characteristics of the attack (triggers, intensity, quality of pain, accompanying symptoms, abortive medication used etc.).



[m.me/migrebot](https://m.me/migrebot)

Migrebot interactive headache diary was successfully launched on January 2019 in Telegram messenger and on August 2019 in Facebook messenger (beta version).

Just find the contact @migrebot on Telegram or Facebook messenger (beta version)

