

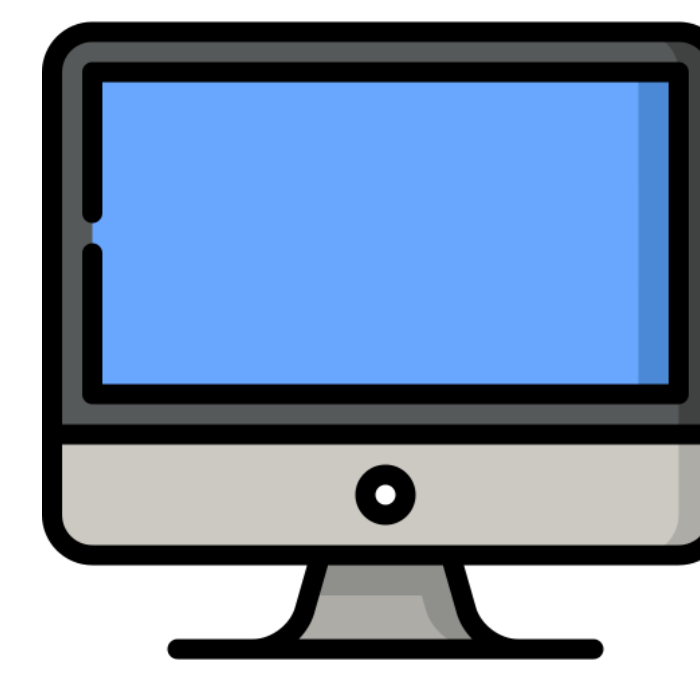
HEALTHCARE IMPACT OF A DIGITAL HEALTH PROGRAMME FOR PATIENTS WITH CHRONIC OR HIGH-FREQUENCY EPISODIC MIGRAINE

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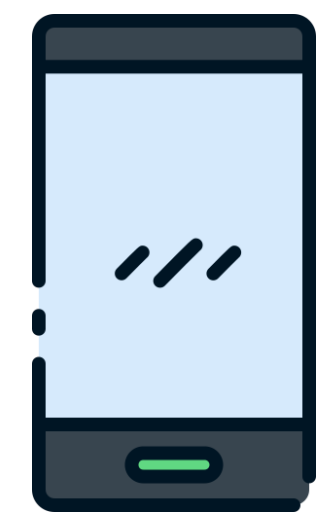
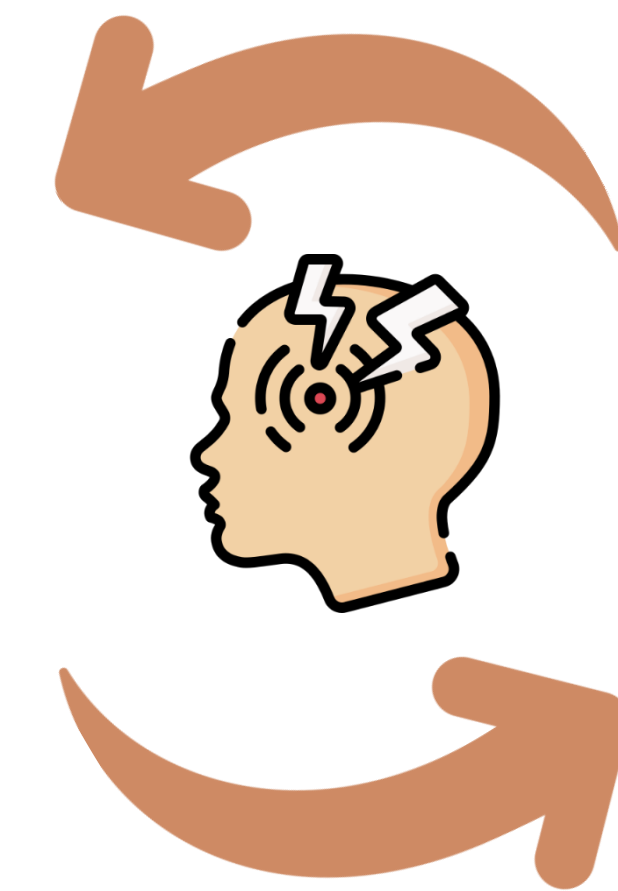
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What was done?

