

## EHF News 24

### Migraine-Patient-Seminar (MIPAS)

More than 30 % of all patients in the neurological practice suffer from chronic headaches, mostly from migraine and tension type headaches. Not only general practitioners but also orthopedists, anesthetists and psychotherapists are involved in the headache field too. Apart from the requirement of an emergency treatment of headache of these patients the daily reality in the general practice is quite different. Interviews with nearly 5000 headache patients which took part during public events of the German Migraine and Headache Society, 90 % of the patients were dissatisfied with their physicians. Lack of information, education, time and the focusing of to a sole pharmacological treatment have been the predominant criticism. The result is often the beginning of a patient career. But in the most European countries the economical situation does not allow more time than some minutes.

On the background of the discrepancy between the needs of the headache patients and the limited time allowed for consultation, the migraine-patient-seminar (MIPAS) approach could be a possible solution for these dilemma. In Germany several patient education programmes for example in the treatment of diabetes or asthma are well established. MIPAS should allow the physicians, similar to the diabetes programme, to offer an education and training programme in small groups of 6 to 10 headache patients.

The MIPAS programme is related to eight sessions lasting from three to six months. The programme consists of three modules:

a diagnosis module, where the physician and the headache patients become familiar with the individual diagnosis

an education module, where the patients obtain extensive knowledge about the migraine disease and about pharmacological and behavioural treatment approaches

the third module is related to behavioural techniques like relaxation training, stressmanagement and pain coping techniques

MIPAS is more than a teaching seminar and really varied. Exercises and training as well as short lectures in a climate of discussion and mutual helping describes the MIPAS concept. The authors of the programme, Wolf-Dieter Gerber, Hartmut Göbel from the university of Kiel, Germany and and Klas Mildenstein, a general practitioner worked out the programme with the support of Pfizer Germany. In a first evaluation of MIPAS 15 physicians treated 96 migraine patients which were compared with a waiting group. It could demonstrated the nearly 50% of the patients showed significantly improvement after 4 months of education. In 2002 MIPAS will be adopted in Germany with a larger evaluation.

WD Gerber, Kiel

### The Migraine Trust in United Kingdom

Researchers, health professionals, support staff - they all form part of the chain of support that the Migraine Trust brings together for the benefit of people with headache conditions.

We believe that by drawing on their knowledge and experience as well as that of sufferers themselves we can provide sufferers with the highest level of support, advice and management.

We are helping sufferers regain control of their lives - with your support we can continue to do so well into the future.

Through the information provided on this website, The Migraine Trust aims to

help people with migraine and other headaches, as well as organisations, groups and individuals who work to support them, through research and care. Although every care is taken to provide accurate information, all the views and information presented are not necessarily those of the Trust or endorsed by the Trust and the Trust are not liable for any errors or omissions.

You should always consult your doctor before taking or changing any treatments. Any information provided here should not be a substitute for your doctor's advice.

<http://www.migrainetrust.org/>

By EffeA