

Living with migraine: Support needed and healthcare expenditure on Brazilian patients from the My Migraine Voice Survey

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INTRODUCTION

- Migraine is a debilitating neurological disease that affects between 8% and 12% of the general population in different countries.¹ In Brazil, the estimated prevalence is 15.2%.²
- The disease represents a profound effect on the daily lives of Brazilian individuals.³ Migraine patients also bear a substantial out-of-pocket expenditure.⁴
- Education and social support alleviates the burden of disease, and it might be best received from peers sharing their own experience and through evidence-based education.^{5,6}
- As part of the worldwide My Migraine Voice survey,⁷ this study aimed to highlight the support needed by Brazilian migraine patients on a daily basis, and their out-of-pocket expenditure.

METHODS

- My Migraine Voice was a cross-sectional multinational study conducted by using an online survey of individuals with migraine recruited via online panel. The survey was led in 31 countries, including Brazil, between September 2017 and February 2018.
- Adult patients aged ≥18 years old with at least 4 migraine days each month in the last three months were selected to participate in this survey.
- Migraine was assessed according to the International Classification of Headache Disorders – version 3 (ICHD-3).⁸ Further details of the study are described elsewhere.⁷

Support needed

- Patients reported if they relied on somebody to help them with everyday tasks, the number of days they were helped in the last 3 months, and from which aspect they received help.
- Furthermore, participants answered about support organization awareness, usage, and type of service or support received, and how helpful they were.

Out-of-pocket expenditure

- Monthly expenditure with migraine was measured (reported in Brazilian Local Currency (BRL), exchange rate: 4.10 BRL/1.00 USD). A subgroup of patients not reporting other comorbidities was evaluated. Participants provided information about household income, if they were currently covered by health insurance, and if their migraine treatment costs was covered by insurance.

RESULTS

- A total of 851 Brazilian participants with migraine responded to the survey (88% female, 93% aged between 18-49 years old, and 38% were full-time employed). The mean number of monthly migraine days (MMD) in the past 3 months was 10 days, and 38% were suffering from migraine for more than 10 years.
- From the total of participants, 765 (90%) patients had taken at least one prophylactic treatment (past or current): 153 with no prior prophylactic treatment failure (PTF), 59 had 1 PTF, and 553 had ≥2 PTF's (prespecified quotas were applied for the given proportions).
- The most common chronic conditions participants suffer from, as reported by at least 15% of the participants, were anxiety (46%), insomnia/sleep disorder (24%), depression (22%), obesity/overweight (21%),

allergies (18%), chronic pain (16%), and chronic gastrointestinal diseases (16%).

- 591 patients (69%) relied on somebody to help them with everyday tasks on an average of 16.1 days in the last three months. Aspects of life they need help with were physical (83%), medical (65%), and emotional aspects (64%).
- 8% of the subjects reported being aware of a patient support organization; of those, 25% have used its services before.
- Patients who have used a support organization regarded its services as being useful (average score: 7.1; on a 0-to-10 rating scale).
- Telephone support (59%) and public information events about migraine (53%) were the most utilized types of services provided by support organizations (Figure 1).

Figure 2. Reported monthly household income in USD (N=851)

