

EMHA Access to Care survey findings in Finland



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“Access to Care III” survey consisted on 39 items distributed in 4 dimensions and reached 3,397 total answers (163 from Finland)



Survey content

The “Access to Care III” survey consists on 39 items distributed in 4 dimensions:

- **SECTION I: ABOUT YOURSELF:** 7 items to obtain socio-demographic data.
- **SECTION II: ABOUT YOUR MIGRAINE:** 6 items focused on patient’s migraine.
- **SECTION III: ABOUT YOUR ACCESS TO CARE:**
 - Access to healthcare professionals: 10 items
 - Access to treatments: 11 items
 - Impact on patient’s life: 3 items
- **SECTION IV: SOURCES OF INFORMATION:** 2 items focused on identifying the main sources of information used by patients for general disease information and migraine treatment.



Languages

Survey was launched in 12 languages: Brazilian, Czech, English, Finnish, French, German, Greek, Italian, Latvian, Norwegian, Portuguese and Spanish.



Launch

Survey was launched on March 24th in 10 languages. Latvian and Brazilian were launched later, on April 8th and April 27th, respectively.



Time on life

Survey was available for migraine patients all along 12 weeks (from March to June 14th).



Response rate

The average response rate has remained homogeneous and considerable high all along the survey (around 65% of respondents)



Total answers

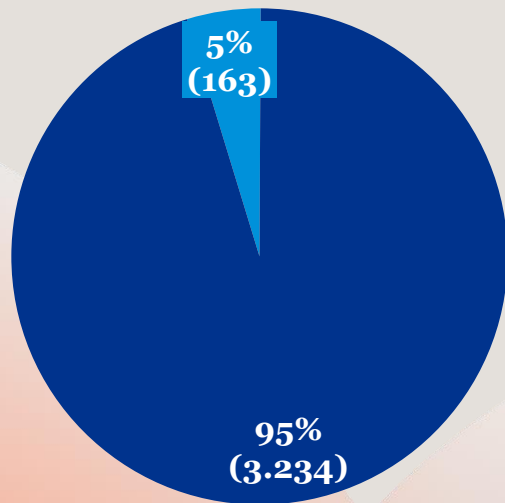
Since the launch of the survey in March, we have reached a total number of 3,397 answers (163 from Finland).



Data used for the analysis in Finland (5% of total responses) evidences that vast majority of respondents are women between 25 and 59 years old...

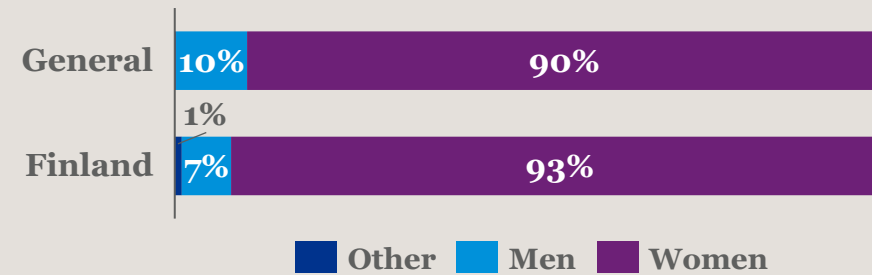
Sociodemographic data

- At June 14th 2021, **3397 answered surveys** have been obtained by migraine patients from **41 different countries** (question 1.1).
- **5% of the responses corresponded to Finnish migraine patients.**

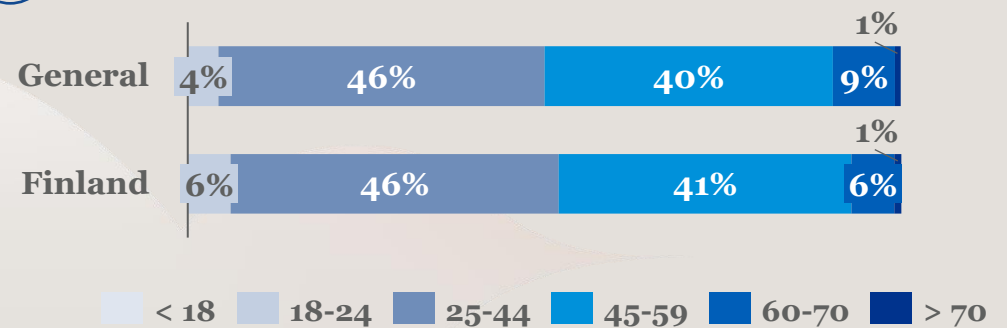


■ Finland ■ Other countries

♀ Split by gender (question 1.2).



🧠 Range of ages (question 1.3).



*Sample size for question 1.1: 3370 respondents; sample size for question 1.2: 3354 respondents (163 in Finland); sample size for question 1.3: 3354 respondents (163 in Finland).

