

Successful application of the HCPC guidelines for management of acute migraine in primary care

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Background

The Headache Care for Practicing Clinicians (HCPC) guidelines were developed to facilitate individualized management of acute migraine in primary care. Use of questionnaires to assess the impact of migraine on daily living and determine management decisions is encouraged, along with regular follow-up to evaluate treatment success.

Objective

To assess the effectiveness of HCPC guidelines for the management of acute migraine in a US multicenter, open-label 6-month study.

Methods

As per HCPC guidelines, treatment decisions were individualized according to baseline Migraine Disability Assessment (MIDAS) grade; patients treated 1-3 migraine attacks/month with zolmitriptan orally disintegrating tablet (ZODT) 5mg as rescue medication (MIDAS grade I-II) or as first-line therapy (MIDAS III-IV). After

2 months, dissatisfied patients were stepped up according to HCPC guidelines to first-line ZODT (MIDAS I-II) or zolmitriptan nasal spray 5mg (MIDAS III-IV). Inclusion criteria were based on zolmitriptan prescribing information in the USA. Efficacy was evaluated by the reduction from baseline in MIDAS score and from patient's perceptions of therapy. All analyses were descriptive.

Results

At baseline, 95 (80%) patients were MIDAS grade III-IV and 24 (20%) were MIDAS grade I-II. Among evaluable patients (n=106), an acute treatment strategy in line with HCPC guidelines and using zolmitriptan was associated with an improvement in mean overall MIDAS score from 22.7 to 9.7 at month 6. Most patients (82%) reported a reduction in migraine impact within 1h of zolmitriptan administration and 87% returned to daily activities within 2h. At study completion, 81% of patients regarded this guidelines-based treatment strategy as more effective than previous treatments and 78% wanted to continue receiving this type of care.

Conclusions

The HCPC guidelines were successfully used in conjunction with a triptan to manage acute migraine in the primary care setting.

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