We tested a patients' mobile phone (mHealth) application in chronic and high-frequency episodic migraine patients. This application was synchronically linked with a website for healthcare professionals (HCP) and hospital clinical records.



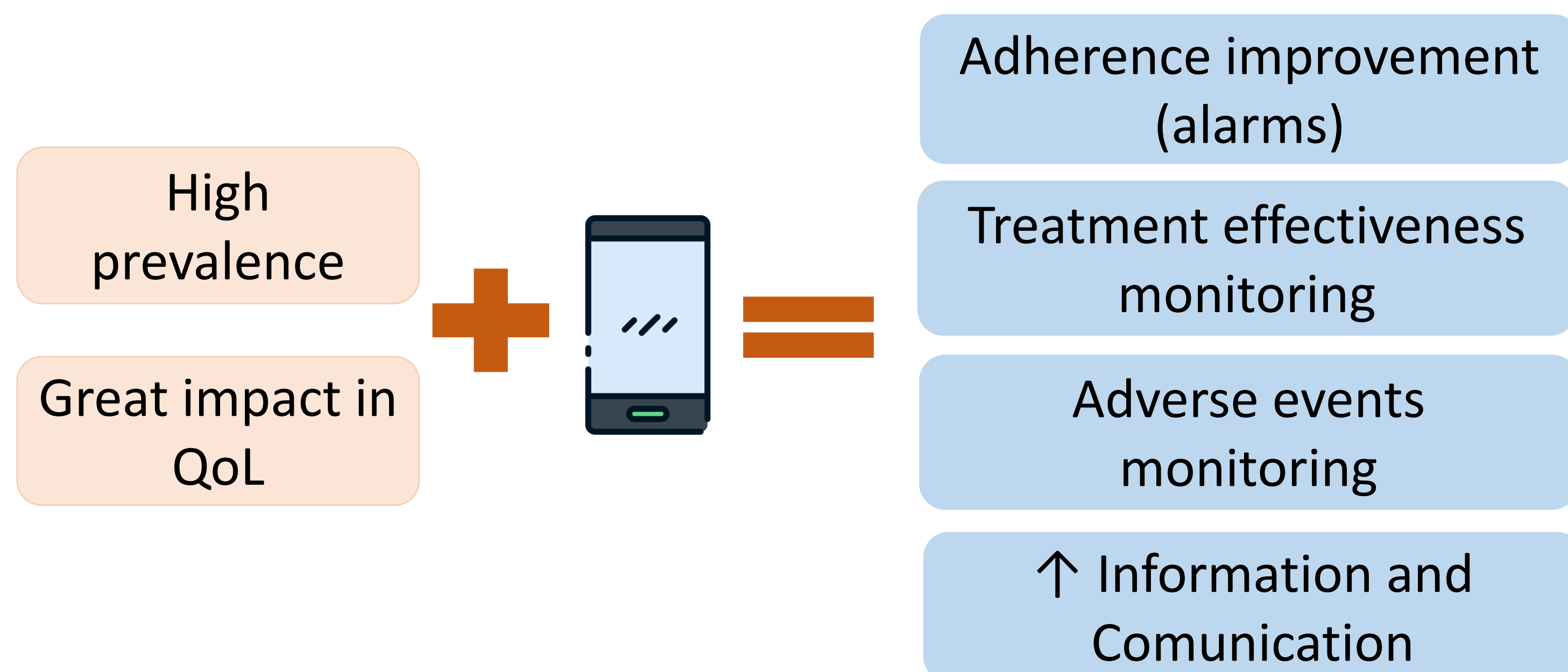
Healthcare professionals



Patients

Why was it done?

Migraine is a neurological disorder characterized by frequent headache (episodic migraine: <15 monthly migraine days (MMD), chronic migraine ≥15 MMD).



How was it done?