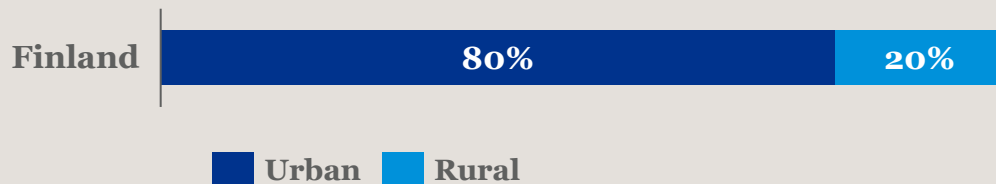


... mainly from urban areas of residence, actively working and with a little higher family annual income in comparison to the rest of EU countries

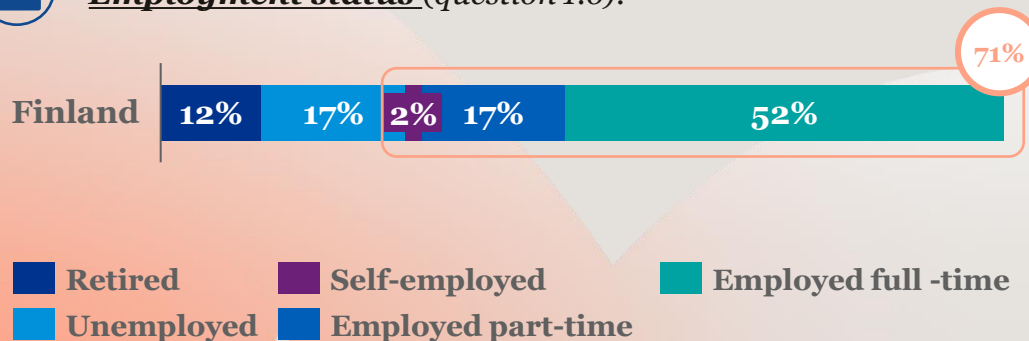
Sociodemographic data



Area of residence (question 1.4).



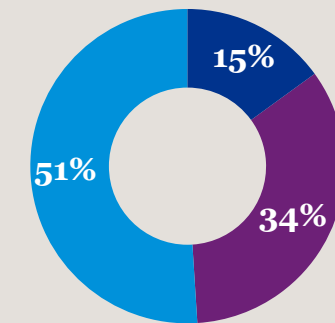
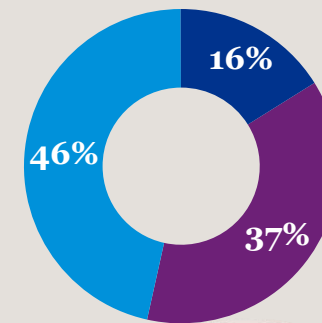
Employment status (question 1.6).



Range of family annual income per country (question 1.5 and 1.1.).

General

Finland



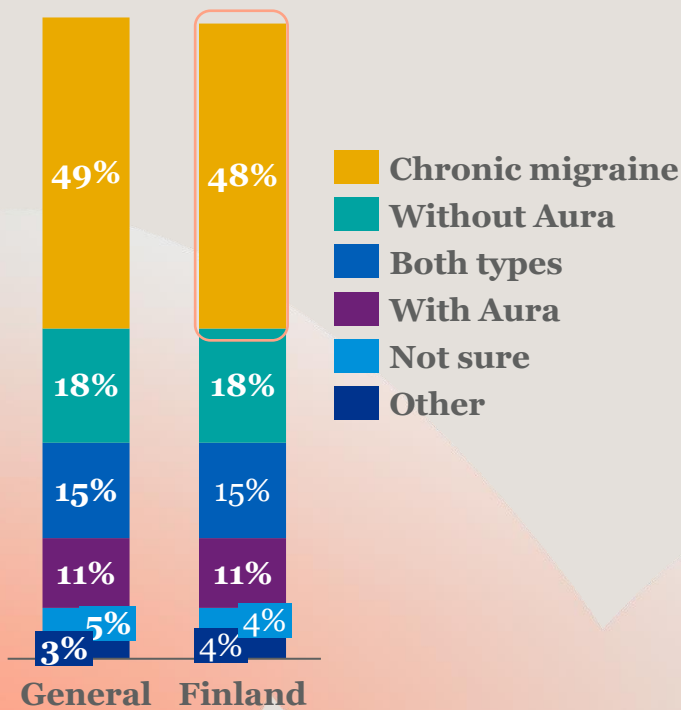
Legend for income: ■ < 40K €/year ■ > 40K €/year ■ I prefer not to say

*Sample size for question 1.4: 3363 respondents (162 in Finland); sample size for question 1.6: 3266 respondents (162 in Finland); sample size for question 1.5: 3338 respondents (163 in Finland).



