WHY ARE PEOPLE WITH **MIGRAINE RELUCTANT** TO SEEK CARE OR TAKE **PREVENTIVE TREATMENT?**



According to the OVERCOME study, of people with migraine (MIDAS > 11) who were candidates for a preventive medication $(n=5,873)^1$:



of people did not seek care¹

of people with a migraine diagnosis took a recommended* preventive medication1

~15%

completed all three steps to appropriate care: sought care, diagnosed, and recieved a recommended* preventive treatment1

Neurologists As Educators



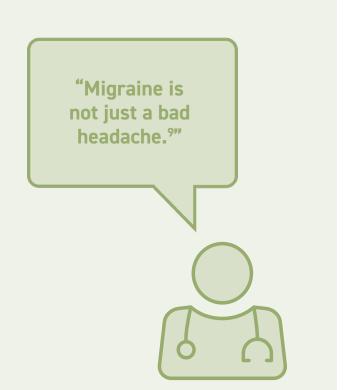
As a neurologist, you play an important role in helping patients understand migraine and the treatments available.



Some of the reasons patients are hesitant to ask for treatment include fear of being labeled as a drug seeker, not wanting to bother their HCP, or lack of awareness about preventive options.2



Appropriate education to migraine patients reinforces the use of prescribed medications resulting in less calls or unscheduled visits related to migraine.3



Quality of Medical Communication

Even after patients seek care for their migraine symptoms, it is important to communicate and make the most of every conversation.4

Quality medication communication is directly related to:



Patient Satisfaction⁴





Treatment compliance4



Increase in healthcare providers' level of satisfaction4

Information that is unsuccessfully communicated can actually cause anxiety, fear, and hopelessness.5

Discussion Techniques

WHAT

When educating patients about migraine, it is vital that patients leave the conversation understanding:5



What migraine is (and is not)



Migraine symptoms and impact



The diagnosis



Treatment options and goals

HOW Motivational interviewing can improve patient conversations. This

is a technique for increasing motivation to change behavior. It aims to encourage patient autonomy in decision-making where clinicians act as a guide, collaborating on a plan for care.6,7

Motivational interviewing techniques:6,7 Ask Open-ended Questions

- Make Affirmations
- · Use Reflective Listening
- · Summarize What You've Heard

Additional tips for talking with patients: · Communicate information using language your

- patient understands^{4,5} Understand how much information your patient wants⁵
- Use metaphors/analogies to explain topics⁵
- Provide information in smaller pieces^{4,8}



POTENTIAL FOR MISCOMMUNICATION

Clinicians may focus on traditional measures of disease such as headache frequency or severity, while patients may focus more on how migraine impacts their lives.4

Talk about migraine and

WHEN

its impact with patients at every visit.

For more information on Think Talk Treat Migraine

Click Here

References

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- Motivation & Goals. 17 Motivational interviewing questions and skills. https://positivepsychology.com/motivational-interviewing/ (Accessed July 26, 2023). Hall K, Gibbie T, Lubman DI. Australian Family Physician. 2012;41(9)660-667. Kessels RPC. J Royal Soc Med. 2003;96[5]:219-222. AHS Consensus Statement. Headache. 2019;59:1-18.

*Recommended treatment refers to receiving preventive medication noted in AHS 2018 position statement regarding qualification for novel CGRP mAb.19

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