



HeadachePRO Eases the Pain

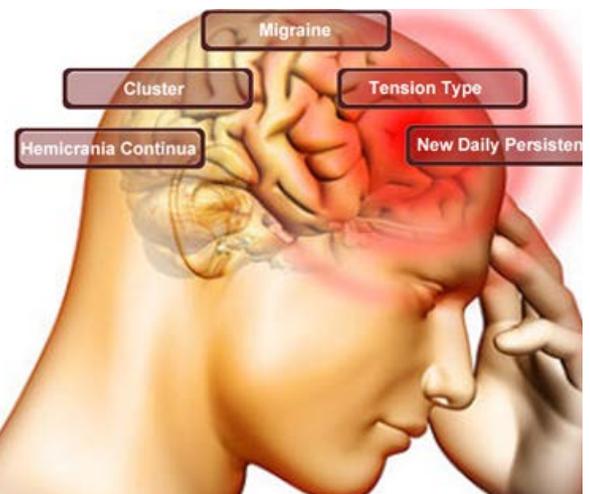
New app helps family doctors diagnose and treat patients with headaches

by Dr. Lori Montgomery

A new app is now available to help providers diagnose and treat headache, which is one of the most common reasons for people to see their family doctor. Headache affects up to 20 per cent of the population, and for some it can be disabling. Evidence-based clinical practice guidelines have been developed by expert organizations, but these are often hard for providers to find in the course of a patient visit in clinic.

Referral for specialty treatment of headache is difficult to access, and this may not be the best route for many patients. For most people with migraine and tension-type headaches, lifestyle issues such as diet, sleep, mood and stress are key contributors to headache, and these are often best managed in the context of the primary care medical home. HeadachePro allows the primary care provider to feel confident making a diagnosis and recommending an evidence-based treatment plan.

HeadchePro guides providers through the diagnostic algorithms recommended by the TOP Guideline For Primary Care Management Of Headache In Adults, and based on the diagnosis, recommends a personalized treatment plan. It includes access to patient education teaching sheets and websites. Providers can contact the Calgary Pain Program for telephone consultation if they still have questions after using HeadachePro.



HeadachePro supports patient headache management within the primary care medical home.

Funding

Funding for the project was provided by Alberta Health Services via the Calgary Pain Program and Clinical Services Development (IT). A grant was provided by the Institute of Health Economics (IHE) for an upcoming translation of the app into French (release planned for spring 2017). Content was provided by Toward Optimized Practice and the IHE.

cont...

HeadachePRO

Technical Stuff

The web-based app can be accessed from <https://headachepro.ahs.ca>. The app doesn't save any patient-specific information, and can be accessed offline once it is downloaded from the AHS website and the [icon saved to the device's home screen](#).

About the Calgary Pain Program

The Calgary Pain Program is the largest inter-professional pain program in Canada, with a national and international reputation. We act as a resource to people with pain in the Calgary Zone as well as around the province. Our services consist of a tertiary referral clinic at the Richmond Road Diagnostic and Treatment Centre, a consult service offered in all four acute care hospitals in Calgary, and collaborations with Primary Care Networks to support pain services in the medical home. Recent evidence indicates that up to 20 per cent of Canadians suffer from disabling chronic pain, which suggests that more than 260,000 people in the Calgary zone have pain that impacts their daily activities.

Contact

Lori Montgomery, MD CCFP
Medical Director, Chronic Pain Centre
Lori.montgomery@ahs.ca