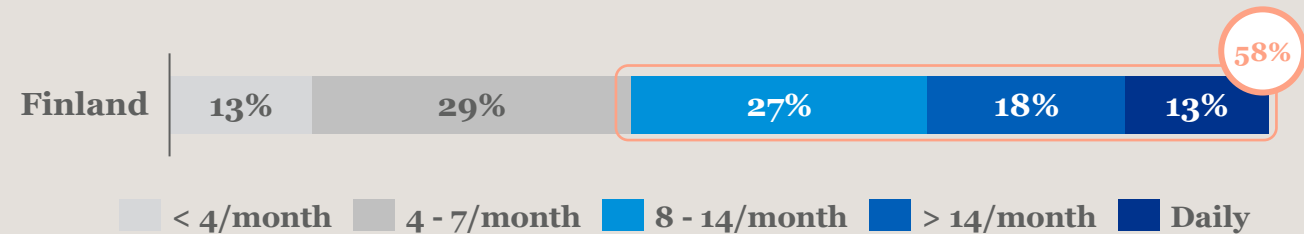
Main indicators related to type of migraine evidence that respondents are, in average, patients suffering from mild-severe migraine for many years

• **Type of migraine (%)** (question 2.1)

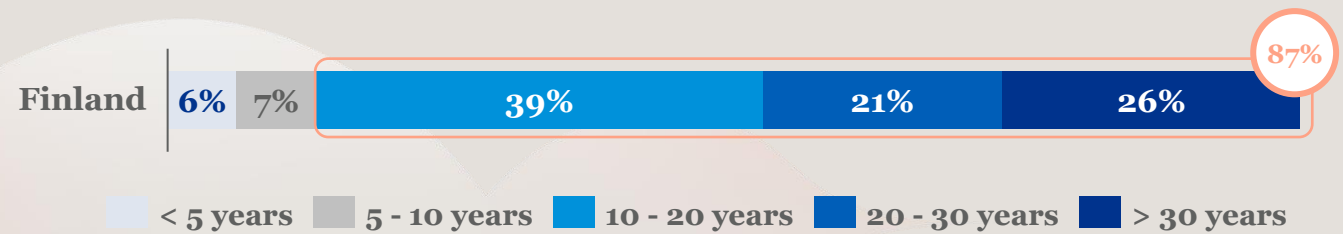


Migraine data

Days of migraine per month (question 2.3)



Years suffering migraine (question 2.2)



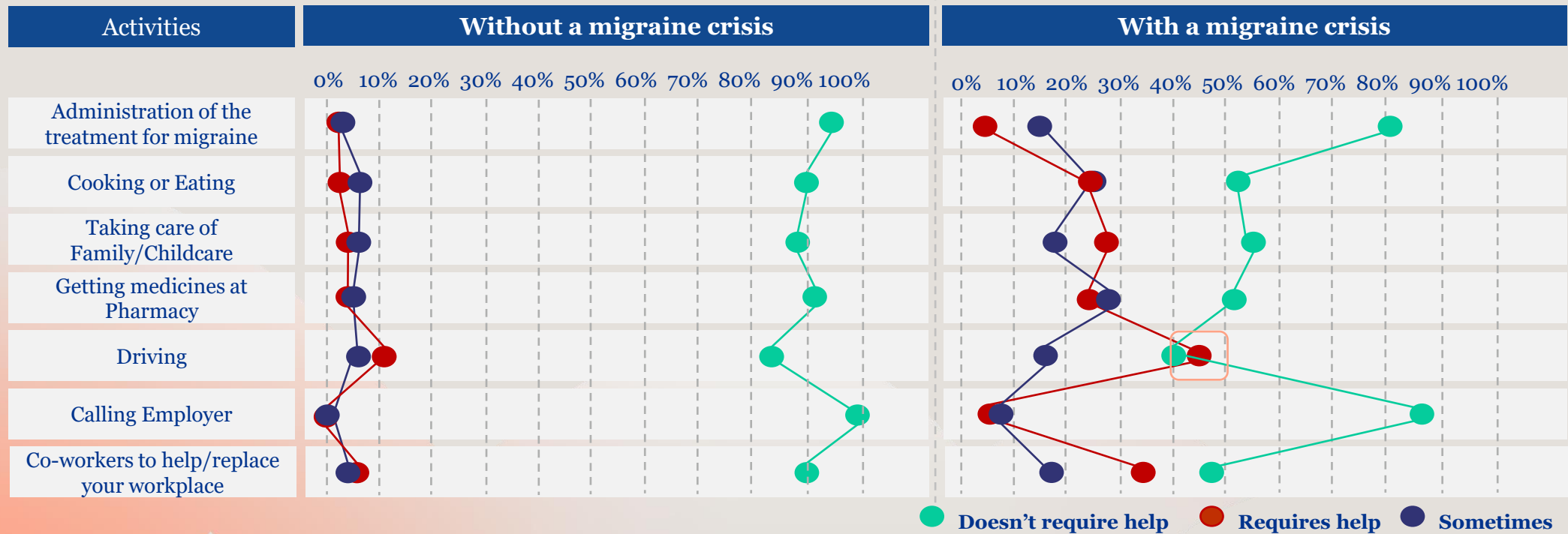
*Sample size for question 2.1: 2831 respondents (152 in Finland); sample size for question 2.3: 2831 respondents (152 in Finland); sample size for question 2.2: 2832 respondents (152 in Finland).



