

INTEGRATIVE INTEGRATED MIGRAINE CARE - PRELIMINARY EVALUATION

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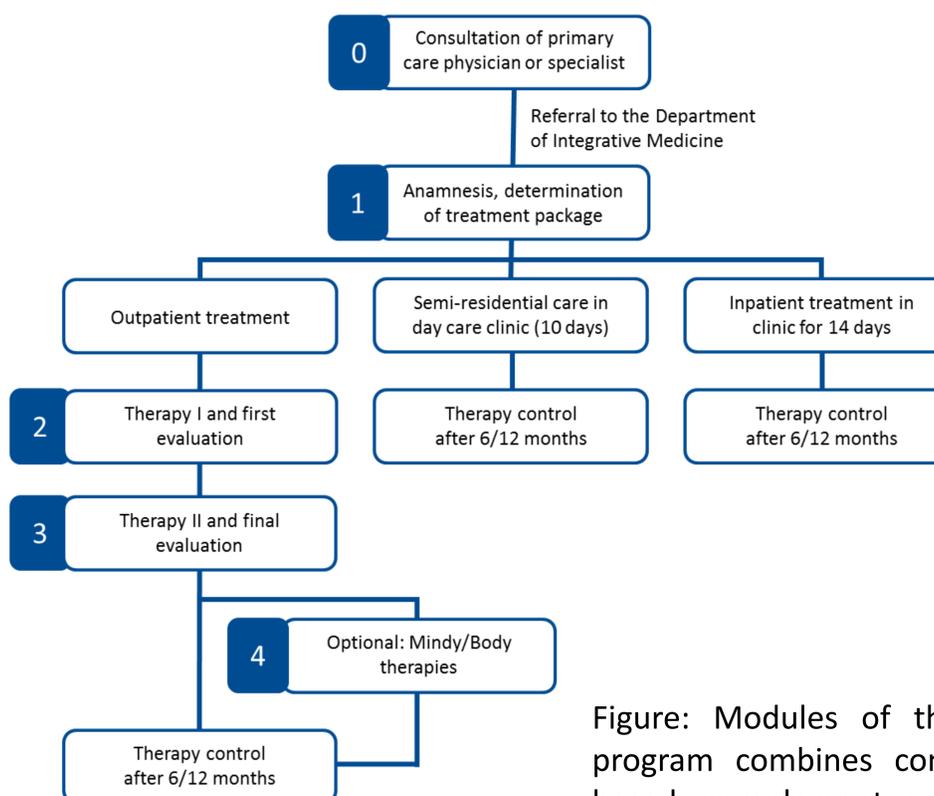
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INTRODUCTION

Chronic migraine is one of the most common neurological disorders. Different complementary therapies are available for the treatment of these patients. The Department for Complementary and Integrative Medicine at Kliniken Essen-Mitte, teaching hospital of the University of Duisburg-Essen offers an integrative integrated migraine care model (IIMC) which is reimbursed by one of the biggest German statutory health insurance companies. Treatment options include naturopathic treatments, Traditional Chinese Medicine including acupuncture and herbs, Mind/Body interventions and self-help strategies in an outpatient or inpatient setting as well as in a day clinic. For a preliminary evaluation of the effectiveness of the IIMC we investigated the clinical outcomes of 28 patients who had completed the treatment in December 2010.

RESULTS

28 patients returned completed questionnaires. Their mean age was 44.9 ± 10.1 years. Patients suffered from 11.5 ± 7.3 attacks a month before treatment; they were reduced to 5.8 ± 5.0 (post1) and 5.6 ± 4.0 (post2) ($p=0.002$). Migraine pain intensity dropped from 7.5 ± 1.2 to 5.7 ± 2.2 (post1, post2) ($p<0.001$). Days under medication were reduced more than 50% from 9.8 ± 6.0 to 4.3 ± 4.2 (post1) and 4.6 ± 3.9 (post2) ($p<0.001$). Global improvement scale indicated that 17 out of 27 patients rated their health better than before IIMC.



METHODS

All patients who had completed IIMC before December 2010 were asked to fill in a questionnaire about their migraine before, directly after (post1) and 6 months after IIMC (post2). Further data were gained from medical records. Outcome included frequency and intensity of migraine attacks, medication use and a 5-point Likert global improvement scale.

Figure: Modules of the Integrated Integrative Migraine Care. The program combines conventional therapies, physiotherapy, evidence-based complementary medicine and Mind/Body Therapies in an outpatient and inpatient setting as well as in a day care clinic.

CONCLUSIONS

The integrative integrated migraine care model seems to be effective in reducing frequency and intensity of migraine and helps reducing migraine medication. After this first evaluation a larger prospective observational study is currently conducted. This study also focuses on quality of life and changes of self-efficacy.

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