



## The added value of an electronic monitoring and alerting system in the management of medication-overuse headache: A controlled multicentre study

SCIENCE

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Key Take-Away:

The 'medication-overuse headaches' (MOH) are triggered in people who practice acute pain-relief medicine more than two or three times a week or more than 10 days out of the month. The efficacy of electronic monitoring and alerting system for curbing MOH has been well explained in this study.

Medication-overuse headache (MOH) is a chronic disabling condition associated with a high rate of relapse.

ABSTRACT:

Background:

Medication-overuse headache (MOH) is a chronic disabling condition associated with a high rate of relapse.

Methods:

We evaluated whether the adoption of electronic-assisted monitoring, advice and communication would improve the outcome over a follow-up of 6 months in a controlled, multicentre, multinational study conducted in six headache centres located in Europe and Latin America.

A total of 663 MOH subjects were enrolled and divided into two groups: The Comoestas group was monitored with an electronic diary associated with an alert system and a facilitated communication option, and the Classic group with a paper headache diary.

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Results:

We observed a significantly higher percentage of overuse-free subjects in the Comoestas group compared with the Classic group: 73.1 vs 64.1% (odds ratio 1.45, 95% confidence interval 1.07–2.09,  $p = 0.046$ ).

The Comoestas group performed better also regarding the number of days/month with intake of acute drugs and the level of disability [Migraine Disability Assessment Score: Comoestas group –  $42.5 \pm 53.6$  (35.5–49.3) and Classic group –  $27.5 \pm 56.1$  (20.6–34.3) ( $p < 0.003$ )].

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Conclusion:

The adoption of the electronic tool improved the outcome of patients suffering from MOH after withdrawal from overused drugs. Information and communication technology represents a valid aid for optimizing the management of chronic conditions at risk of worsening or of relapsing.

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Diagnostic, Medication-Overuse Headache, Controlled Multicentre Study, Electronic Diary