Improving the Patient Experience with Migraine Camp, a one-day group intervention for adolescents with chronic headache and their parents

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Results

functioning is also affected10-13

Evidence-based treatment options remain limited

• Migraine is common: 12% of U.S. population have migraine (36 million people)1

• 0.6% (1 in 165) of 5-12 year olds2, and 1.8% (~1 in 50) of 12-17 year olds3 have chronic migraine, meaning headache more days than not

• Migraine is disabling, impairing school attendance, school performance, and quality of life2,4,5

• Plantinistration options remain limited

• ≥1/3 of patients do not respond to 1st treatment

• Many adolescents become socially isolated due to high disability9

• Family functioning is also affected10-13

Objective

• To develop a one day intervention aimed at providing headache education, social connection, coping strategies, exposure to non-pharmacological approaches, and health care transitions skill building for teens with headache and their caregivers.

Methods

• Initial migraine camp in 2014 at University of CA San Francisco in collaboration with Miles for Migraine

• Started at CHOP in 2016, added parallel support sessions for parents, mixed caregiver-teen groups, and transition-focused group

• Recurring one day event with ~15 teens + caregivers

• Staff include at least 2 MD/NPs, nurse, psychiatrist, two social workers, two psychologists, art/yoga therapist Miles for Migraine representative

Background

• Migraine

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Conclusions

• Demonstrated feasibility and acceptability of offering a comprehensive one-day intervention

• Camp has been successfully conducted 1-2 times yearly at two separate university-affiliated, subspecialty pediatric headache programs

• Program well received by patients, families, staff

• Future directions: a controlled trial of this intervention with pre and post outcome measures

Camp Curriculum

09:00-09:30 Registration & Breakfast (All Together)
09:30-10:45 Intros, Headache Education, Assessment of Readiness to Transition to Adult Care (All Together)
10:45-11:15 Support Groups (Parents and Teens separate)
11:45-12:00 Break (All Together)
12:00-13:00 Groups of Mismatched Teens and Parents
13:00-13:45 Lunch (All Together)
13:45-14:30 Discussion of School/Transition (All Together)
14:30-15:15 Question & Answer Panel Discussion and Introduction to Integrative Therapy (Separate)
15:15-15:30 Closing Remarks and Evaluations
15:30-16:00 Free time to try treatment devices, ask questions, learn about advocacy (All Together)

References


