

MEETING ABSTRACT

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EHMTI-0327. Information and communication technology for improving the management of medication overuse headache: results of the comoestas multicentric, multinational study

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Background

The management of medication overuse headache (MOH) is rewarding but also challenging because effective treatment is frequently followed by relapses. Information and Communication Technology has recently been proposed as a valid aid to improve healthcare quality in chronic conditions. In this frame, we developed a headache diary associated with an alert/alarm logic for the interactive monitoring and the professional support of MOH patients after detoxification.

Aim

Assessment of the acceptability and the effectiveness of this interactive monitoring system, in association with pharmacological treatment, on the outcome of MOH subjects.

Methods

A parallel-arm, single-blind study was conducted in 4 European Countries and 2 Latin-American Countries. A total of 499 subjects completed the study. Both Groups of patients underwent detoxification and were prescribed prophylactic medications (if required) at baseline. Subsequently, subjects in Group 1 were followed-up with a paper diary and periodical visits for a period of 6 months, while subjects in Group 2 were followed-up with the interactive monitoring system for the same length of time.

Results

We observed a highly significant improvement of most outcome parameters in both Groups. However, subjects in Group 2 presented a significantly higher percentage of cured cases (92.4% vs 83.3%, $p < 0.001$), a lower rate of relapsers (6.2% vs 9.1%, $p < 0.003$) and an improved patient satisfaction (8.4+1.7 vs 6.9+1.9, $p < 0.05$).

Conclusions

Adoption of an interactive monitoring system is well accepted by MOH patients and it is associated to a more favorable outcome after detoxification. (EC FP7, contract number 215366).

No conflict of interest.

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