THE ROLE OF CGRP IN MIGRAINE

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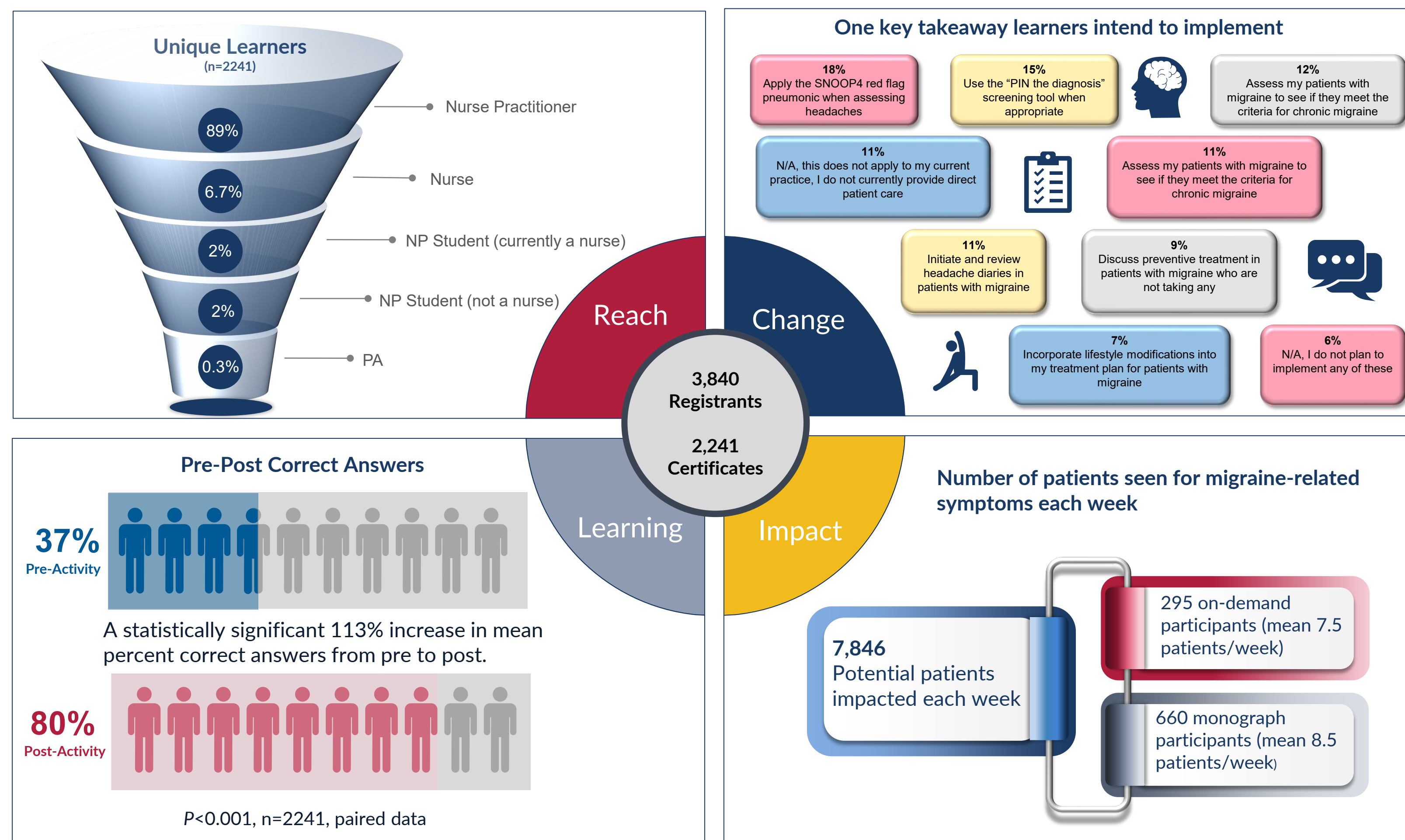
AANP American Association of NURSE PRACTITIONERS®

Audience and Satisfaction

43% Primary Care
6% Internal Medicine
33% Other/other specialty
11% Acute Care

Audience
- 89% are Nurse Practitioners.
- 91% have a family (78%) or adult/gerontology (13%) primary NP certification.
- 55% are in a primary care (44%) or acute care (11%) practice setting.
- The majority (52%) have been practicing as an NP for 1-5 years.