When patients suffer an attack, migraine is a disabling disease affecting daily activities, being driving the most affected

Migraine data

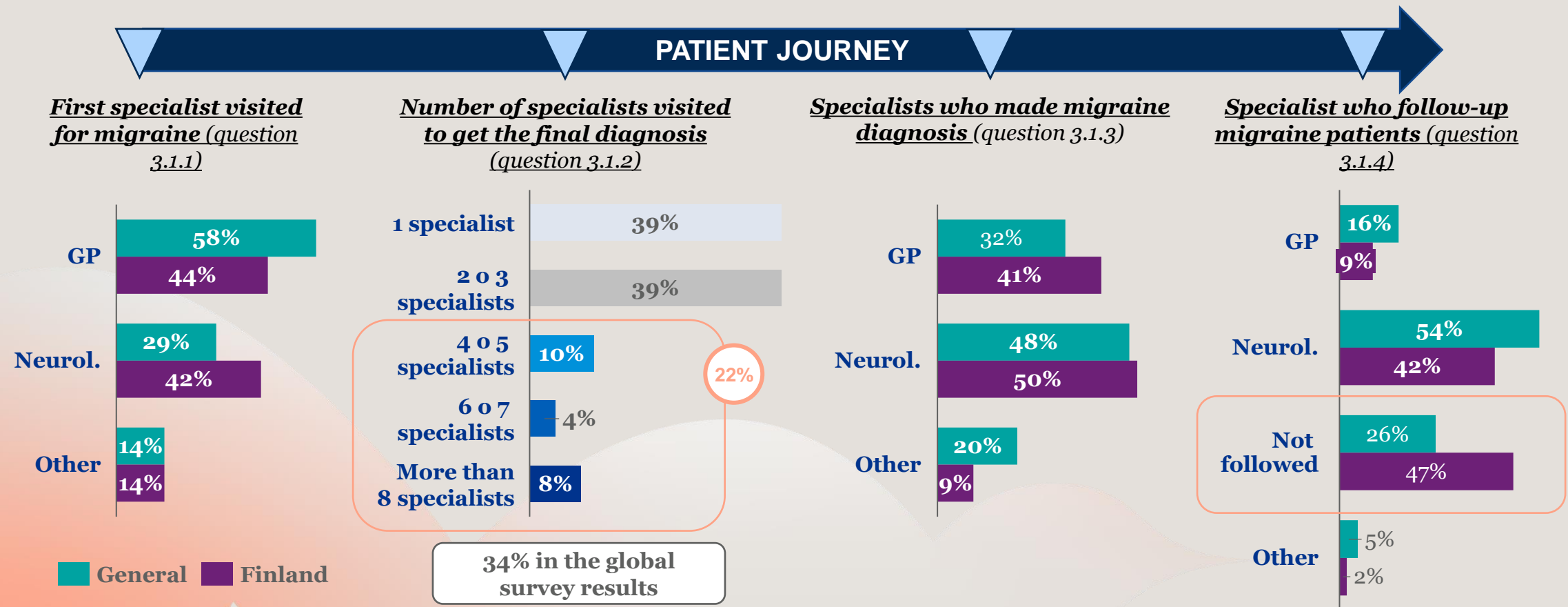
Help needed with migraine attack and without migraine attack, Finland results (question 2.4 and question 2.5)



*Sample size for question 2.4: 152 respondents in Finland; sample size for question 2.5: 152 respondents in Finland.



GP's weight is important mainly in the 1st visit and in the diagnosis, while the majority of patients are either not followed or followed by a neurologist



