

IMPLEMENTING STANDARDIZED MIGRAINE PATIENT EDUCATION

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Category: Education

Background

Pediatric migraine is a common problem. The estimated prevalence of this disorder by age group is as follows: age 3-7: 1.2-3.2%, age 7-11: 4-11% and by age 15: 8-23%.

From October 1, 2016-September 30, 2017, 24% of patients seen at the West Campus and Sugar Land outpatient Neurology clinics had a chief complaint of headache or migraine.

It is also a frequent reason for presentation to the emergency center (EC) with an estimated 250,000 visits annually.

A review of evidence suggests providing educational intervention in a primary care setting can lead to improvement in patient quality of life and reduction in disability related to migraine headaches. (Smith, Nicholson, Banks 2010)

There is no standardized or consistent education provided to patients newly diagnosed with migraine at the West Campus and Sugar Land Neurology clinics.

Objectives

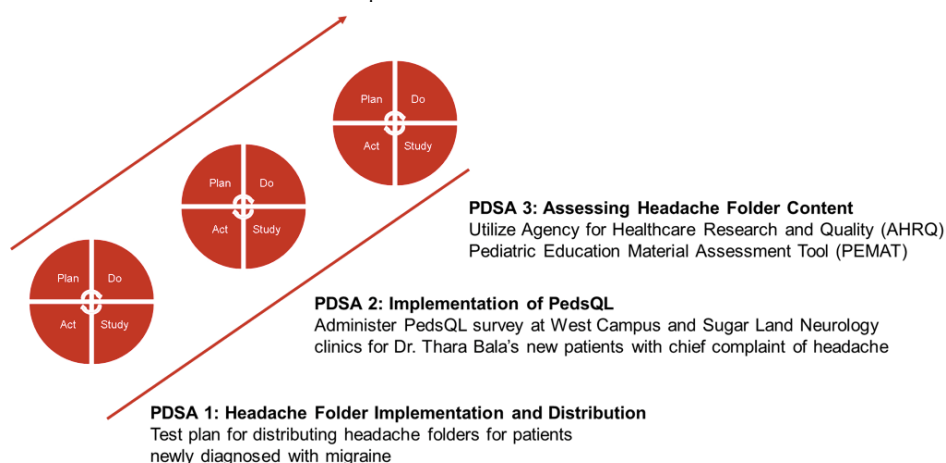
Provide patient education through a standardized headache education folder to 80% of Dr. Bala's newly diagnosed patients with migraine (initial visit) by February 2018 in both the West Campus and Sugar Land Neurology Clinics.

By providing standardized education to newly diagnosed patients with migraine, we hope to see an increase in quality of life and a decrease in Emergency Center (EC) visits for breakthrough migraine.

Methods

We created a headache folder tracking sheet to measure compliance with our aim to provide standardized education to patients newly diagnosed with migraine.

We utilized the Pediatric Quality of Life (PedsQL) survey, EC data and patient/family feedback to assess the impact of standardized education materials for patients.



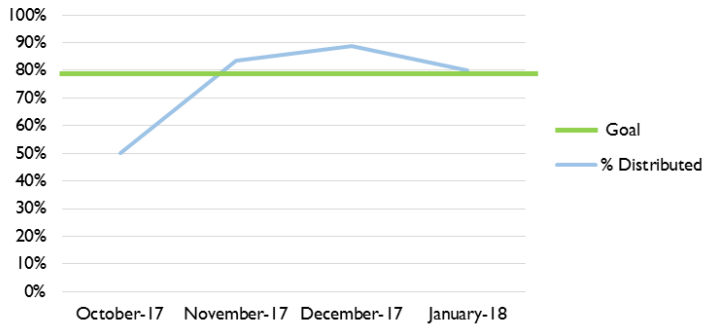
Results

The average percent of distribution for the headache folder from October 2017 to January 2018 was 71.88%. Our data shows that after folder implementation in October 2017, we recognized an uptick in the percentage of patients receiving the education folder, which exceeded our goal of 80%

