EFFECTIVENESS OF THERAPEUTIC PATIENT EDUCATION FOR ADULTS WITH MIGRAINE: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS

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INTRODUCTION

Chronic Migraine was ranked as the third most prevalent disorder and the seventh highest specific cause of disability worldwide [1]. Migraine is a neurological disabling disease that affects all aspects of the individual’s life and is considered a complex condition based on the interaction of biological, psychological, and environmental factors [2-5]. Some authors suggest that it is a biobehavioral disorder [4,5] that results from a cortical hyperexcitability and an associated social learning process [6]. Behavioral habits and medication intake due to migraine attacks are important factors to keep in mind. Saines et al., concluded that the pathophysiology of migraine is multifactorial [7]. The role of genetic factors and biobehavioral, and pharmacological approaches [8]. Biobehavioral treatments (BTs) for chronic pain patients include therapeutic patient education (TPE) and self-care, cognitive behavioral interventions, and biobehavioral training (relaxation training, and stress management) [9].

TPE provides contact between the care providers and patients [9]. TPE has been extensively studied in the management of anxiety, stress, and pain for chronic lower back pain [9]. It is thought that in chronic diseases, TPE should be adapted to the reach of patients and caregivers [10]. BTs were identified as "grade A" evidence in the American Consensus of Evidence-Based Headache Guidelines [10]. It has been proposed that BTs based on educational approaches be used to manage migraines [11].

METHODS

Behavioral Treatment: Therapeutic Education (Migraine): Meta-analysis Systematic Review. Headache Frequency

CHARACTERISTICS OF TPE IN PATIENTS WITH MIGRAINE AND METHODOLOGICAL QUALITY OF THE STUDIES

META-ANALYSIS RESULTS

Ineffective mimesis (Excerpts from middle line)

Headache Disability (0), Short-term (0,1,2 months)

Headache Frequency (0), Short-term (0,1,2 months)