

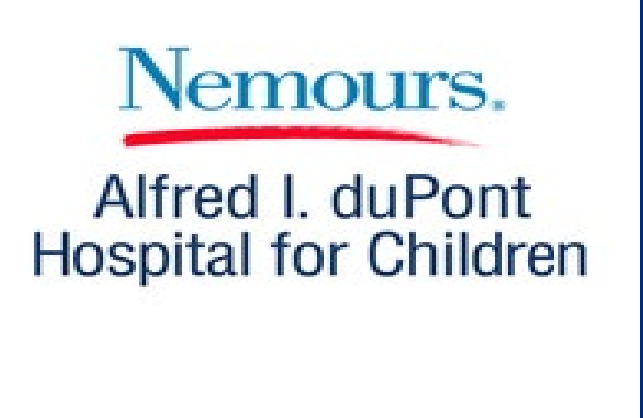


Improving the Patient Experience with Migraine Camp, a one-day group intervention for adolescents with chronic headache and their parents

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Background

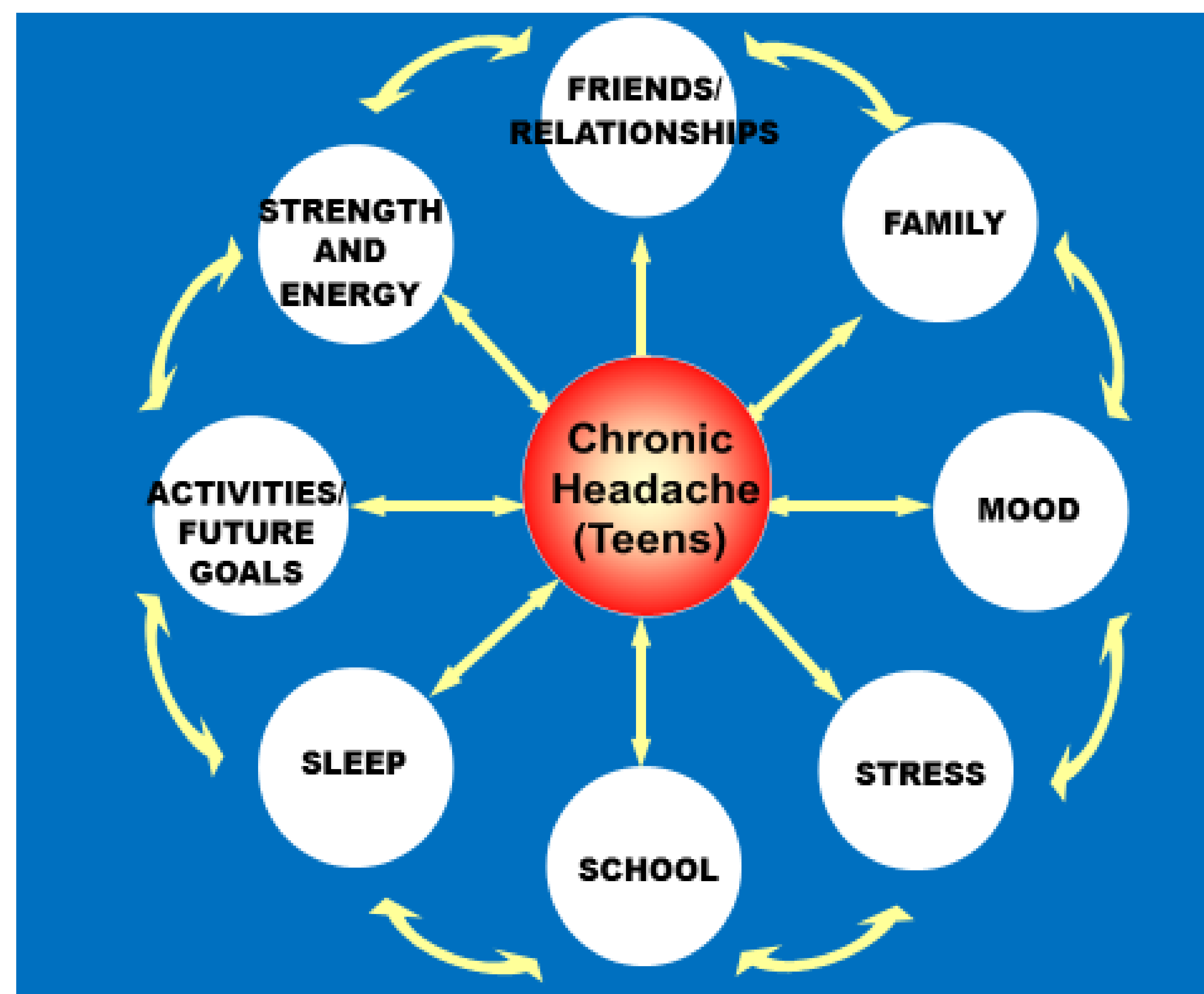
- **Migraine is common: 12% of U.S. population have migraine (36 million people)¹**
- **0.6% (1 in 165) of 5-12 year olds², and 1.8% (~1 in 50) of 12-17 year olds³ have chronic migraine,** meaning headache more days than not
- **Migraine is disabling,** impairing school attendance, school performance, and quality of life^{2,4,5}
- **Evidence-based treatment options remain limited**
- **≥1/3 of patients do not respond to 1st treatment⁶⁻⁸**
- **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



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)
- 10:45-11:45 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)

Results

- All participants (*n*=101) said they would recommend the program to others
- Qualitative responses show that both teen and parent participants felt that camp was helpful on a practical and emotional level
- Teens preferred unstructured time over lecture

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



References

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