Satisfaction
- Agreement ratings (5=strongly agree, 1= strongly disagree).
- 93-95% strongly agreed or agreed on 4 areas

	Speaker knowledge	Free of bias	Objectives met	Fair / balanced
Agree	42%	42%	44%	44%
Strongly agree	51%	53%	50%	50%

■ Strongly agree ■ Agree

Learning Objectives

- Describe the signs and symptoms of migraine as well as the diagnostic criteria for episodic and chronic migraine
- Explain the pathophysiology of migraine, including the pathogenic role of calcitonin gene-related peptide (CGRP)
- Explain how inhibition of CGRP can prevent and treat episodic and chronic migraine
- Assess the clinical efficacy and safety data surrounding new and emerging CGRP-targeted therapies

The content presented in this activity enhanced my knowledge on this topic. (n=2,172)

5=Strongly agree	4=Agree	3=Neutral	2=Disagree	1=Strongly disagree
42.9%	50.2%	6.5%	0.3%	0.1%

BACKGROUND

Migraine is a considerable cause of morbidity and health care resource utilization worldwide. More than 1 billion people suffer from migraine, resulting in 45.1 million years of life lived with disability in 2016 and making migraine the leading cause of disability among people younger than 50 years. Despite the considerable disability and impairment associated with migraine, the disease continues to be underrecognized in clinical practice. While remaining undiagnosed is problematic for patients with treatable pain, an equally alarming issue is the high rate of misdiagnosis of migraine. Patients with migraine frequently receive misdiagnoses of chronic sinusitis, cervical pain, and even multiple sclerosis. This activity was designed to give learners the tools and perspective they need to make confident decisions to successfully treat patients with migraine and to overcome barriers that may impact patient outcomes.
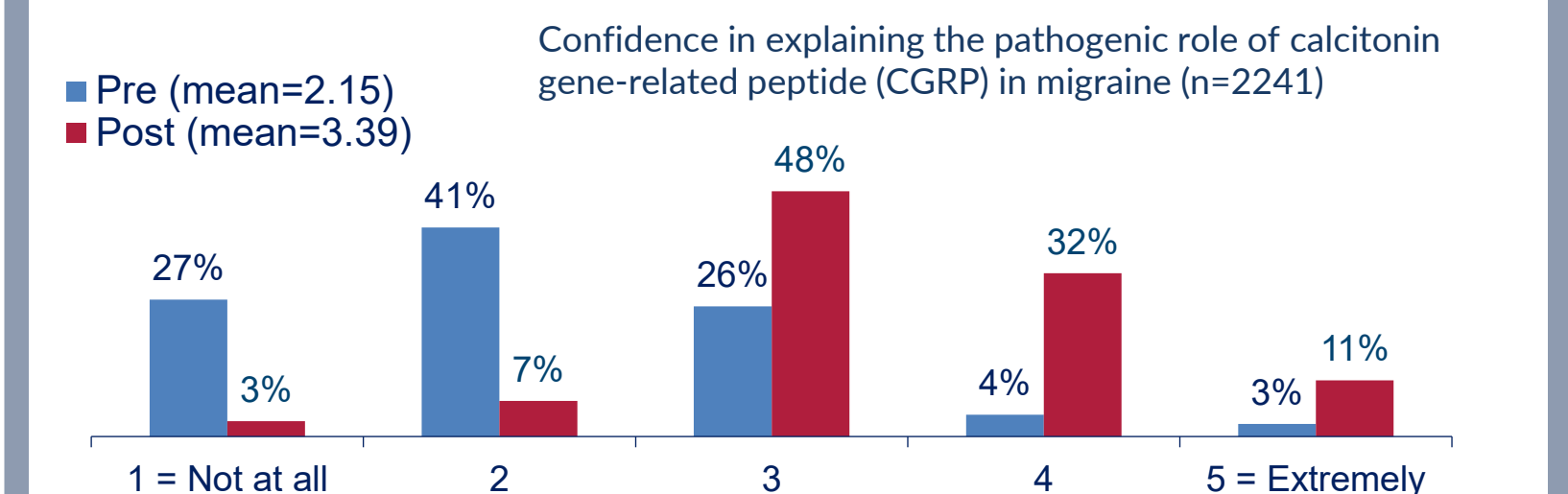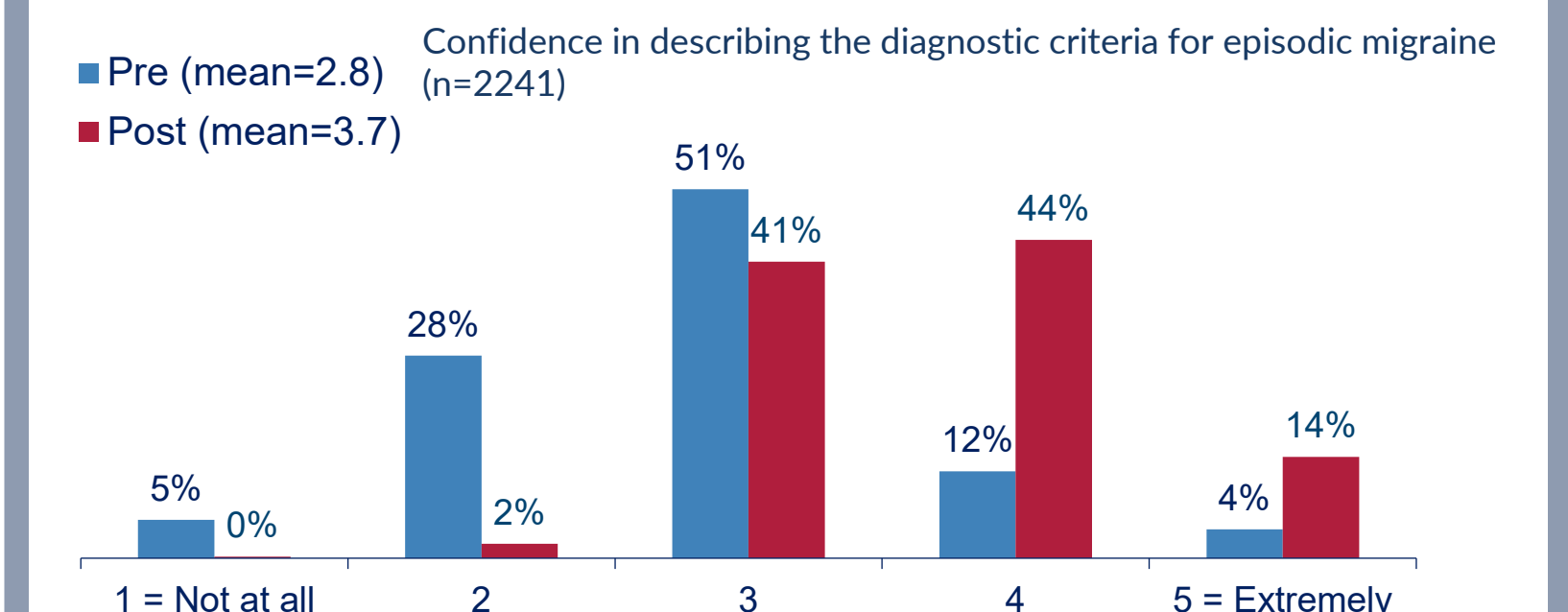
RESULTS

