

MPPN WORKSHOP: HEADACHE, MIGRAINE & PARKINSON'S DISEASE

A Pharmacists' guide to the primary care management of common neurological conditions

Tuesday 7th May 2024 – 9:15am-5:00pm

The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES



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INTRODUCTION

Headaches & Migraine

Headaches and migraines can place a heavy burden on sufferers, the NHS and the wider economy.

Approximately 10 million people live with migraine in the UK and three million workdays are lost every year due to migraine-related absenteeism costing the UK economy almost £4.4 billion.

Ninety percent of patients presenting with a headache are subsequently diagnosed with migraine. One in three referrals to neurology outpatient departments are also accounted for by headache, the majority of which again receive a migraine diagnosis and are discharged after one appointment. Improved migraine diagnosis and care could potentially save thousands of hospital stays through:

- Improving the identification and diagnosis of headache disorders in primary care
- Supporting better decision making on referring people to hospital
- Providing patients with the guidance they need to self-manage their condition after diagnosis
- Planning long-term care and treatment, including medication, in a more personalised way

The first half of the study day will look at how clinical pharmacists in primary care can best manage patients from initial assessment, diagnosis, treatment options, when to refer and red flags. The session will be interactive and use case studies as the basis for group discussion.

Parkinson's disease

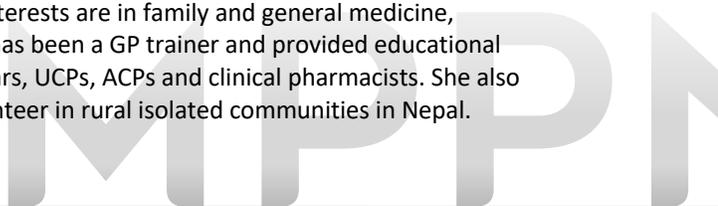
Around 153,000 people live with Parkinson's disease in the UK and it's the fastest growing neurological condition in the world. Every hour two more people are diagnosed with the condition, which equates to approximately 18,000 people every year.

However, there is no cure for Parkinson's and currently no medications which impact disease progression. People with Parkinson's rely on the medications they take every day to control their symptoms and need individualised care to achieve this. Pharmacists working in primary care can make a huge difference through support for medication review, optimisation and ensuring a patient-centred approach. Medication regimes are often very complex and problematic to patients and so the input of a clinical pharmacist is very beneficial to people with Parkinson's disease.

The second half of our day will cover current clinical guidelines, pharmacological management, looking at the importance of motor and non-motor symptoms. We will also review the importance of the multidisciplinary team and the role of the clinical pharmacist following patient diagnosis. We will use MCQs and interactive case studies in our learning. We will learn how pharmacists and their teams can improve their knowledge about PD by joining the Parkinson's Disease Specialist Pharmacy Network (PDSPPN).

OUR SPEAKERS

Dr Jennie Bailey has been a GP Principal for 27 years. Her main interests are in family and general medicine, headaches and migraine and ENT. Throughout her career Jennie has been a GP trainer and provided educational sessions in and out of the practice to medical students, GP registrars, UCPS, ACPs and clinical pharmacists. She also provided mentorship and teaching to health workers as a GP volunteer in rural isolated communities in Nepal.



Jennie has a Postgraduate Diploma in ENT, working in secondary care for 21 years and as a GPWSI since 2006 in the Advanced Primary Care Service in Shropshire. She is a GP advisor on the IMOC for Shropshire, Telford and Wrekin ICS.

Dr Janine Barnes is a Neurology Specialist Pharmacist at the Dudley Group NHS Foundation Trust. Janine is an independent prescriber running pharmacy led Parkinson's disease clinics within primary care and acute settings.

She works as an Expert Adviser to NICE and has been a committee member on a number of NICE guidelines, including the Parkinson's Guideline update (NG71). Janine has a PhD in Neuropharmacology and she is a Faculty Fellow and a Fellow of the RPS. She founded the PDSPN in 2018 and was awarded an MBE for Services to Pharmacy and people with Parkinson's disease in 2019.

PROGRAMME

8:30 am	Registration, coffee and networking
9:15 am	Welcome and Introductions – Bharat Patel
9:30 am	Headaches – Dr Jennie Bailey <ul style="list-style-type: none">– <i>Types of headache, clues to diagnosis, key questions, quick neurological examination, red flags, who to refer and case study quiz</i>
11:00 am	Tea & coffee break
11:20 am	Migraine – Dr Jennie Bailey <ul style="list-style-type: none">– <i>A more in depth look at migraine, associated symptoms, variants, atypical facial pain</i>– <i>Treatment and prophylaxis, discussion</i>
12:50 – 1:30 pm	Lunch
1:30 pm	Parkinson's Disease – Dr Janine Barnes <ul style="list-style-type: none">– <i>Overview of Parkinson's, importance of MDT, medication reviews and the PDSPN, MCQs</i>
3:00 pm	Tea & coffee break
3:15 pm	Parkinson's Disease II – Dr Janine Barnes <ul style="list-style-type: none">– <i>NICE guidance for PD and pharmacological and non-pharmacological management of motor and non-motor symptoms</i>– <i>Case studies</i>
4:45 pm	Summing up, reflection on key learning points, putting theory into practice
5:00 pm	End

VENUE

The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES
(<https://www.walsallcollege.ac.uk/enterprises/the-hub/>)

REGISTRATION

To register for this workshop please email Simon at simon@mppn.org.uk

SPONSORS (TBC)

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