

Shared Care of Migraine Management Trial Overview



Background

The EMPHN are funding and supporting Austin Health to trial a new way of helping people living with migraine.

The challenge

- Almost 5 million Australians suffer from migraine, making it the most common reason for referral to a Neurologist.
- Up to one in four of these people have more than one migraine per week. Many are under-treated by using over-the-counter medication alone.
- There is a large waiting list of people for the Headache Clinic at Austin Health. People usually wait a long time before seeing a specialist Neurologist.
- Many people could try some different treatments that may help them, with the support of their GP, while they wait for their appointment.

Purpose

The trial is testing a new model called “shared care”. This is where GPs, with advice and support from Neurologists, work with people living with migraine to find suitable treatments and approaches they may not have already tried.

The Trial will assess whether shared care helps people living with migraine to have improved health and experience.

The Shared Care Model

How the trial will work

- People living with migraine who could be suitable for shared care will be picked from the waiting list for the Austin Health Headache Clinic.
- A Neurologist from Austin Health will email the referring GP to seek further information about their patient’s condition and discuss their suitability for shared care. If they are considered suitable to participate, the GP will be asked to support their patient in the trial.
- The Trial Coordinator from Austin Health will then call these patients to introduce the trial and see if they wish to participate.
- Once the person living with migraine and their GP have agreed to participate, they will do some different tasks for the trial. The main task will be to jointly develop and use an agreed Migraine Management Plan. The plan will be used and reviewed during 2023.

What does a person living with migraine have to do in the trial

A **person** living with migraine will:

- Fill out the “Migraine History” section of their Migraine Management Plan (a copy of the plan is provided).
- Make an appointment to see their GP. At the appointment they will discuss their treatments and finish completing their Plan with the help of their GP.
- Follow the agreed treatments and actions within their Plan.
- Review the Plan regularly.

- After about 6 months, make an appointment to review progress of their plan with their GP. If at any time during the trial their migraines becomes worse, they should make a time to consult their GP.
- During the Trial, the Trial Coordinator will check-in with participants. They will ask them to complete brief surveys to help measure the success of the trial. They will also ask participants how useful they have found using the Migraine Management Plan.

What does a GP have to do in the trial

A **GP** will:

- Communicate with a Neurologist from Austin Health to discuss strategies that could be tried and used within a person's Migraine Management Plan.
- Conduct a consultation with their patient who lives with migraine. They will discuss different treatment options and jointly complete the Plan.
- Conduct a consultation with their patient to review their Plan after about 6 months.
- Provide their views on whether the Migraine Management Plan is useful and should be used with their patients after the Trial is finished.
- Ask for help from Austin Health Neurologists if any major queries arise or their patient's migraines get worse.

Frequently Asked Questions

Will I lose my place on the Headache Clinic waiting list if I participate in the trial?

No. Participating in the trial will not affect your place on the waiting list.

Will there be any cost associated with participating in the trial?

The only cost will be the normal fees you pay for a consultation with your GP. If your GP normally bulk bills you, this should still apply for the trial.

How long does the trial last?

The trial will be operating until the end of January 2024.

Can I stop being in the trial before it finishes?

Yes. If you do not wish to continue at any time during the trial, please call or email the Trial Coordinator at Austin Health (details provided below).

What happens to my Migraine Management Plan at the end of the trial?

Individuals can continue to use their Migraine Management Plan beyond the end of the trial, if they are benefitting from using it. Austin Health will produce a final report on the trial which will include recommendations about the continued use of the plan by people living with migraine and their health providers.

Further Information

If you have any questions or want more information about the trial, please contact the Trial Coordinator - Phil Cohen – at Austin Health (phil.cohen@austin.org.au; 0458 888100).

You can also contact the Divisional Manager of Neurosciences and Vascular at Austin Health, Belinda Ford (belinda.ford@austin.org.au)