

European Headache Federation

# EHF NEWS



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## The COMOESTAS Project

**C**ontinuous **M**onitoring of Medication Overuse Headache in Europe and Latin America: development and **S**tandardization of an **A**lert and decision support **S**ystem.

The project has been submitted and approved within the 1<sup>st</sup> call on Advanced ICT (*Information and Communication Technology*) for Risk Assessment and Patient Safety of the 7<sup>th</sup> Framework Programme, with a

specific aim for the transfer of European standards and technologies to Latin America countries, and will *start in 2008*.

Appropriate delivery of quality healthcare requires constant monitoring of the patient during follow up, particularly in the presence of chronic diseases. This approach can be further improved if leading edge tools supporting diagnosis, as well as prediction, identifica-

tion and monitoring of adverse events are available. COMOESTAS project aims to develop an *innovative ICT system* that allows patients with **Medication Overuse Headache (MOH)** to receive continuous and personalized treatment. The whole system is based on an advanced, “all-in-one” Alerting and Decision Support System that follows patients from the diagno-

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**EHF News is open to host contributions and proposals from the readers. E-mail your suggestion to: [neuronet@libero.it](mailto:neuronet@libero.it)**

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## Highlights on migraine treatment outcomes

**D**uring the 11th Congress of the European Federation of Neurological Societies, Brussels, August 2007, a satellite symposium “New and better approaches to improve migraine treatment outcomes” was held with a large audience and a fruitful discussion. The chairman of the symposium, H-C Diener, explored the way

to improve migraine management, emphasizing on the “step-care” (starts with analgesics) where delaying treatment with triptans is unnecessarily and the “stratified-care” approach that tailors treatment to individuals being more successful in meeting patients expectations. He mentioned the importance to increase

the number of consultations by patient, 3 out of 5 patients consult from time to time, 70% of the patients who never return state they are disappointed with the treatment. Dr. Nina de Klippel’s explained why it is fundamental to treat early and while the pain is still mild,

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## The COMOESTAS Project

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**CO**n tinuous **MO**nitoring of Medication Overuse Headache in Europe and Latin America: development and **ST**andardization of an Alert and decision support System

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sis and supports the physician in managing the therapy, controlling relevant events impacting on patient safety and activating specific procedures if selected thresholds are exceeded. MOH is curable, but its outcome is hampered by a high risk of relapse. It is, therefore, a perfect example of a disorder that can benefit from an ICT-assisted approach developing innovative systems and services for monitoring chronic conditions. COMOESTAS goals will be achieved by improving and integrating the traditional paper headache diaries and calendars into an innovative ICT tool taking into account the complex issues that accompany this peculiar form of headache, which will make the patient a key node in the entire process (*Patient-centric Health Care System*). This will be achieved through a **Latin American-European consortium** that will incorporate ICT units located in Italy and Argentina, along with top-level centres for headache and pain management located in **Italy, Denmark, Germany, Spain, Argentina and Chile**. The project will ensure the appropriate transfer of innovative processes and the underlying technology, along with the uptake of European standards in Latin America, thank to the adoption of the most innovative health electronic records available on the market. This process will grant

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## Highlights on migraine treatment outcomes

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supported by the results of the Act when Mild study, demonstrating the most robust conclusions about the benefits of early treatment obtained with Almotriptan 12.5mg. Significant advantage was a clear diminution of the duration of migraine attack and a decrease in time lost in daily activities. She concluded patients often do not start treatment early enough to be completely efficient. That's why it is essential to identify the reasons for delay and to implement solutions. Prof. Fabio Antonaci explained the choice of appropriate endpoints is crucial to meeting patient expectations. Classical approaches measuring the clinical outcomes of migraine treatment are based on two major endpoints: acute pain resolution and the effects on quality of life. The resolution of acute pain can be evaluated in several ways, the most challenging being Sustained Pain Free plus no adverse events (SNAE). Moreover, the use of this composite can also discriminate between triptans: almotriptan has been shown to have the highest SNAE, he noticed. The use of QoL questionnaires can also have major impact on headache research and policy.

