

Royal College of General Practitioners and Warwick Medical School
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Abstract Submission Form

PRESENTER'S DETAILS	
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Category Research	
PRESENTATION DETAILS	
Authors Rachel Potter, Shilpa Patel, Martin Underwood on behalf of the CHES team	Title of Study Chronic Headache and Self-management Study (CHES)
<p>What's the problem you are tackling? Chronic headache, a headache occurring on 15 or more days per month for at least three months, is a major cause of pain and disability. Around 2-4% of the population have chronic headache, the commonest types are migraine, tension type headache and medication overuse headache. There is however currently very little information on the use of non-drug treatments or how to support people to manage their chronic headaches more effectively.</p> <p>CHES (Chronic Headache and Self-management Study) is a multi-centre randomised controlled trial to test the effectiveness and cost-effectiveness of a multicomponent education and self-management intervention targeting chronic headache management. The intervention will be compared to best usual care and a relaxation CD.</p>	
<p>How did/will you do it? We seek to recruit 689 participants from around 75 practices across two localities (West Midlands and London). We will primarily recruit from general practices, supplemented by posters in local pharmacies. All participants will be asked to complete an electronic headache diary and a telephone interview with a nurse to classify their headache type. Participants randomised to the self-management programme will attend a two day education and self-management course run in a local community setting. This will be followed by a one-to-one consultation with a nurse and up to 8 weeks of telephone support.</p> <p>Studies outcomes include: the Headache Impact Test (HIT-6), Chronic Headache Quality of Life Questionnaire (CHQLQv1.0) and EuroQol EQ-5D-5L, collected at baseline, 4, 8 and 12 months.</p>	
<p>What did you find? Recruitment for the RCT will begin in March 2017, and results disseminated late 2020.</p>	
<p>Why does this matter? Around 4% of primary care consultations and 30% of neurology out-patient appointments are due to headache disorders. An education and self-management programme has the potential to reduce the population burden of chronic headache.</p>	