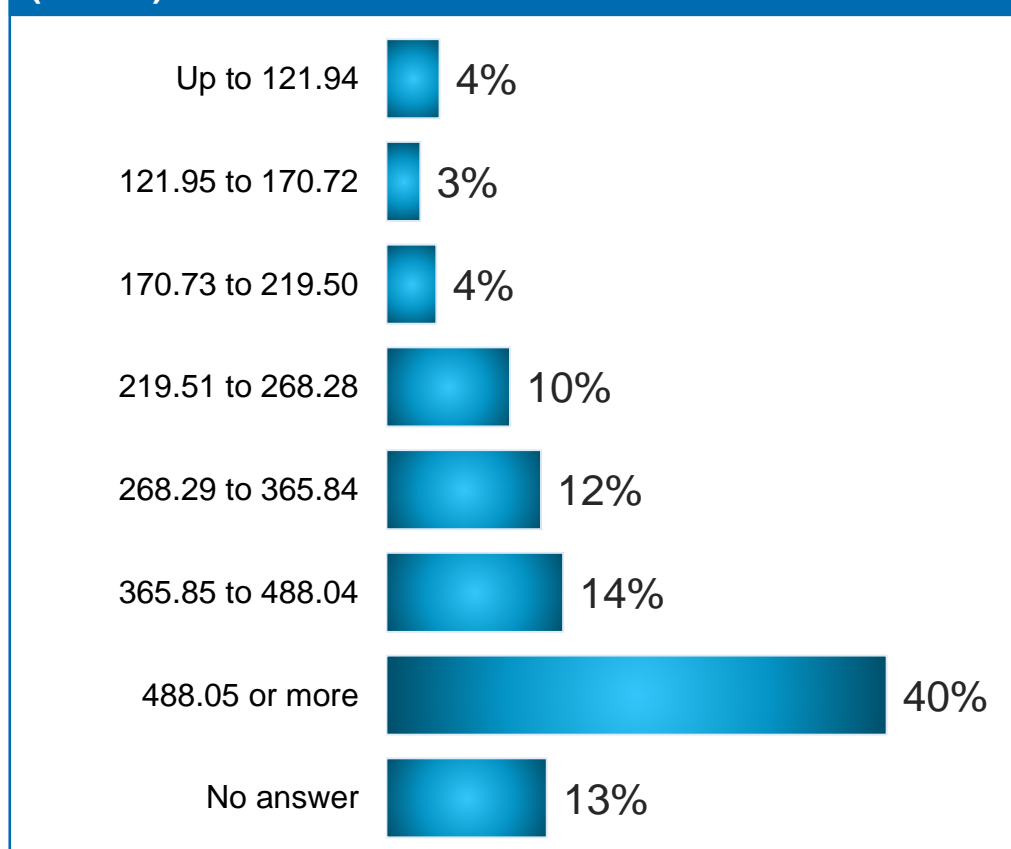
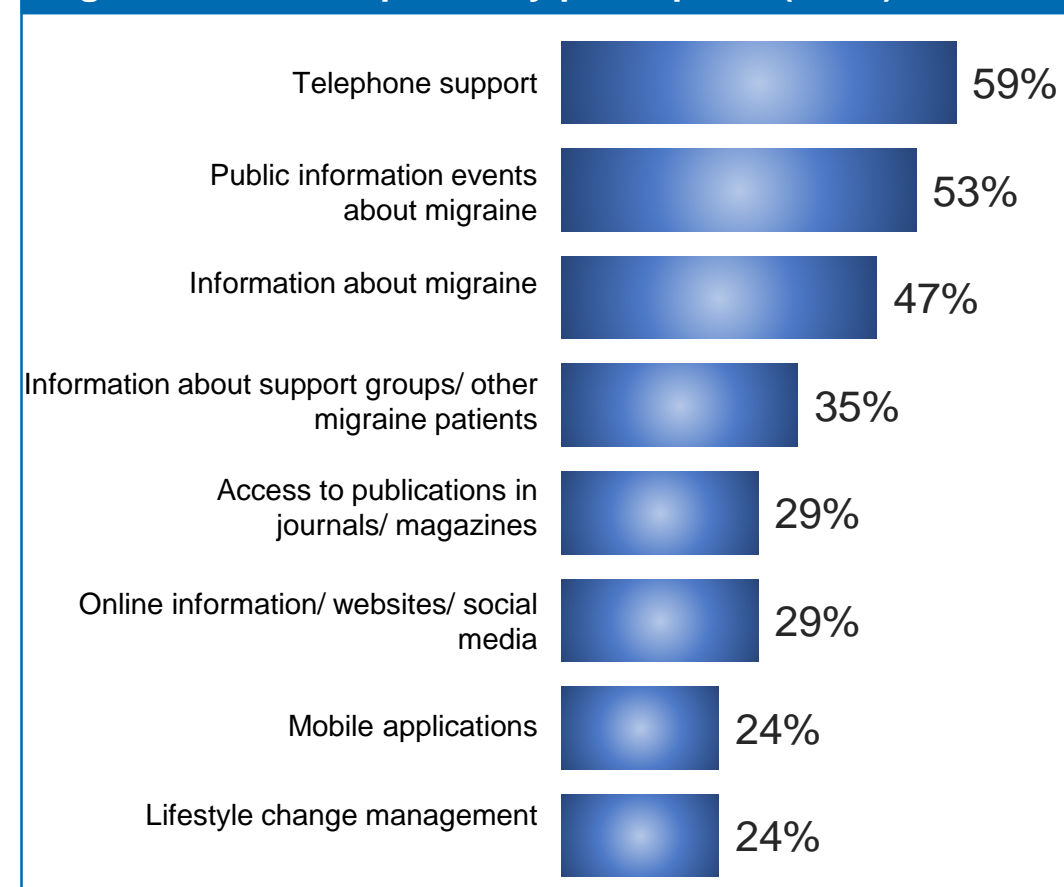


Figure 1. Type of service or support provided by patients organizations as reported by participants (N=17)



- Migraine patients with no other comorbidities reported a migraine monthly expenditure of 206.78 USD, including 43.22 USD for doctor's fees, 32.20 USD for health insurance, 29.61 USD for complementary treatment and 26.54 USD for prescription fees, as presented in Table 1.
- The out-of-pocket monthly expenditure of overall population (N=851) was 34% higher when compared with patients non-reporting other comorbidities (N=221; 277.80 USD vs. 206.78 USD), Table 1.
- 40% (N=340) of the sample reported a monthly household income of 488.05 USD or more; at the other side of the spectrum, 11% reported an income up to 219.50, as shown in Figure 2.
- 39% (N=332) reported being covered by health insurance; of those, 56% had migraine treatment costs covered by their insurance.

Table 1. Out-of-pocket migraine monthly expenditure per patient for overall population (N=851), and patients non-reporting other comorbidities (N=221)

Expenses	Monthly cost per participant (USD)	
	Overall population	Patients non-reporting other comorbidities
Health insurance	51.90	32.20
Doctor's fees	43.17	43.22
Complementary treatment	42.71	29.61
Prescription fees	34.80	26.54
Over-the-counter medication for migraine or related symptoms	25.29	20.80
Childcare	19.41	9.49
Emergency room visits	14.68	13.83
Co-payment	14.46	10.02
Transportation to medical appointments	13.34	9.39
Other	18.02	11.68
Total	277.80	206.78

CONCLUSION

- Brazilian patients with migraine reported a high index of relying on others for everyday tasks. Although few patients reported being aware of support organizations, those who utilized their services regarded it as being useful.
- Patients also have a significant monthly expenditure on the management of their migraine. The strengthening of patient's support organizations and the development of access to treatment pathways, other than out-of-pocket, could reduce the personal and economic impact on patients' lives.

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