

Taking the findings of evidence-based medicine to a new level of usefulness for physicians

AMA Therapeutic Insights



AMA Therapeutic Insights:

A fresh new tool for physician self-evaluation, continuing medical education (CME) credit and improved patient outcomes



Therapeutic Insights

Diagnosis and Management of Migraine in Adults

In cooperation with the Connecticut State Medical Society

January 2007

AMA Therapeutic Insights is the first of a series of quarterly continuing medical education (CME) resources created to provide primary care physicians with evidence-based guidance to enhance medical knowledge. The CME activity will serve as a clinical resource for the range of general practice conditions that you can expect after each issue. These reports are for use on-site and are intended to support clinical practice and continuing education as a feature of self-improvement. To learn how you can integrate continuing medical education (CME) into your practice, visit www.ama-assn.org.

AMA Therapeutic Insights is published by the American Medical Association, the authority of the CME program may not be equivalent to other programs from the AMA. The CME program may not differ in content of what you are familiar with. It is intended to provide evidence-based management strategies of medical care as determined by the health of the body and the patient's condition. It is intended to be used as an individual case and not related to changes in practice, knowledge and technology related and patient care.

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WELL-360™ is the AMA Therapeutic Insights Continuing Medical Education (CME) workload. The CME program is intended for primary care physicians and those physicians who care for patients experiencing negative health. Upon completion of this activity, participants should be able to:

- Increase awareness of the prevalence of migraine in the general population
- Encourage screening and diagnosis of migraine
- Promote an evidence-based approach to treatment and management

The American Medical Association is accredited by the Accreditation Council on Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The AMA designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Non-physicians may receive a certificate of participation for completing this activity. It is intended that all requests are made to ensure the material and present the self-study program. Based upon standards for evaluation and self-study program (visit www.ama-assn.org or by contacting the contact at the end of the workload and being notified according to instructions).

Statement of Need
Migraine affects approximately 12% of the US adult population and associated with diminished quality of life, significant functional impairment, societal activities, and absence from work and school. It is underdiagnosed, undervalued, and frequently misdiagnosed. A chronic disease under the name of migraine headache attacks and is significantly associated with physical and psychiatric morbidity. This requires treatment that may increase a patient's overall health status. The CME activity has been designed to help clinicians to recognize, recognize, and treat patients to reduce migraine-related disability.

Migraine is Highly Prevalent Among the United States Population
A common and disabling primary headache disorder, migraine exerts a significant impact on those who suffer from it than the World Health Organization (WHO) ranks it 13th among diseases that result in disability.¹ It is estimated that approximately 18% of women and 8% of men in the United States suffer from migraine,^{2,3} or roughly 12% of adults. Migraine is significantly more prevalent among Caucasian women (22.4%) than among African (16.2%) or Asian (9.7%) American women. Similarly, 6.6%, 7.2%, and 4.7% of Caucasian men, and African and Asian-American men, respectively, are reported to experience migraine.⁴ Migraine prevalence varies by age and gender, as shown in Figure 1.



>>**PHASE 1: The quarterly *AMA Therapeutic Insights* e-newsletter**

Initially, *AMA Therapeutic Insights* will be offered as a quarterly CME e-newsletter. Addressing one major disease state per quarter, each e-newsletter will present:

- A succinct clinical overview by experts on the selected disease state and treatment practices
- Integrated best practices and evidence-based guidelines
- Disease state demographic information
- Current national and state level evidence-based pharmacotherapy dispensing data for each condition

The AMA will collaborate with recognized disease experts, national data providers and medical specialty groups to incorporate unique pharmacotherapeutic information, disease demographics and practice guidelines into this educational delivery format. As appropriate, the AMA will call upon patient advocacy groups to provide additional perspective and support.

>>**PHASE 2: Individual prescriber data**

In its second phase, *AMA Therapeutic Insights* will evolve to permit physicians to self-assess their use of various disease-specific pharmacotherapies by giving each direct access to his or her own prescribing data for that condition.

Physicians will be able to compare their own prescribing with national- and state-level prescribing information.

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Timing and topics of the two phase roll-out

The *AMA Therapeutic Insights* e-newsletter will be made available to state and specialty medical societies on a scheduled basis beginning first quarter of 2007.

Initial topics under consideration include:

- Alzheimer's disease
- Arthritis/osteoarthritis
- Asthma/allergies
- Breast cancer
- Chronic headache/migraine/pain management
- Colon cancer
- Depression
- Diabetes
- Dyslipidemia/hypercholesterolemia
- GI disorders/ulcers
- Hypertension/cardiovascular disease
- Medical genetics/genetic testing
- Obesity
- Osteoporosis
- Prostate cancer
- Smoking cessation

Current plans call for launching the Phase II interactive adjunct to *AMA Therapeutic Insights* later in 2007.

Look for the *AMA Therapeutic Insights* Web site coming soon to:

www.ama-assn.org/go/therapeuticinsights.