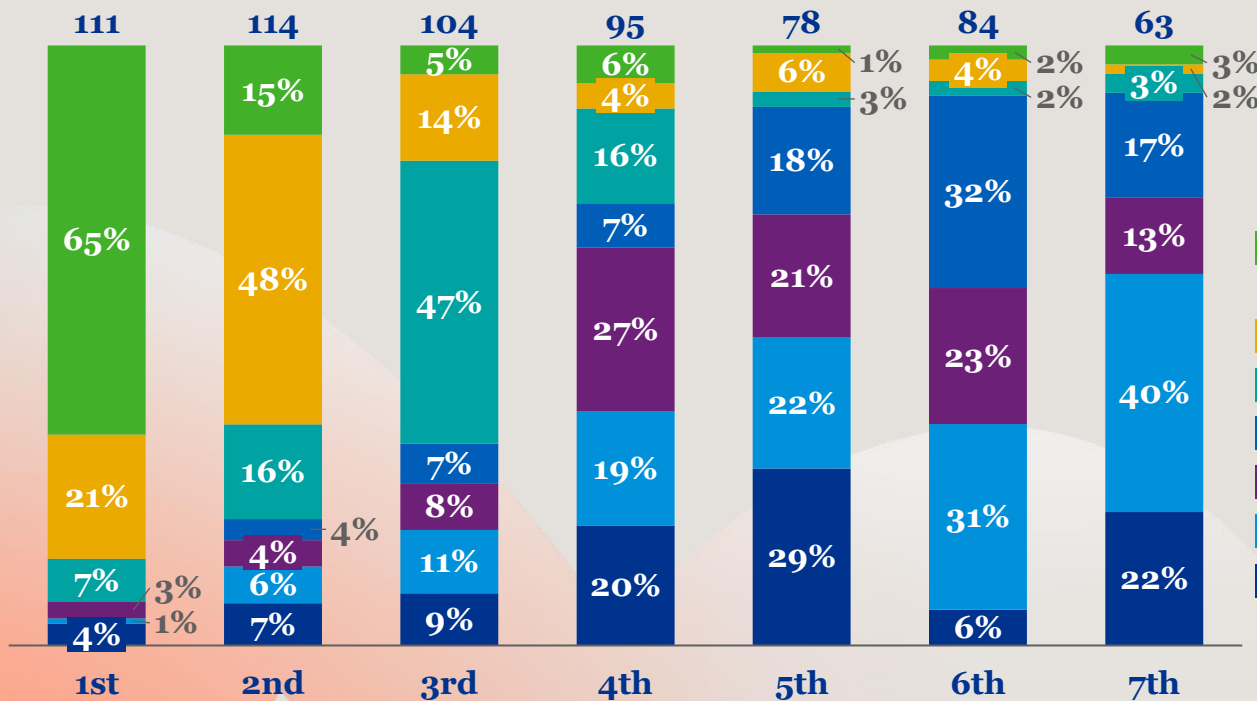
*Sample size for question 3.1.1: 111 respondents in Finland; sample size for question 3.1.2: 109 respondents in Finland; sample size for question 3.1.3: 110 respondents in Finland; sample size for question 3.1.4: 111 respondents in Finland.



Based on interviewees input, general analgesics are the first treatment received since migraine diagnosis and new anti-CGRPs are the last ones

Access to treatment data

Treatments taken since diagnosis in Finland (question 3.2.2 b).



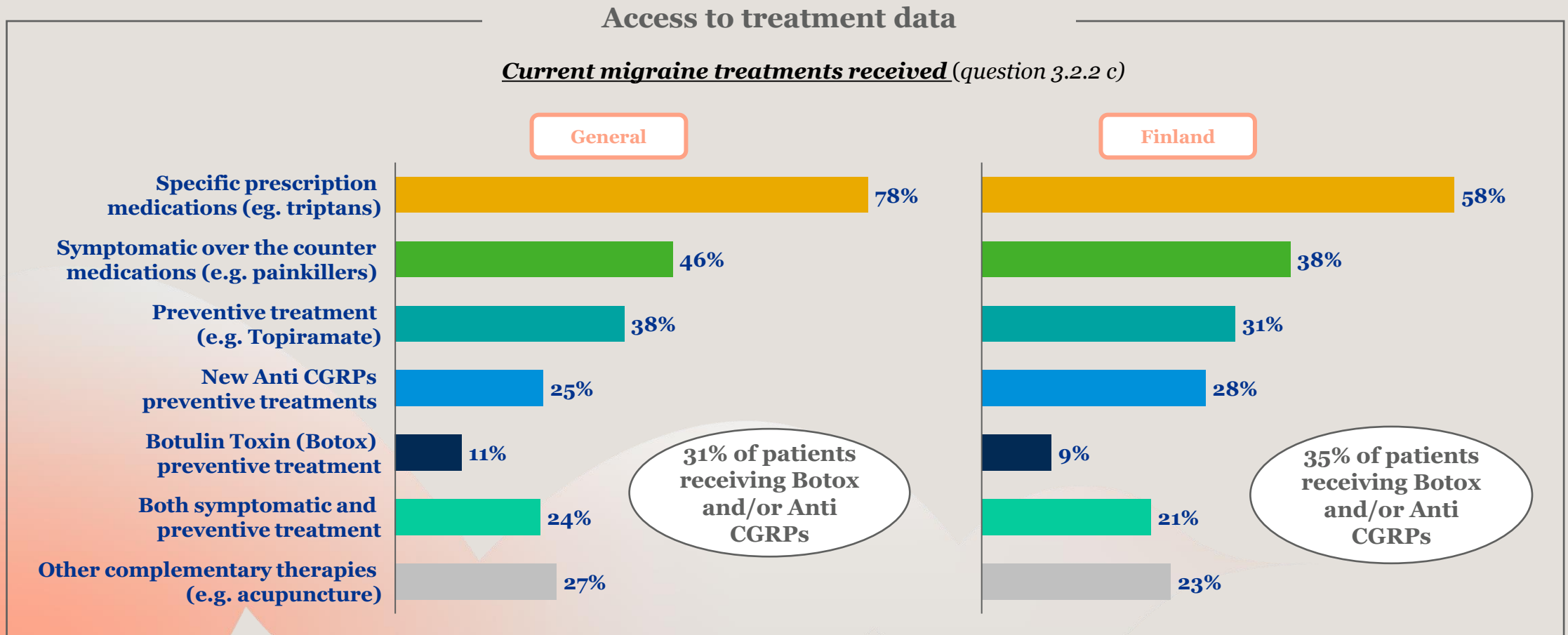
Percentage of patients **taken other complementary therapies is much higher in Finland** (from 4 to 22%) than in the global survey results (from 0% to 9%).