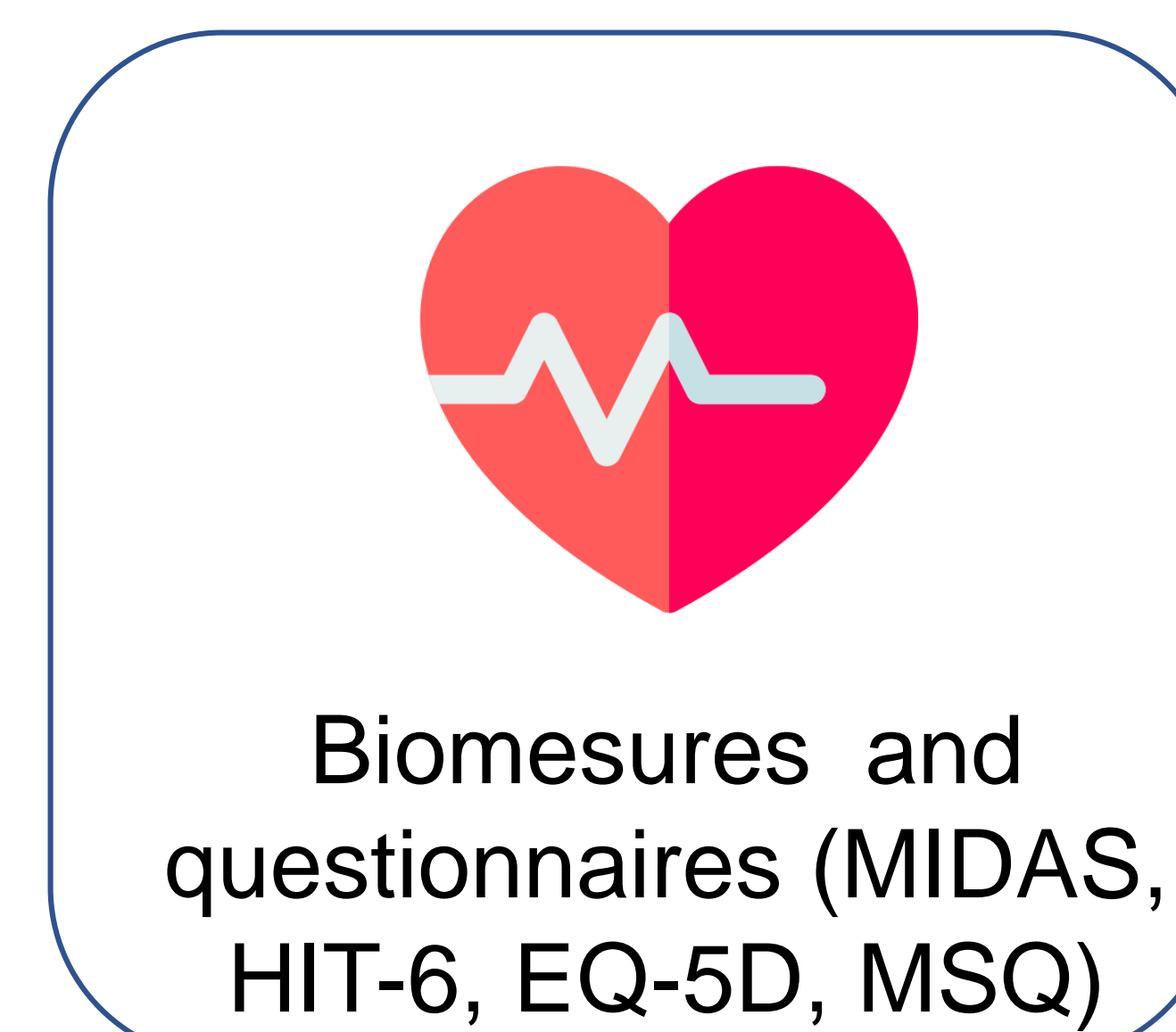
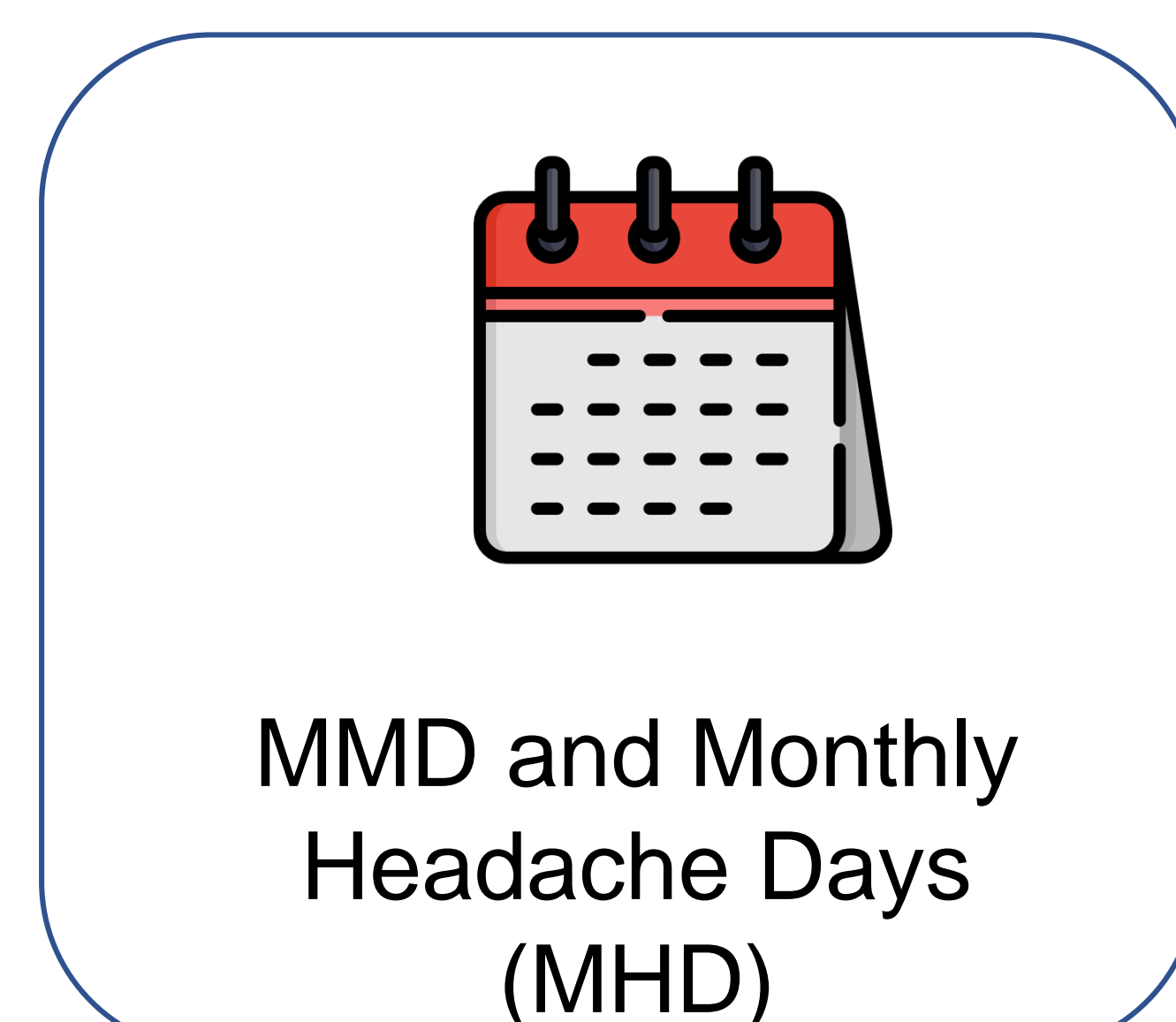
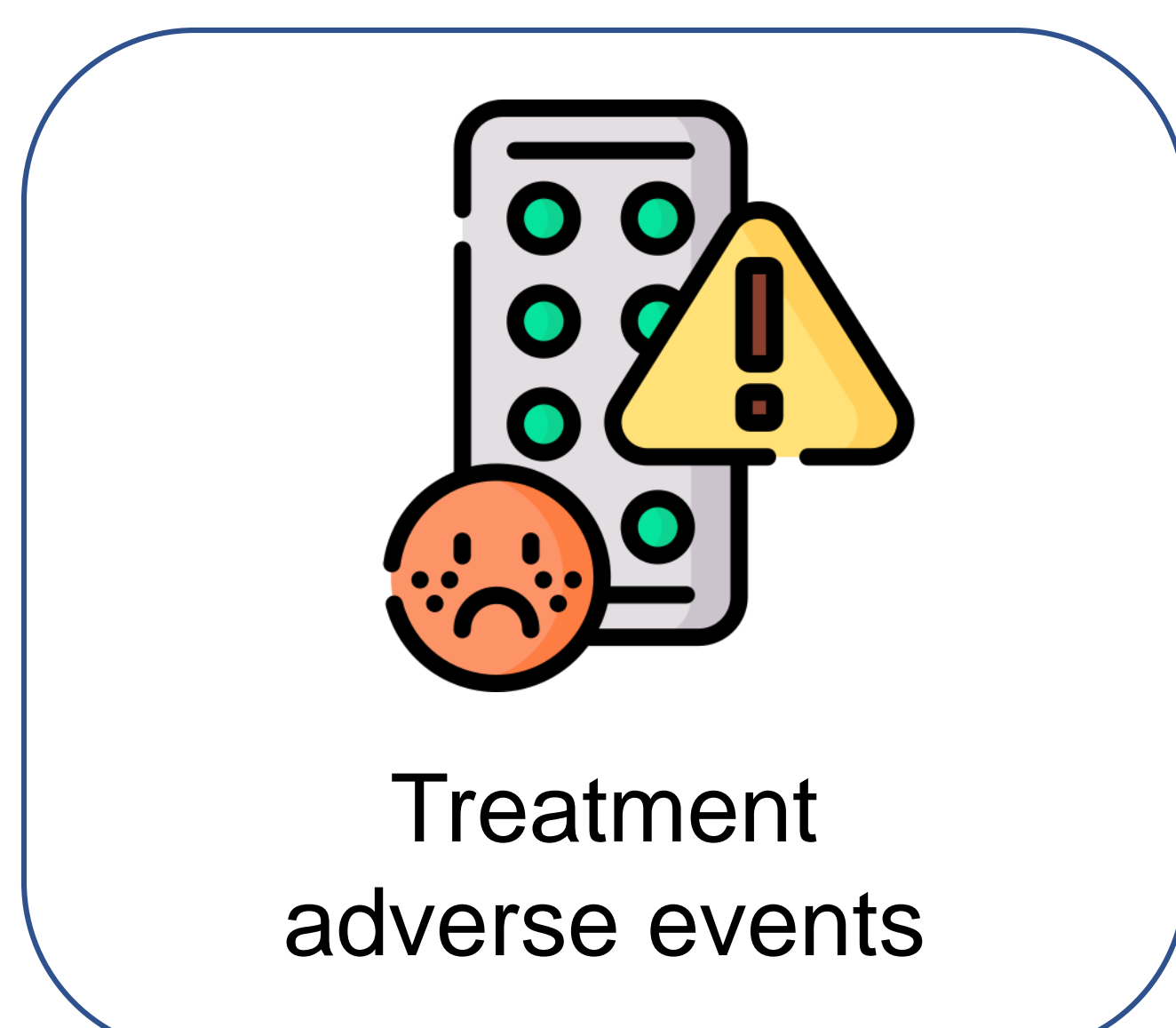
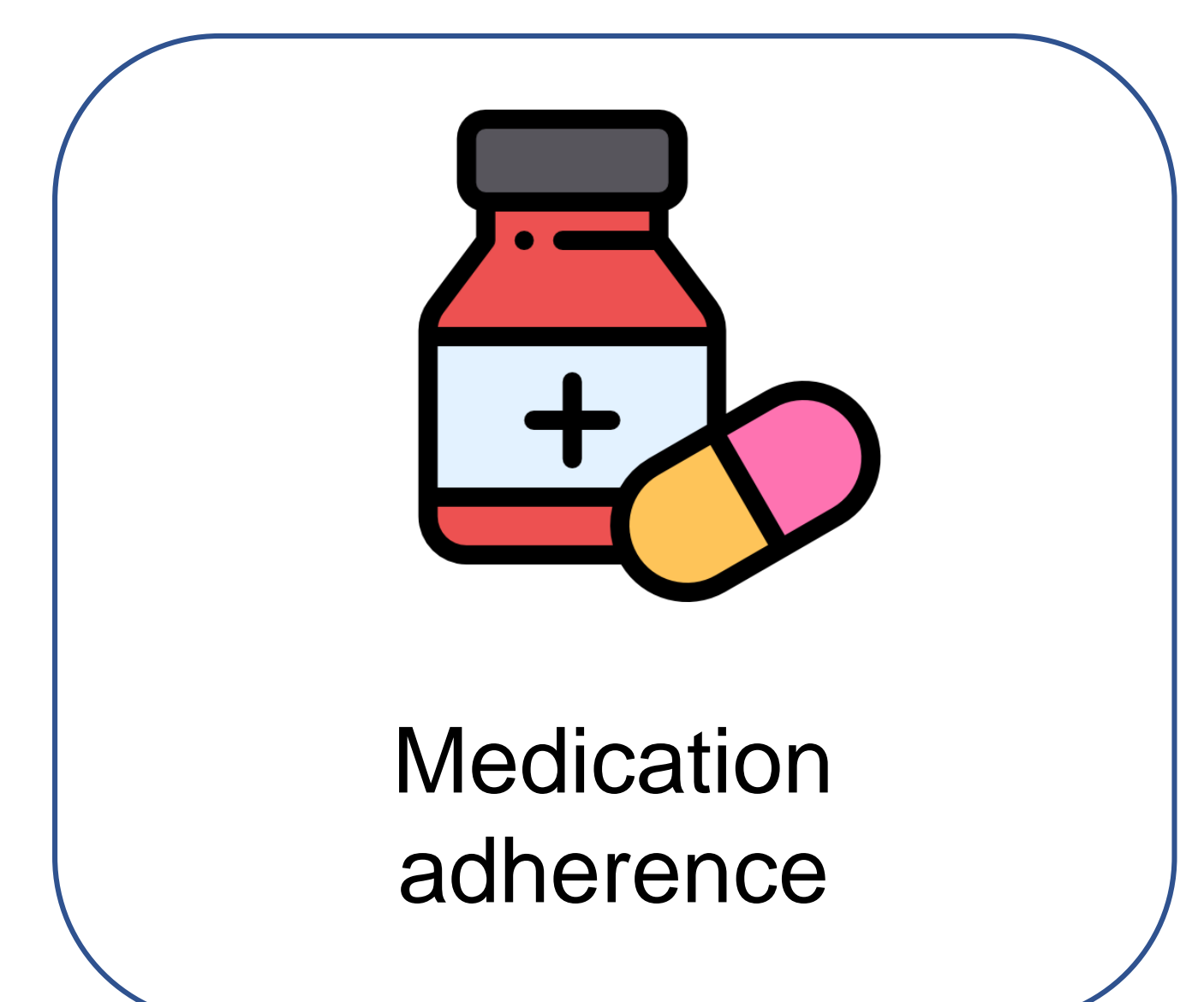
MyPlan is a mHealth application adapted from another one developed in our hospital for heart transplant patients. Firstly, we conducted a focus group with patients to understand their needs and preferences. This platform fulfils the quality and Data Protection Regulation.



What has been achieved?



13 patients and carers participated in two different focus groups. Another focus group was conducted with the Neurology Department of our institution. The results permitted to adapt the mHealth application with the following functionalities and registers:



What is next?

The introduction of mHealth in the healthcare route of patients with migraine could benefit both patients and HCP. This strategy could be incorporated in other health facilities that attend migraine patients in an outpatient setting.

Nowadays, a clinical trial is being conducted to demonstrate its clinical benefit.

Check the abstract

<https://n9.cl/v9yjn>