Unique Learners (n=2241)

89%	Nurse Practitioner
6.7%	Nurse
2%	NP Student (currently a nurse)
2%	NP Student (not a nurse)
0.3%	PA

Reach — Change — Learning — Impact

3,840 Registrants
2,241 Certificates

One key takeaway learners intend to implement

- 18% Apply the SNOOP4 red flag pneumonic when assessing headaches
- 15% Use the "PIN the diagnosis" screening tool when appropriate
- 12% Assess my patients with migraine to see if they meet the criteria for chronic migraine
- 11% N/A, this does not apply to my current practice, I do not currently provide direct patient care
- 11% Assess my patients with migraine to see if they meet the criteria for chronic migraine
- 11% Initiate and review headache diaries in patients with migraine
- 9% Discuss preventive treatment in patients with migraine who are not taking any
- 7% Incorporate lifestyle modifications into my treatment plan for patients with migraine
- 6% N/A, I do not plan to implement any of these

Pre-Post Correct Answers

37% Pre-Activity

A statistically significant 113% increase in mean percent correct answers from pre to post.

80% Post-Activity

P<0.001, n=2241, paired data

Number of patients seen for migraine-related symptoms each week

7,846 Potential patients impacted each week

295 on-demand participants (mean 7.5 patients/week)

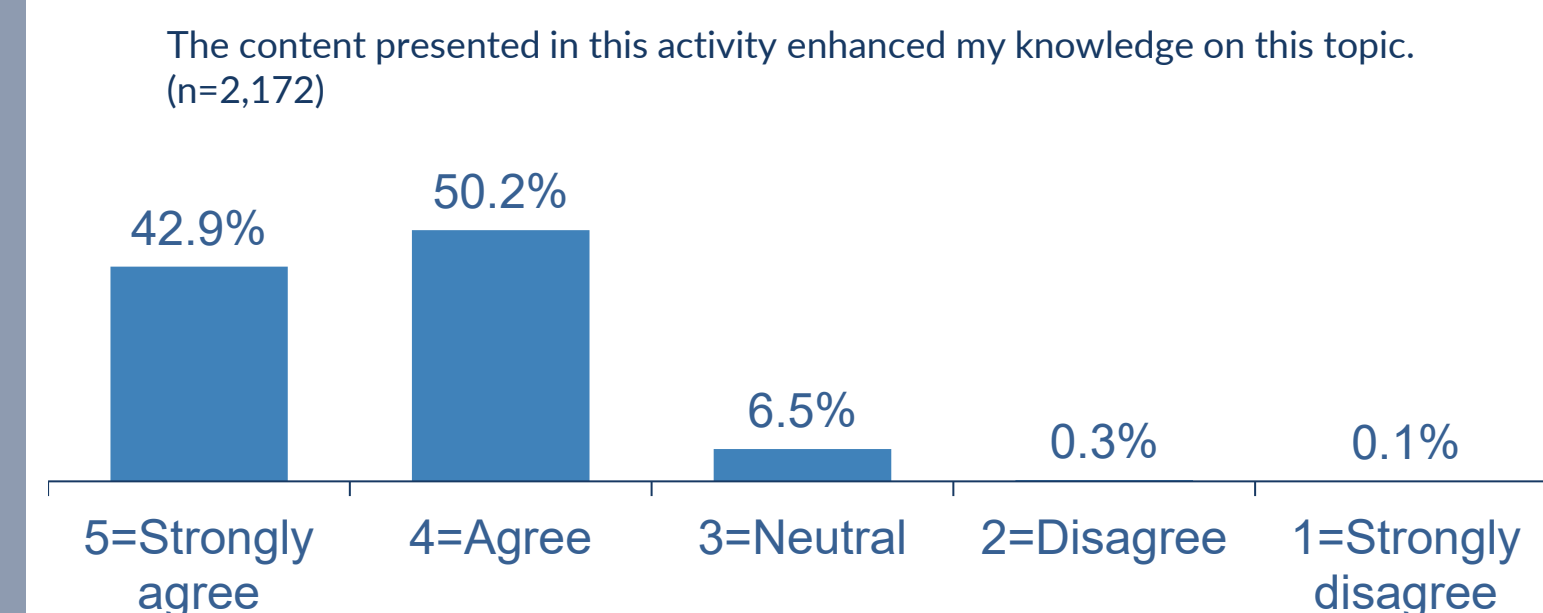660 monograph participants (mean 8.5 patients/week)

Method

- Outcomes questions developed based on the learning objectives, with linkage to the needs assessment and content. Learners answered demographic, pre/post, evaluation and 60-day follow-up survey questions online
- Tests used to identify statistically significant differences pre to post:
  - Chi Square test for each of 10 multiple choice knowledge/case questions
  - Paired t test for % correct for each of 2 rating scale questions confidence questions
- *P* ≤ 0.05 indicates a statistically significant difference
- Total records = 2241 (pre/post) and 2,172 (eval)
- Follow-up survey, n=11

Confidence Level: Pre/Post

Confidence in describing the diagnostic criteria for episodic migraine (n=2241)
■ Pre (mean=2.8) ■ Post (mean=3.7)

	1 = Not at all	2	3	4	5 = Extremely
Pre	5%	28%	51%	12%	4%
Post	0%	2%	41%	44%	14%

Confidence in explaining the pathogenic role of calcitonin gene-related peptide (CGRP) in migraine (n=2241)
■ Pre (mean=2.15) ■ Post (mean=3.39)

	1 = Not at all	2	3	4	5 = Extremely
Pre	27%	41%	26%	4%	3%
Post	3%	7%	48%	32%	11%