- Symptomatic over the counter medications (e.g. general analgesics)
- Specific prescription medications (eg. triptans)
- Preventive treatment (e.g. Topiramate)
- Botulin Toxin (Botox) preventive treatment
- Both symptomatic and preventive treatment
- New Anti CGRPs preventive treatments
- Other complementary therapies (e.g. acupuncture)

*Sample size for question 3.2.2 b: 110 respondents in Finland.



About current treatment, we observe that triptans and painkillers are widely used, while innovation (Botox and/or Anti-CGRPs) reaches 35% of patients in Finland



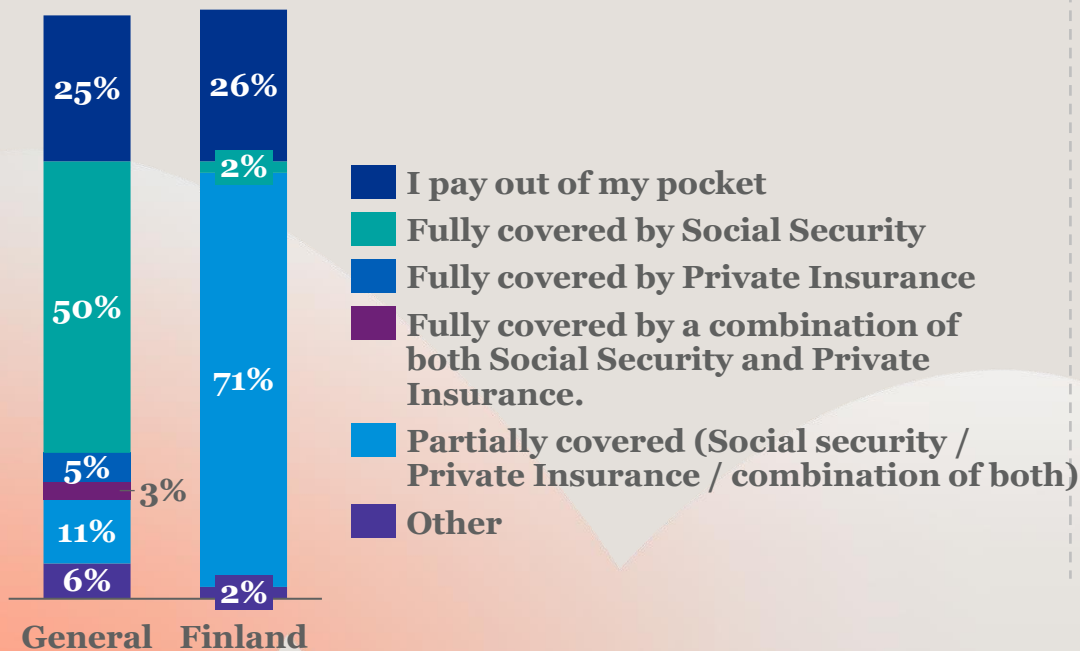
*Sample size for question 3.2.2 c: 2228 respondents in the global survey and 95 respondents in Finland.



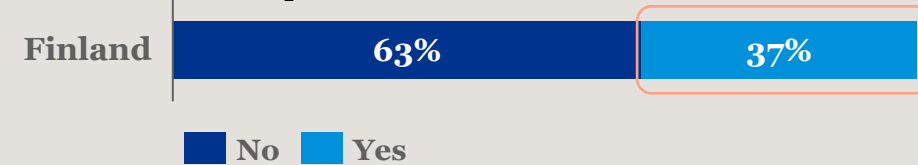
In Finland, Anti-CGRP are normally partially covered, however, treatment still impacts patients finances

Access to treatment data

Who pays for your Anti-CGRP treatment
(question 3.2.3 a).



