



# Peer-to-Peer Migraine Education in Nigeria: Outcomes from a Pilot Three-Part Lecture Series Targeting Diverse Healthcare Professionals

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## BACKGROUND

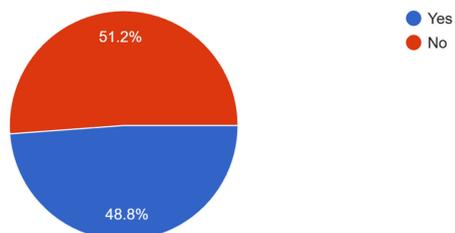
- Migraine remains underdiagnosed and undertreated in Sub-Saharan Africa. Limited awareness among healthcare professionals (HCPs) contributes significantly to delayed diagnosis and suboptimal treatment outcomes.
- This pilot initiative evaluated the impact of a structured, peer-to-peer migraine education program delivered by local neurologists to multidisciplinary HCPs in Nigeria.
- Assess baseline knowledge, attitudes, and clinical approaches to migraine among Nigerian HCPs.
- Identify priority topics for further training and resource development, tailored to the realities and healthcare infrastructure of the Sub-Saharan African context.

## RESULTS

- Pre-survey data showed most respondents (73.6%) were from public hospitals. Post-survey, 85.4% were primary care physicians.
- Knowledge of preventive treatments was low: 10.1% were aware of nutraceuticals, and only 7.8% knew of anti-Calcitonin Gene-Related Peptide therapies, with erenumab only recently introduced in Nigeria (May 2023).
- After the intervention, 54.7% felt very confident managing migraine, and 41.5% somewhat confident.
- Strategies for diagnosis, acute management, and prevention were the most frequently cited as useful.

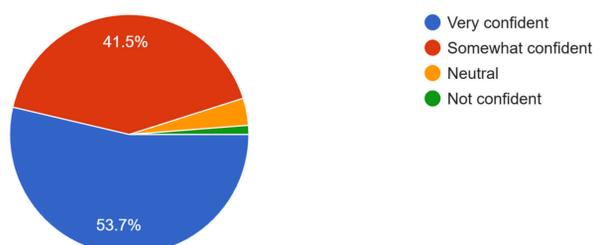
Are you familiar with the diagnostic criteria for migraine as outlined in the International Classification of Headache Disorders (ICHD-3)

129 responses



How confident are you in managing migraines after attending the session?

82 responses



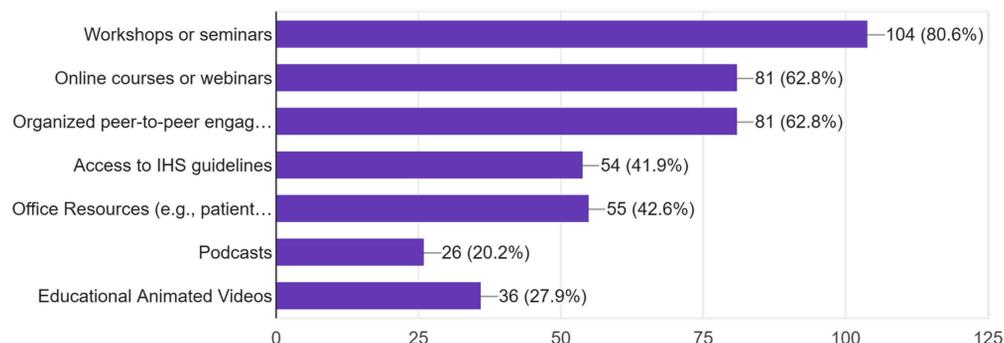
## METHOD

- Three educational sessions on migraine diagnosis and management were conducted between January and February 2025 in Northern (University of Abuja Teaching Hospital, Garki Hospital) and Southern (University of Uyo Teaching Hospital) Nigeria.
- A combination of in-person and virtual formats was employed to maximize accessibility.
- A pre-survey was disseminated before the sessions and completed by 129 HCPs. A post-intervention survey was completed by 82 HCPs who attended the sessions, enabling comparative analysis.
- The pre- and post-intervention surveys assessing familiarity with migraine diagnostic criteria (e.g., ICHD-3), recognition of medication overuse headache, knowledge of acute and preventive treatment options, use of non-pharmacological interventions, perceived barriers to care, and self-reported confidence in managing migraine patients.

## RESULTS

Which educational resources would help you improve your management of migraine? (Select all that apply)

129 responses



## CONCLUSION

Locally-led, peer-based education improved migraine care competence across specialties. The model's success underscores the value of context-specific strategies. This pilot inspired the development of Africa's first culturally relevant migraine education and awareness platform— [www.migraineoutreach.org](http://www.migraineoutreach.org). Sustained education, regional collaboration, and digital access are vital to scale migraine care in Africa.