

Royal College of General Practitioners and Warwick Medical School
Annual Education, Research and Innovation Symposium
16th June 2016 - Abstract Submission Form

PRESENTER'S DETAILS Session D. Long Term Conditions		
Title Professor Dr	First Name Martin Rachel	Surname Underwood Potter
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Category Research		
Authors Underwood, M and the CHES team		Title of Study Chronic Headache and Self-management Study (CHES)
<p>What's the problem you are tackling?</p> <p>Chronic headache disorders (headache \geq 15 days a month for \geq 3 months) are a major cause of pain and disability. Around 2-4% of the population have a chronic headache; their main impact is in young adults many of whom have both work and family commitments. Supportive self-management programmes have an established place in the management of a range of chronic diseases. NICE guidance on headaches (2012) did not find any relevant evidence on the use of education and self-management programmes for the treatment of chronic headaches and recommended further research in this area.</p>		
<p>How did/will you do it?</p> <p>The Chronic Headache and Self-management Study (CHES) is an NIHR funded programme grant with an overall aim of developing and testing a self-management support programme for people living with chronic headache. The first phase of the programme is a feasibility study, the objectives are:</p> <ol style="list-style-type: none"> 1. To test the feasibility of recruiting people living with chronic headache from primary care. 2. To evaluate a brief diagnostic classification interview to support classification of the three common chronic headache disorders: migraine, tension type and medication overuse. 3. To pilot and evaluate a new group self-management support intervention for the management of common chronic headache disorders 4. Evaluate our proposed package of outcome measures 5. To demonstrate the feasibility of doing a future RCT of the clinical and cost-effective of the intervention. 		

What did you find?

Recruitment is underway in 10 practices in Coventry, Rugby, and South Warwickshire. With the help of experts and people living with chronic headache we have developed a logic model to inform the structure of a telephone classification interview which is currently being validated by headache specialist GPs and we have developed and will shortly pilot the group based self-management programme.

Why does this matter?

If successful we will start a large multi-centre RCT in January 2017