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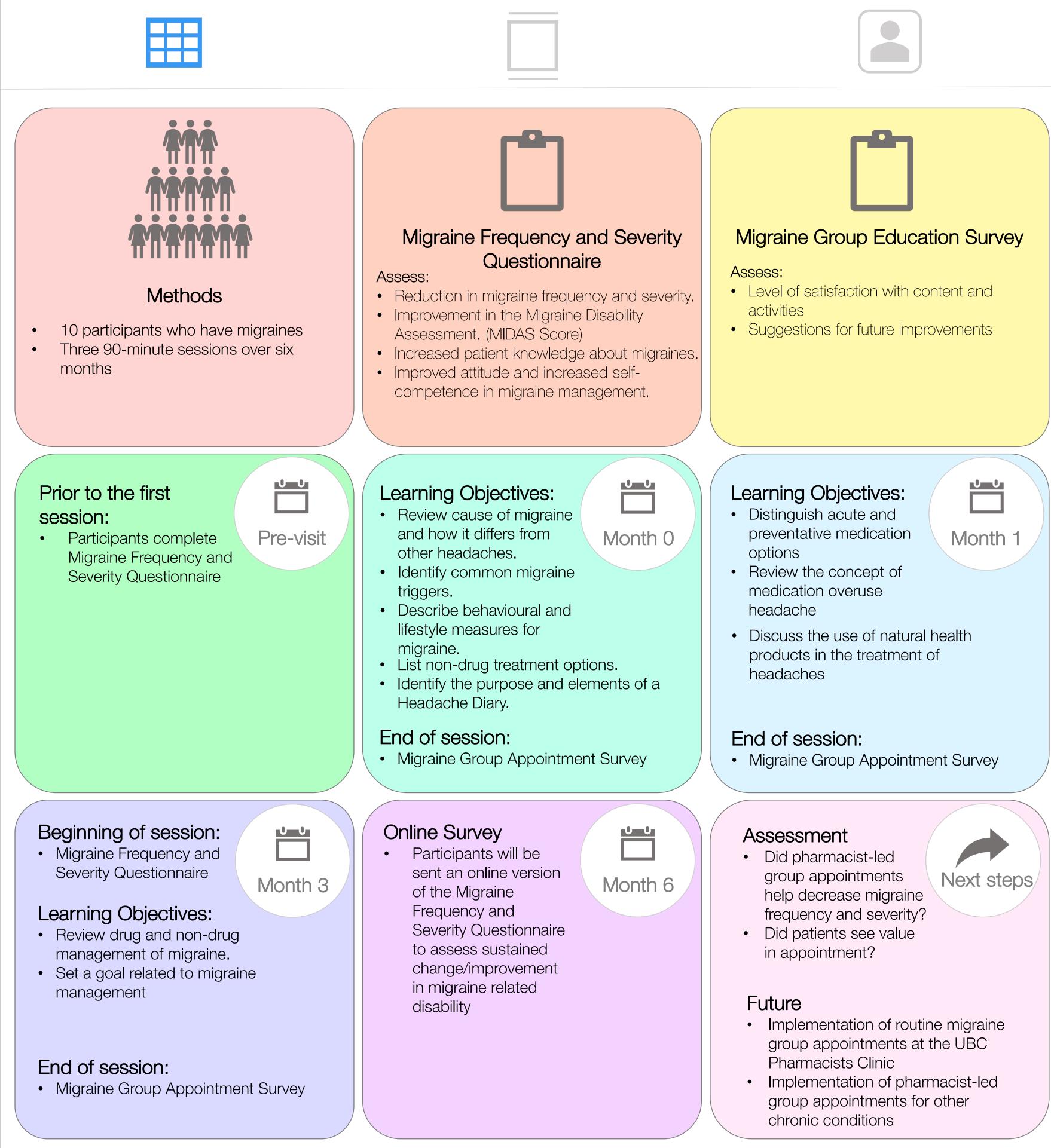


Pharmacist-led Migraine Group Appointments Followed by J Reardon¹, A Kapanen¹, C Chew¹

¹Pharmacists Clinic, Faculty of Pharmaceutical Sciences, University of British Columbia, Vancouver BC

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.



02:26



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Faculty of Pharmaceutical Sciences, University of British Columbia, Vancouver, BC, Canada

Session Outline

- Ice breaker activity
- Setting ground rules
- Didactic session
- Group discussion
- Debrief
- End of session survey

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Goal Setting

- After our discussion, what are some of your expectations/goals you hope to achieve with your migraine management?
- Write them down, and keep them in mind for our next sessions



True/False

- About 2.7 million of Canadians reported that they have been diagnosed with migraine.
- Migraine is a neurological disorder.
- Migraine is caused by both by genetic and environmental factors.

TRUE

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Pop Quiz!

When should you take a treatment for your migraine?

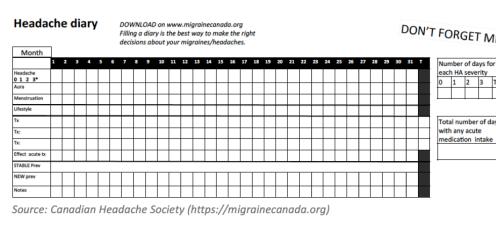
- a) Wait until the pain becomes unbearable
- b) At onset of migraine
- c) 30 minutes into the migraine
- d) Wait until the pain is bothersome

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Recap from Last Session



- Different types of headache
- Common triggers
- Headache Diary



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ubc_pharmacists_clinic Do you experience migraines? Are you interested in learning more about migraine, migraine management, and engaging with individuals who may be experiencing similar issues? The Pharmacists Clinic at the UBC Faculty of Pharmaceutical Sciences will be conducting a study to evaluate a model of group appointments for people living with migraine. This study consists of a three-part series of pharmacist-led migraine

group appointments.



HeadacheSupportGroups (99)



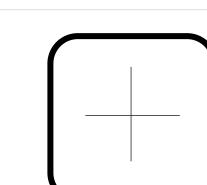
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What a great initiative!

February 26, 2020













Pharmacists Clinic Faculty of Pharmaceutical Sciences