Migraines are the most common type of headache and affect 8.3% of the Canadian population. They are recognized as a major cause of disability and are costly to patients, their families, and community. In the past, headache education groups have shown improvement in clinical outcomes and reduction in clinic visits for acute headache treatment. Social groups, such as these, have shown to provide support systems for patients to allow them to generate a community, share experiences, and gain emotional support to develop self-efficacy in managing their medical conditions.

We propose the introduction of Pharmacist-led Migraine Group Appointments conducted at the UBC Pharmacists Clinic with the aim of evaluating the benefits of conducting such sessions to improve the quality of care we provide for migraine patients.

**Methods**
- 10 participants who have migraines
- Three 90-minute sessions over six months

**Migraine Frequency and Severity Questionnaire**
- Assess: Reduction in migraine frequency and severity
- Improvement in the Migraine Disability Assessment (MIDAS) Score
- Increased patient knowledge about migraines
- Improved attitude and increased self-confidence in migraine management

**Migraine Group Education Survey**
- Assess: Level of satisfaction with content and activities
- Suggestions for future improvements

**Learning Objectives:**
- Review cause of migraine and how it differs from other headaches
- Identify common migraine triggers
- Describe behavioral and lifestyle measures for migraine
- List non-drug treatment options
- Identify the purpose and elements of a Headache Diary

**End of session:**
- Migraine Group Appointment Survey

**Prior to the first session:**
- Participants complete Migraine Frequency and Severity Questionnaire

**Beginning of session:**
- Migraine Frequency and Severity Questionnaire
- Learning Objectives: Review drug and non-drug management of migraines
- Set a goal related to migraine management
- Online Survey: Participants will be sent an online version of the Migraine Frequency and Severity Questionnaire to assess sustained change/improvement in migraine-related disability

**Assessment:**
- Did pharmacist-led group appointments help decrease migraine frequency and severity?
- Did patients see value in appointment?

**Future:**
- Implementation of routine migraine group appointments at the UBC Pharmacists Clinic
- Implementation of pharmacist-led group appointments for other chronic conditions