

## OP36.1

### Interested in migraine: Consensus on the attention to patients with migraine in Catalonia

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**Background & Aim:** Migraine is a public health problem, in our environment affects approximately 12% of the population in the most productive ages, causing a great impact on the quality of life with socioeconomic repercussion. Migraine is the seventh cause of disability worldwide according to the WHO. Headaches are the main cause of Neurology consultation for neurologists and GP. Despite this, only 40% of patients with migraine and tension headache are diagnosed and 50% are self-medicated. The correct treatment of migraine prevents its chronicity. Approximately 25 % of patients with migraine need preventive treatment, but only a few receive it. With the intention of improving and change these facts, this consensus was developed. • Improving migraine detection and diagnosis.

- Give specific recommendations for treating attacks and promote preventive treatment.
- Promote follow-up of patients, using headache calendar and knowledge of disability scales.
- Establish shared models of care for patients with migraine at different levels of care adapted to the realities of each country.
- Defining the referral criteria for to specialized units.

**Method:** Cross-sectional study Creation of a scientific working group, constituted for Neurologists and Family Doctors. Design of a migraine consensus. Preparation of educational materials to disseminate the project. Planning a training program for all Catalonia.

Results (preliminaries): Consensus, on different sections with clear and quick-reference diagrams. Training physicians in workshops with training material on Power Point support. Until November 2015, there have been eight workshops of 4 hours, 265 students trained as trainers, 105 peripheral workshops, with a total of 1618 professionals trained in Catalonia.

**Conclusions:** This consensus document is a useful tool for handling migraines. It reflects the need for collaboration and coordination of the different levels of care. The evaluation of the proposed indicators will allow us to evaluate the impact of the recommendations and develop improvement projects.