

# Impact of multidisciplinary patient education sessions on expectations and understanding of new CGRP treatments

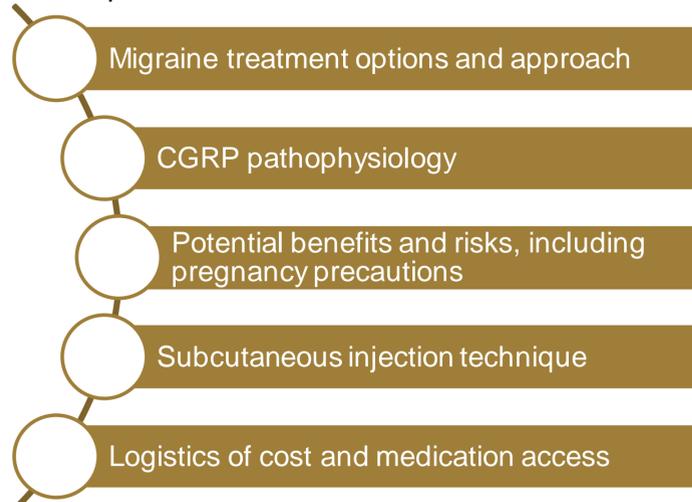
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## BACKGROUND & OBJECTIVES

- The new calcitonin gene-related peptide (CGRP) antagonist medications offer exciting new treatment options for migraine prevention
- Finding effective and efficient ways to educate patients about these new treatments can be challenging
- We aimed to develop and evaluate a patient-oriented, multidisciplinary presentation to inform patients about this new drug class to increase patient understanding and decrease provider and pharmacist education burden

## METHODS

- Three live, one-hour patient informational sessions were led jointly by a headache medicine neurologist and a clinical pharmacist from the institution's specialty pharmacy in Oct-Nov 2018
- Topics included:



## METHODS, cont.

- The third session was video-recorded for patients to view electronically, either at home or in-clinic, beginning Feb 2019
- Patient surveys were completed before and after watching the in-person or online session
- Data reflects patient responses from Oct 2018 through May 2019, though this initiative is ongoing
- Patients had the ability to fill at the institution's specialty pharmacy, who assisted with benefits investigation and prior authorization
- Approved by the Wake Forest School of Medicine Institutional Review Board

## RESULTS

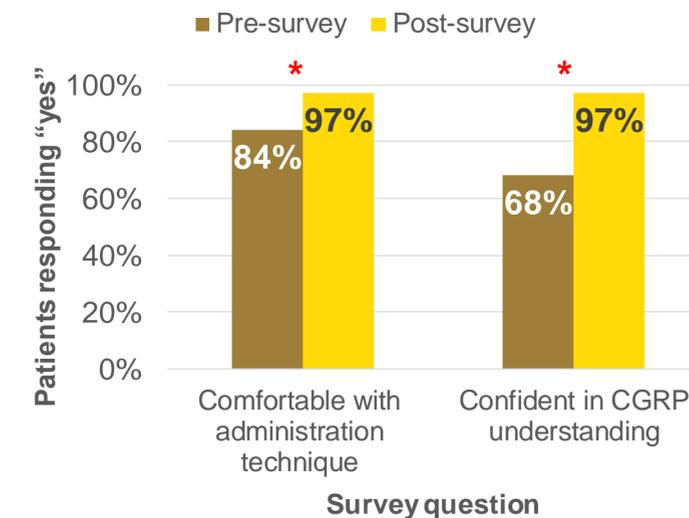
- A total of 84 patients participated in the informational session (41 in-person; 43 online)

Baseline Characteristics (n=84)	
Caucasian, n (%)	73 (87)
Age, mean (SD)	49 (12)
Commercially insured, n (%)	61 (73)
Hold at least bachelor's degree, n (%)	44 (52)
Monthly headache frequency, mean (SD)	18 (9.2)
MIDAS* score, mean (SD)	63 (53)
# prior preventive meds, mean (SD)	7.3 (4.9)
# prior supplements, mean (SD)	2.3 (2.0)
# prior integrative treatments, mean (SD)	5.6 (3.8)

\*Migraine Disability Assessment Scores (MIDAS) >21 represent severe disability

## RESULTS, cont.

### Patient survey responses pre- and post-educational session



- 71 participants completed both pre- and post-surveys
- There was no statistically significant difference between the in-person and online sessions for the two measures above
- Nearly all participants (98%) felt confident in adhering to monthly injection frequency before the session, and this remained true in the post-survey (100%)
- 97% of participants would recommend the session to friends or family with migraine

## CONCLUSIONS

- The multidisciplinary informational session was an effective and efficient method of educating patients about new CGRP treatments while concurrently decreasing provider and pharmacist education burden
- Patients' knowledge base improved and they felt well-informed
- The online video was as effective as the in-person session in educating patients, but improved access and availability
- Future studies could assess impact of such educational sessions on adherence and clinical response

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