Ask for a change of the treatment due to its cost
(question 3.2.2)



Impact of cost of treatment on finances
(question 3.3.3)



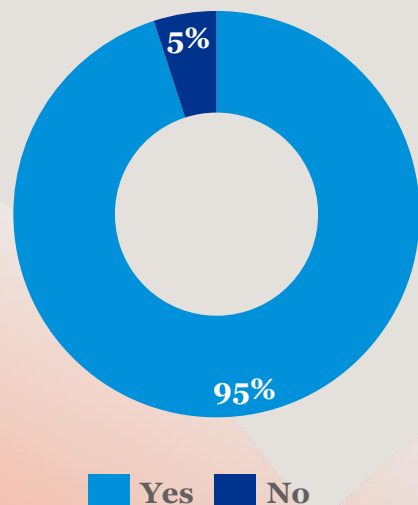
*Sample size for question 3.2.3 a: 430 respondents in general and 58 respondents in Finland; Sample size for question 3.2.2 a in Finland: 108 respondents; Sample size for question 3.3.3 in Finland: 109 respondents.



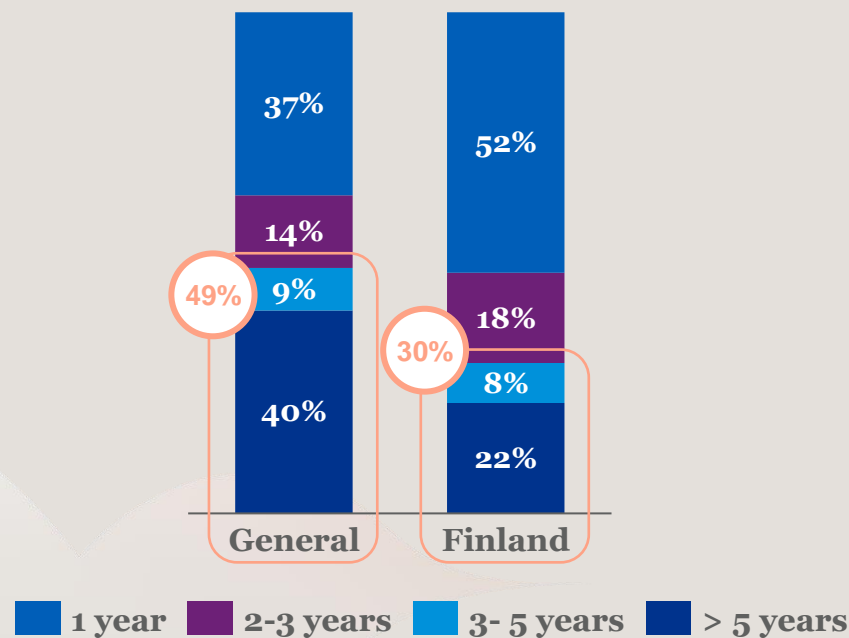
Although 95% of patients are treated and time since diagnosis to treatment is better than in EU, it evidences room for improvement to access to treatments

Access to treatment data

Migraine patients treated in Finland (question 3.2.1).



Years since diagnosis to receive migraine treatment (question 3.2.2 a)



*Sample size for question 3.2.1 in Finland: 111 respondents; sample size for question 3.2.2 a: 1.951 patients (106 in Finland).