*EHF news editorial board*

## An Headache course in memory of the late Prof. B. Preza



In association with the IRCCS Foundation C. Mondino Pavia and the University Centre for Adaptive Disorders and Headache (UCADH), the University Service of Neurology, UHC Mother Theresa - Tirana, the Albanian Society of Headache the Albanian Society of Neurology has developed a postgraduate course on the diagnosis and management of primary headache in Tirana - Albania, on October 6<sup>th</sup>, 2007. The venue of this course was Tirana International Hotel, situated at the center of the city. The course was organized and directed by Prof. Fabio

Antonaci, Vice President of *European Headache Federation*, UCADH, Pavia - Varese and Prof. Jera Kruja, Head of University Service of Neurology UHC Mother Theresa - Tirana, President of Albanian Society of Neurology. The main lecturers were, together with Prof. Antonaci and Prof. Kruja, Dr G. Sances (Pavia), Prof. V. Guidetti, Child Neuropsychiatry Department, "La Sapienza" University, (Rome) Dr. M. Rakacolli, University Service of Neurology Mother Theresa (Tirana). There were 104 participants in the meeting, mainly neurologists, from all over the country.

They were very interested and participated actively during the discussion panels. This course supported the development of the contemporary protocols for the classification, diagnosis and treatment of primary headaches. The course was designed to have both theoretical (state of the art guidelines for headache management) and practical parts (good clinical practice guidelines). This was a new and innovative course which provided participants with a professional qualification and potential for further career development.

*J. Kruja (Tirana)*

## EHF guidelines for headache management

World Health Organization granted its approval to "Aids for management of common headache disorders" realized by the European Headache Federation in collaboration with *Lifting the Burden: The Global Campaign to Reduce the Burden of Headache Worldwide*. These guidelines have been published in a Supplement of The Journal and Headache and Pain.

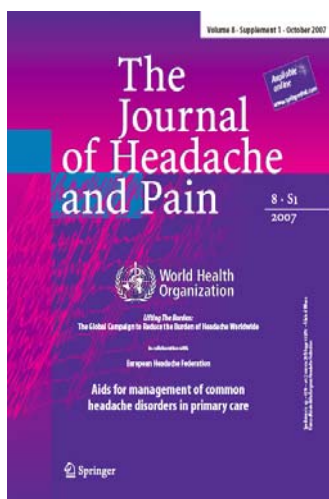
The JHP Supplement is

Open Choice, that means entirely downloadable free-of-charge from Springer's web page for JHP <http://www.springerlink.com/content/1129-2369>, in order to obtain widespread diffusion.

The collaborative arrangement between WHO and WHA, IHS and EHF provided an input to create the aids for management of common headache disorders in primary care. The general diffusion and daily use of these aids will

be able to accelerate the headache control process for both episodic and chronic patients with unfavourable access to specialised health structures. We all understand this step represents an enlargement of the headache community in order to reach a global control of headache disorders.

*EHF news editorial board*



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*This newsletter seeks to provide timely and accurate information from the most knowledgeable sources. The newsletter is mailed to EHF members, national drug companies and medical journals in line with information given by board members. The views expressed in the articles in EHF News are those of the authors and do not necessarily reflect those of the EHF and the Publisher.*

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## What's on...



📅 **17th-21th May 2008,  
Istanbul, Turkey**

VII International Congress on Headache in Children and Adolescents  
Information: [www.ichca7.org](http://www.ichca7.org)  
[congress@topkon.com](mailto:congress@topkon.com)

📅 **29th-31st May 2008,  
Baku, Azerbaijan**

The European Headache Summer School  
Information:  
[fabio.antonaci@unipv.it](mailto:fabio.antonaci@unipv.it)

📅 **4th-7th September 2008,  
London, United Kingdom**

European Headache and Migraine Trust  
International Congress 2008  
Information:  
[www.ehmtcongress2008.com](http://www.ehmtcongress2008.com)

## The COMOESTAS Project

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the delivery of better healthcare quality to MOH patients and improved cost-effectiveness in this specific field; emphasis will also be placed on the technical and financial feasibility of further exploitation of the prototype. The COMOESTAS consortium, in fact, will explore the applicability of business models promoting the

integration of the COMOESTAS product in the *regional/national Healthcare systems*. In addition to patients, major stakeholders will include the scientific community (specialists and general practitioners), scientific societies and health care authorities.

*C. Tassorelli (Pavia)*