

# Recommendations For All Provinces

## Improve Knowledge

**1** Improve the education of health professionals including Primary Care Providers, allied health care providers and specialists, starting at an early stage of training.

**2** Encourage the Royal College of Physicians and Surgeons of Canada to specifically recommend dedicated training in headache medicine for neurology trainees and encourage every Neurology division to offer academic positions for headache medicine.

**3** Undertake public awareness campaigns to reduce stigma and increase the knowledge of the general public about migraine.

**4** Increase recognition that migraine can cause significant disability and that those with migraine may need appropriate accommodation in the workplace.

## Improve Management

**1** Promote early migraine diagnosis.

**2** Adopt a chronic disease management model, including therapeutic education and behavioural approaches, patient empowerment and shared decision making.

**3** Optimize the use of acute migraine therapies and prevent medication overuse through better patient education and long-term follow up.

**4** Optimize the use of migraine preventive therapies.

## Improve Access to Treatment

**1** Ensure equitable access to treatment and medication irrespective of where you live.

**2** Improve Access to Treatment

**3** Improve insurance coverage—both public and private—and criteria so that patients can access new and better migraine medications as they are developed.

**4** Remove restrictions that limit access to just six doses per month of Triptans.

**4** Ensure devices and injections are included as part of treatment options and coverage in drug plans.

**5** Consider combination therapy where two or more effective treatments are combined for inclusion in drug plans.

**6** Implement a nation-wide model of care with well-defined roles at all levels of care in an interdisciplinary vision.

**7** Implement specialized multidisciplinary clinics for refractory patients with access to multidisciplinary teams and advanced procedural care including injection therapies and nerve blocks.

**8** Support investment in migraine research to provide better treatment options in the future.

In summary, migraine diagnosis and treatment need to be improved across Canada. Doing so will improve the quality of life for millions of Canadians with migraine and reduce the profound negative impact that migraine-related disability currently has on Canada's economy.