C ontinuous MOntoring of Medication Overuse Headache in Europe and Latin America: development and STandardization of an Alert and decision support System. The project has been submitted and approved within the 1st call on Advanced ICT (Information and Communication Technology) for Risk Assessment and Patient Safety of the 7th 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, identification 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 diagnosis.

Highlight: on migraine treatment outcomes

During 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 Kliipel’s explained why it is fundamental to treat early and while the pain is still mild,
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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, thanks to the adoption of the most innovative health electronic records available on the market. This process will grant continued on page 4

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 6th, 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 garanteed 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.

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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)