Impact of multidisciplinary patient education sessions on expectations and understanding of new CGRP treatments

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**BACKGROUND & OBJECTIVES**
- The new calcitonin gene-related peptide (CGRP) antagonist medications offer exciting new treatment options for migraine prevention
- Finding effective and efficient ways to educate patients about these new treatments can be challenging
- We aimed to develop and evaluate a patient-oriented, multidisciplinary presentation to inform patients about this new drug class to increase patient understanding and decrease provider and pharmacist education burden

**METHODS**
- Three live, one-hour patient informational sessions were led jointly by a headache medicine neurologist and a clinical pharmacist from the institution’s specialty pharmacy in Oct-Nov 2018
- Topics included:
  - Migraine treatment options and approach
  - CGRP pathophysiology
  - Potential benefits and risks, including pregnancy precautions
  - Subcutaneous injection technique
  - Logistics of cost and medication access

**RESULTS, cont.**
- A total of 84 patients participated in the informational session (41 in-person; 43 online)

<table>
<thead>
<tr>
<th>Baseline Characteristics (n=84)</th>
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<tbody>
<tr>
<td>Caucasian, n (%)</td>
<td>73 (87)</td>
</tr>
<tr>
<td>Age, mean (SD)</td>
<td>49 (12)</td>
</tr>
<tr>
<td>Commercially insured, n (%)</td>
<td>61 (73)</td>
</tr>
<tr>
<td>Hold at least bachelor’s degree, n (%)</td>
<td>44 (52)</td>
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<tr>
<td>Monthly headache frequency, mean (SD)</td>
<td>18 (9.2)</td>
</tr>
<tr>
<td>MIDAS* score, mean (SD)</td>
<td>63 (53)</td>
</tr>
<tr>
<td># prior preventive meds, mean (SD)</td>
<td>7.3 (4.9)</td>
</tr>
<tr>
<td># prior supplements, mean (SD)</td>
<td>2.3 (2.0)</td>
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<tr>
<td># prior integrative treatments, mean (SD)</td>
<td>5.6 (3.8)</td>
</tr>
</tbody>
</table>

\*Migraine Disability Assessment Scores (MIDAS) >21 represent severe disability

- 71 participants completed both pre- and post-surveys
- There was no statistically significant difference between the in-person and online sessions for the two measures above
- Nearly all participants (98%) felt confident in adhering to monthly injection frequency before the session, and this remained true in the post-survey (100%)
- 97% of participants would recommend the session to friends or family with migraine

**CONCLUSIONS**
- The multidisciplinary informational session was an effective and efficient method of educating patients about new CGRP treatments while concurrently decreasing provider and pharmacist education burden
- Patients’ knowledge base improved and they felt well-informed
- The online video was as effective as the in-person session in educating patients, but improved access and availability
- Future studies could assess impact of such educational sessions on adherence and clinical response

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**METHODS, cont.**
- The third session was video-recorded for patients to view electronically, either at home or in-clinic, beginning Feb 2019
- Patient surveys were completed before and after watching the in-person or online session
- Data reflects patient responses from Oct 2018 through May 2019, though this initiative is ongoing
- Patients had the ability to fill at the institution’s specialty pharmacy, who assisted with benefits investigation and prior authorization
- Approved by the Wake Forest School of Medicine Institutional Review Board

**RESULTS, cont.**
- Patient survey responses pre- and post-educational session

- **Survey question:** Comfortable with administration technique
  - **Pre-survey:** 64%
  - **Post-survey:** 97%

- **Survey question:** Confident in CGRP understanding
  - **Pre-survey:** 68%
  - **Post-survey:** 97%

\(p<0.01\)

**FIGURE 1** Impact of m expectation of n- or online session on adherence to monthly injection frequency.