

SAND abstract No. 123 from the BEACH program 2007–08

Subject: Prevalence and management of migraine among general practice patients

Organisation supporting this study: Pfizer Australia Pty Ltd

Issues: Prevalence of migraine among patients attending general practice; frequency of migraine attacks; current and previous acute medication; current prophylactic medications; frequency of after-hours service visits for acute migraine.

Sample: 3,301 patients from 114 GPs; data collection period: 22/01/2008 – 25/02/2008.

Method: Detailed in the paper entitled 'SAND Method 2008-09' available at: <www.fmrc.org.au/publications/SAND_abstracts.htm>.

Summary of results

The age and sex distributions of this sample of patients were similar to those of all patients at 2007–08 BEACH encounters. Of the 3,301 patients, 304 (9.2%, 95% CI: 7.7–10.8) suffered from migraine attacks. Prevalence was significantly higher among females (12.9%, 95% CI: 10.6–15.1) than males (4.1%, 95% CI: 3.1–5.2). Age-specific rates of migraine for 3,280 patients showed the highest prevalence was among those aged 25–44 years (14.8%). Over half (57.9%) of 280 patients reporting migraine frequency, had fewer than one per month. The proportion who experienced one or two migraines per month was similar (13.6% and 13.2% respectively), and 15.4% suffered three or more attacks per month.

Of 298 migraine sufferers who specified current medication, 209 (70.1%) were on current acute medication for migraine. There were no significant differences in use of current acute medication by frequency of attacks although there was a trend towards higher usage rates as number of attacks increased. Of 245 recorded acute medications, the most frequently used was paracetamol (29.0%) followed by paracetamol/codeine (14.3%) and ibuprofen (11.4%).

Of 254 who responded to the previous acute medication question, 96 (37.8%) had used another acute medication in the past. Paracetamol, the most frequently recorded, accounted for 25.0% of past acute medications. Ninety-two patients gave reasons for discontinuation of previous medication. Most frequent were lack of efficacy (37.5%) followed by 'other' reasons (25.0%). Half of the 22 detailed 'other' reasons related to cessation of migraines. Successful treatment was the reason for discontinuation for 18.8% of patients and side effects for 11.5%.

Of 279 patients responding to the question on use of prophylactic medication, 30 (10.8%) were currently taking prophylactic medication. Among 260 patients for whom attack frequency and prophylactic medication use were provided, there was no significant difference in use of prophylactic medication by frequency of attack although there was a trend towards higher usage rates as number of attacks increased. Propranolol hydrochloride and pizotifen were the most common of the 30 prophylaxis medications listed.

There were 280 patients who gave information on consulting GP/out-of-hours service for rescue medication at the time of a migraine. The majority (85.7%) of these never or almost never consulted a GP or out-of-hours service for rescue medication, while 10% consulted to get emergency rescue medication at the time of a migraine some of the time.

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AIHW Australian GP Statistics and Classification Centre, 2009. SAND abstract No.123 from the BEACH program: Prevalence and management of migraine among general practice patients. Sydney: AGPSCC University of Sydney. ISSN 1444-9072

PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **PATIENTS WITH MIGRAINE**.

You may tear out this page as a guide to completing the following section of forms.

INSTRUCTIONS

Ask **ALL** of the **next 30 PATIENTS** the following questions in the order in which the patients are seen.

Please **DO NOT** select patients to suit the topic being investigated.

Migraine

Please indicate by ticking the appropriate box whether this patient suffers from **migraine** attacks, either initially diagnosed today or at a previous encounter, in the past 12 months, or more than 12 months ago (by you or by another GP).

If **'no'** you should end the questions here.

If **'yes'** to any of the options, please continue.

Migraine frequency

Please advise the approximate **number of times** the patient would usually experience a **migraine episode during a month**.

Current migraine medication

Please write the **name and regimen** of any **medication** (oral, nasal spray or injection) taken during an **acute attack** or as **'rescue' medication** taken acutely for **breakthrough** migraine. Please write the approximate **duration of use** in the space provided, and **circle an option** to indicate months or years.

If **no** acute or rescue medication is usually taken please tick the box labelled **'none'**.

In the space below, please write the **name and regimen** of the current prophylaxis medication being taken by the patient to prevent migraine.

If **no** prophylaxis medication is **currently** being taken please tick the box labelled **'none'**.

Previous acute or breakthrough medication

If the patient was taking a **different** acute or breakthrough medication **prior to the one currently taken**, please write the **name and regimen** and **duration of use** for the **previous acute/breakthrough (rescue) medication**. Please write the **most recent** previous medication only, and use the tick boxes to advise **why** this medication was **discontinued**.

If discontinuation occurred because of **side effects**, please **write the main side effect/s** experienced in the space provided. If discontinuation occurred because of a reason other than those listed, please tick the box labelled **'other'** and write the reason in the space provided.

If **no acute/breakthrough medication** was taken **prior** to the current one please tick the box labelled **'none'**.

Patients seeking rescue medication

Please advise **how frequently** the patient consults a **GP** or an **after hours service**, at the time of a migraine episode, for **rescue** medication.

Does this patient suffer from migraine attacks?

- No → End questions
 Yes - diagnosed ...
 Today
 In the past 12 mths
 > 12 mths prior

BL99C

If 'yes' migraine frequency per month is:

- < 1
 1
 2
 ≥ 3

Current acute or breakthrough medication is:

NONE

Name & Form Strength Dose Frequency Duration of use

_____ mths/yrs

_____ mths/yrs

Current prophylaxis medication is:

NONE

Name & Form Strength Dose Frequency Duration of use

_____ mths/yrs

Previous acute / breakthrough med'n (if any) was:

NONE

Name & Form Strength Dose Frequency Duration of use

_____ mths/yrs

Reason for discontinuing use was:

- Lack of efficacy Side effects _____
 Cost *(please specify)*
 Withdrawal after successful treatment Other _____
(please specify)

Does the patient consult a GP/Out of Hours Service at the time of migraine for rescue medication?

- Never/almost never (0-20%)
 Some of the time (21-40%)
 Half of the time (41-60%)
 Most of the time (61-80%)
 Always/almost always (81-100%)