

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

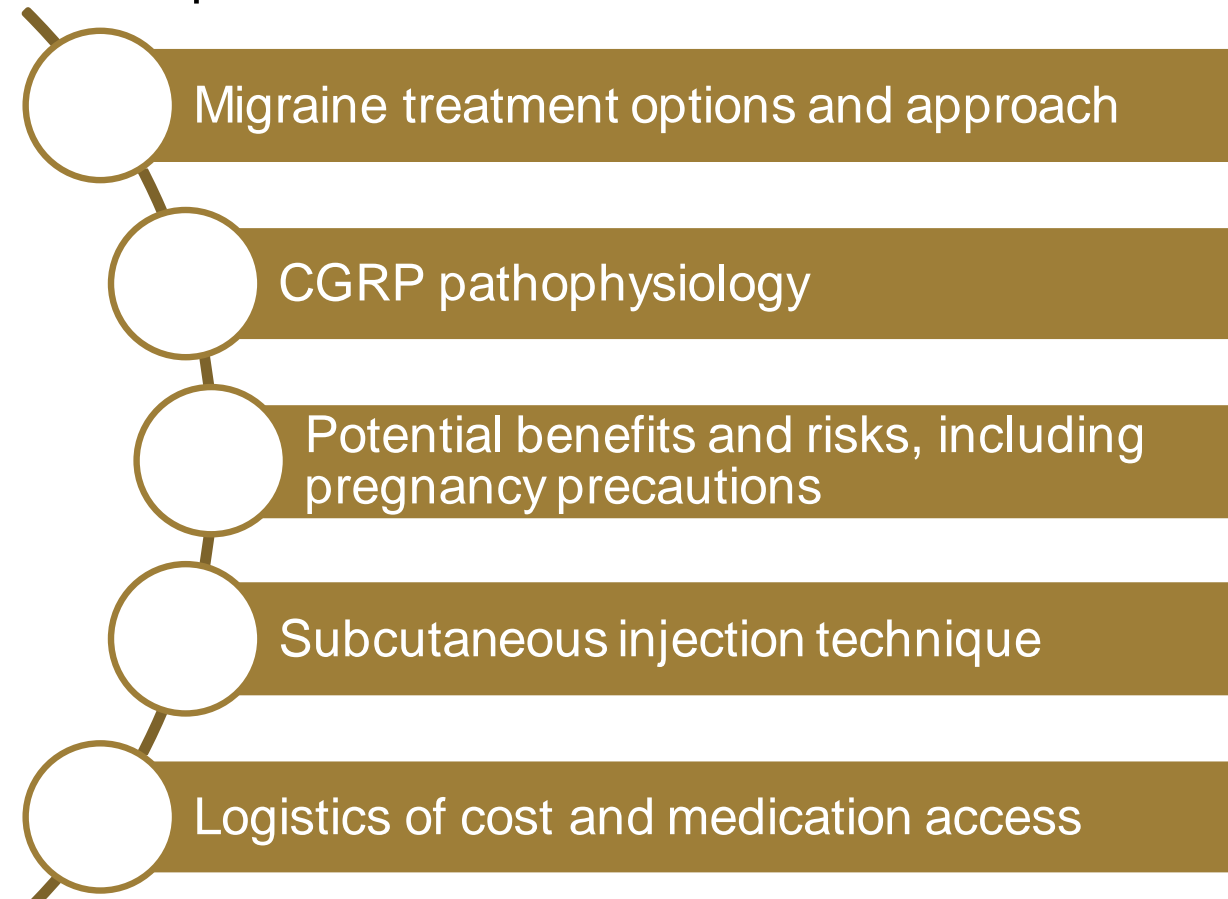
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BACKGROUND & OBJECTIVES

- 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

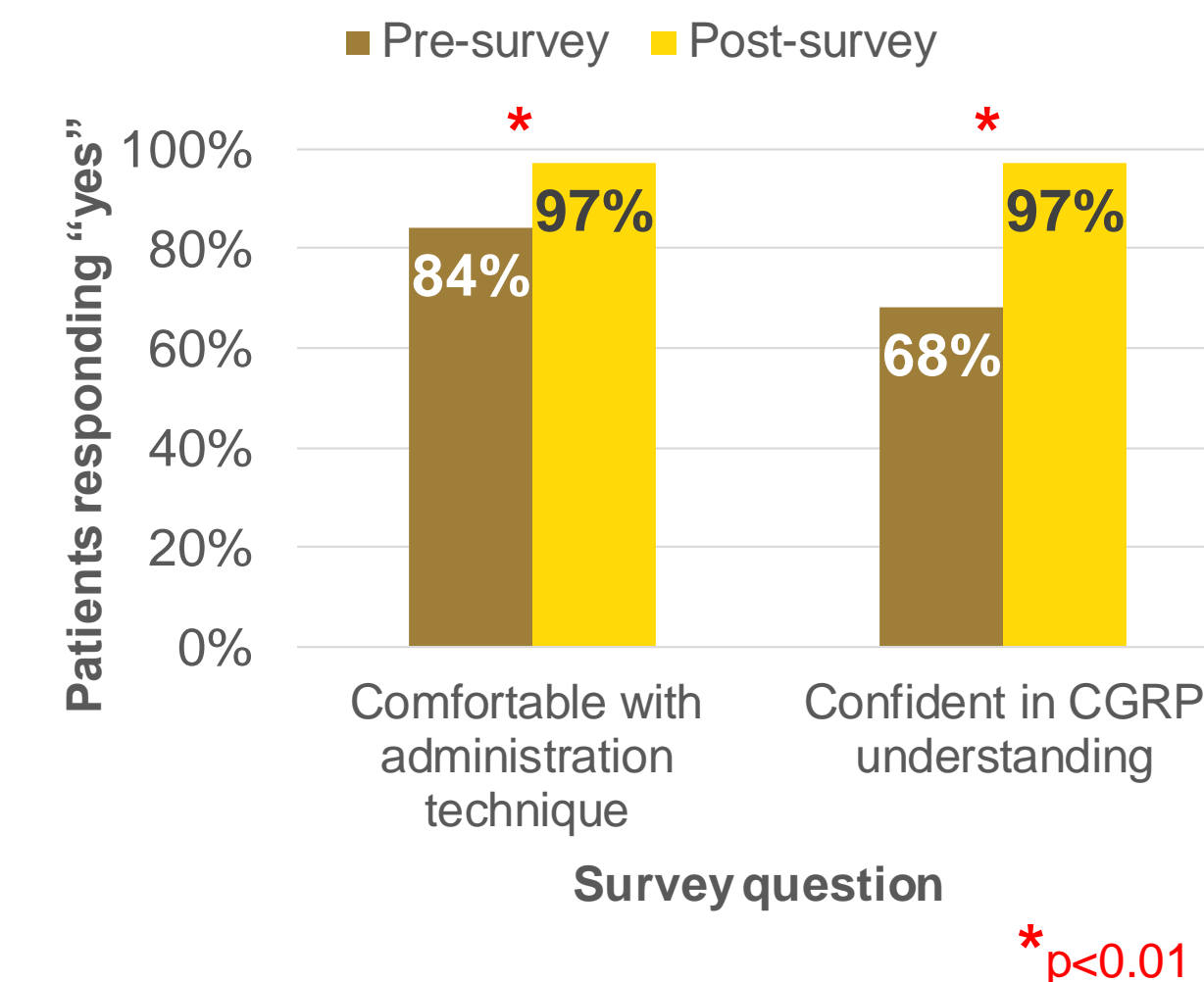
- A total of 84 patients participated in the informational session (41 in-person; 43 online)

| 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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