

Partnering with Pharmacy Teams to Improve Migraine Management

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The project focus is to improve recognition and management for people living with migraine by:

- Co-creation of learning and resources for pharmacy teams
- Promoting public awareness of migraine presentation and available resources
- Promoting public awareness of what community pharmacy can offer

These will be achieved over two phases. Phase 1 focused on improvements within Grampian. Phase 2 looks to embed these changes in Grampian and partnering with other health boards to assist the expansion of the project there.

BACKGROUND

Migraine is more than just a headache - it is a lifelong neurological disorder



Migraine is the second leading cause of disability worldwide.



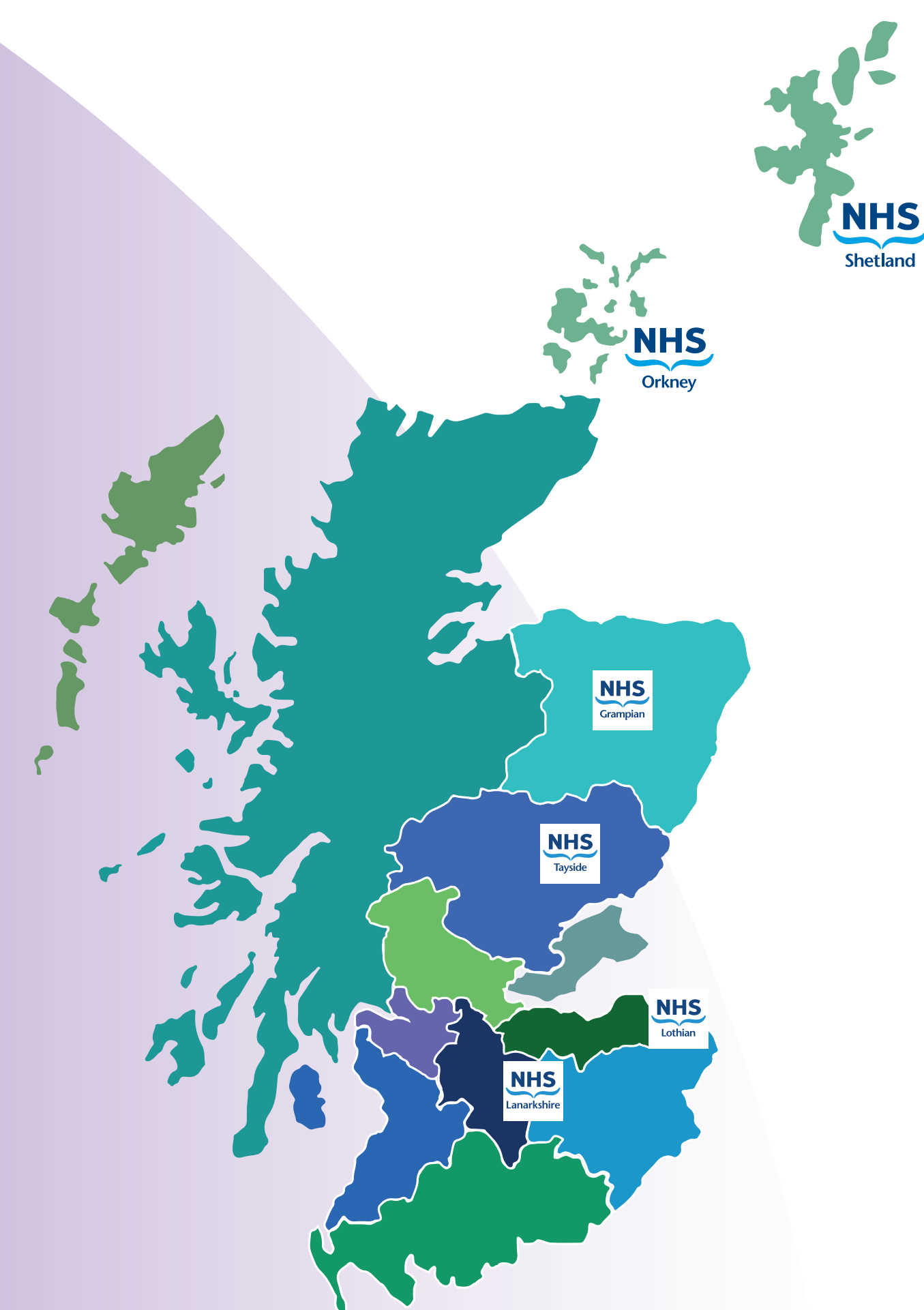
Around 1 in 7 people in the UK live with migraine.