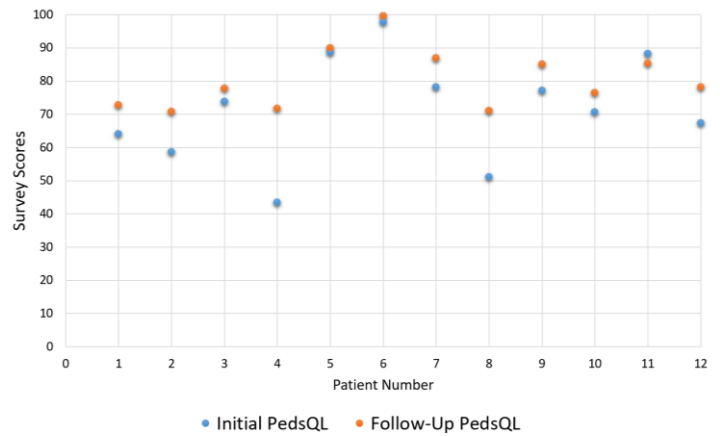
Twelve patients were given an initial and a follow-up PedsQL survey. Scores represented an overall improvement for 92% of those surveyed.

EC data for the target population show a decline in EC visits for breakthrough migraine after headache folder implementation.

Headache Folder Percent of Distribution

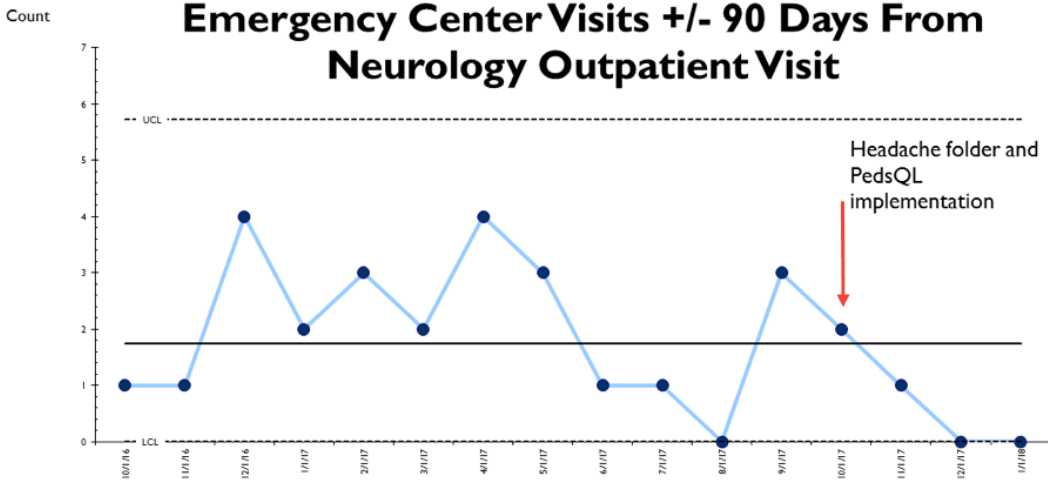


Overall PedsQL Averages



Migraine Patient Impact

Emergency Center Visits +/- 90 Days From Neurology Outpatient Visit



Discussion

Lessons Learned:

Standardizing migraine education relied on multiple individuals within the medical team.
Continued support and commitment from all is necessary for sustainability and wider adoption.

Sustainability and Next Steps:

Add a smart data element to the existing Epic smartphrase to automate tracking and reporting of headache folder distribution.
Optimize the headache folder contents based on PEMAT evaluation.
Designate a point person for surveillance of survey and headache folder distribution data on a quarterly basis.
Partner with other providers at West Campus and Sugar Land to pilot the PedsQL survey, headache folder, and migraine spotlight tool for patients diagnosed with migraine.