YEAR TWO SO FAR...

This phase will continue to develop this work in Grampian and expand to other Scottish health boards.

This will involve:

- Continued patient engagement in the service improvement in Grampian
- NHS Lothian, NHS Lanarkshire, NHS Tayside, NHS Orkney and NHS Shetland partnering with NHS Grampian to extend the project to their boards.
- Further live training sessions
- Development of whole project MS Teams Community to promote the sharing of best practice and experience across all boards.
- Development of a second eLearning module, aimed at ensuring there is a whole team approach to migraine management in the pharmacy
- Review of the current eLearning module to reflect feedback and the National Headache Pathway
- Promotion of training resources by NES at a National Webinar during Migraine awareness week 2024.
 - Establishment of a pharmacy led migraine expert group
 - Exploring the impact the service improvement has had on A&E activity levels



IN YEAR ONE...

1. Pharmacy team training uptake

Over 240 individuals have engaged with the eLearning (March 24)

73 people attended the live training sessions. At the time that was approximately:

- 30% of community pharmacists in NHS Grampian
- 27% of prescribing pharmacists in NHS Grampian

2. Qualitative feedback from pharmacy teams has been positive with most staff reporting improved confidence in managing people with migraine.

"I thought the training was extremely good - very comprehensive and well set out."

"Able to better diagnose migraine"

"The presenters were very knowledgeable and were very open to discussion and questions"

"I feel more confident in identifying a possible migraine when someone presents looking for advice on a headache"

3. The public webinar had over 900 sign ups, was attended by 463 people, and was viewed 416 times on YouTube within 24 hours.

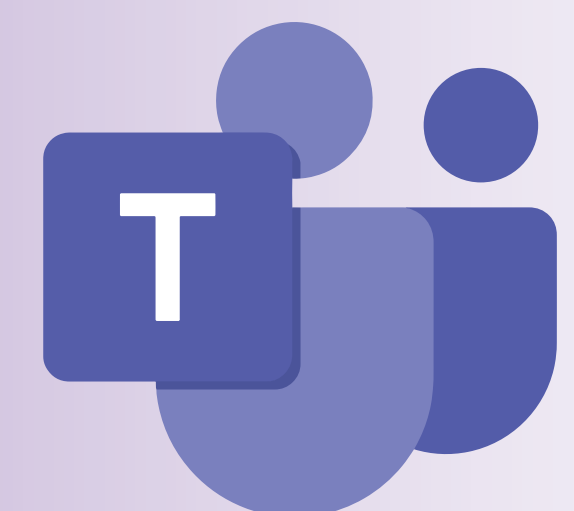
- The initial patient survey in July 2023 showed 14% of people had discussed migraine with a pharmacist.
- Prior to the webinar 53% of people had discussed migraine with a pharmacist.
 - After the webinar 91% of people said they would consider discussing migraine with a pharmacist.

PROJECT APPROACH

Underpinned by the principles of Value Based Health and Care and Realistic Medicine, the project focused on personalised approach to care, reducing unwarranted variation, harm and waste and improving shared decision making.

A putting people first approach has been instrumental to the success of the project. Through a collaborative approach which has championed stewardship and sustainability the following has been facilitated:

- Focus group and survey people living with migraine to shape the project
- Focus group and survey of pharmacists to explore learning needs
- Development of a self-study module and other resources found on a learning site on TURAS
- Four live training and an evaluation follow up sessions facilitated by headache specialists
- Patient literature resources for pharmacies and GP practices
 - Public awareness campaign involving a radio advert, billboards and posters on buses
 - Public information webinar delivered by a Consultant Neurologist, GPwSI in Headache and a Community Pharmacist
 - Update of NHS Grampian support webpages on Headache and Migraine



This is a joint project between The Migraine Trust and NHS Grampian, with funding from the Scottish Neurological Care and Support Framework.

The Migraine Trust is a registered charity in England and Wales (1081300) and Scotland (SC042911).

For further information please email: gram.realisticmedicine@nhs.scot