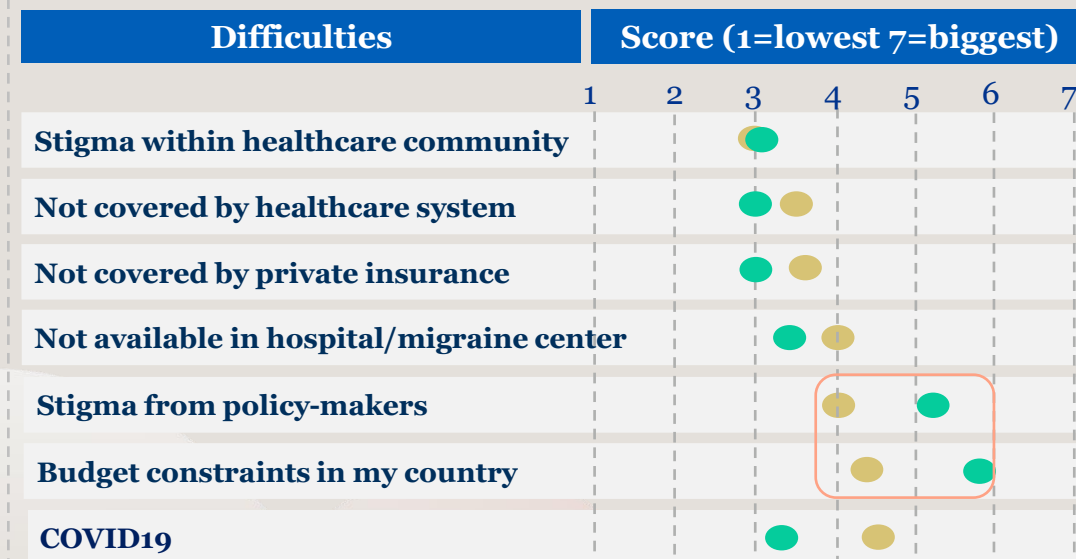
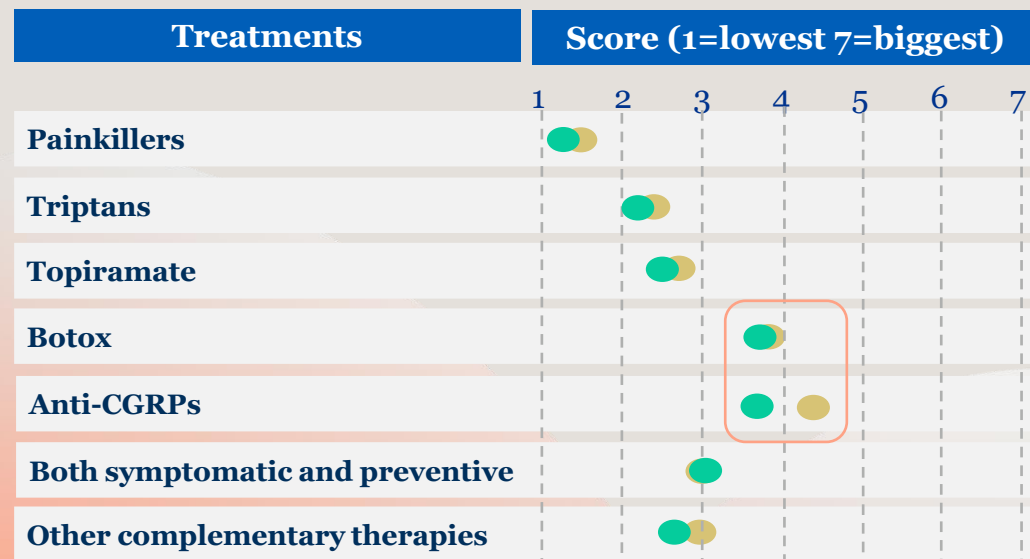


Anti-CGRPs & Botox are reported as the most difficult treatment to obtain, and main difficulties are due to country budget constraints and COVID19

Access to treatment data

Difficulties to get access to each migraine treatment
(question 3.2.5)

Difficulties to get access to specific migraine treatments
(question 3.2.4)



● Global survey results ● Finland

*Sample size for question 3.2.5: 92 respondents in Finland; sample size for question 3.2.4: 86 respondents in Finland.



Summary of the “Access to Care III” survey results for Finland

Main conclusions

- 1** Majority of respondents are **women between 25 and 59 years** old, actively working and with **higher family incomes** in comparison to the total survey results (51% reported family annual incomes over 40K€ vs. 46% in the general analysis).
- 2** 48% of respondents reported to suffer **chronic migraine in Finland**. Main indicators related to the type of migraine evidence that respondents are, in average, **patients suffering from mild-severe migraine** (58% with more than 8 days of migraine/month) **for many years** (87% respondents suffer migraine for more than 10 years).
- 3** Patients reported that migraine affects their daily activities when suffering attacks, being **driving the more critical**.
- 4** **First visited specialist is the G.P** (44%), followed by the **neurologist** (42%) **in Finland**. The main specialist who made **the diagnosis is usually the neurologist** (50%), while the majority of patients are **followed by a neurologist** (42%). It is worth noting that 47% of patients are not followed at all.
- 5** **Although 95% of patients are treated** and time since diagnosis to treatment is better than in EU, **it evidences room for improvement to access to treatments** (30% needed more than 3 years since diagnosis in Finland and 49% in global results).
- 6** Since diagnosis, the **first treatments received are general analgesics followed by triptans**. The last prescribed are Anti CGRPs and other complementary therapies. Currently, the main treatments used in Finland are triptans (58%), and the least used Botox (9%).
- 7** Moreover, **polymedication is highly frequent** and multiple drug combinations have been reported, being specific prescription mediations (e.g. triptans) together with painkillers the main received. However, innovative treatments such as **Botox and anti-CGRPs reach 35% of patients in Finland** (vs. 31% in the global analysis).
- 8** Although innovative treatment reach an important percentage of patients, **Botox and Anti-CGRPs have been identified as the most difficulties treatments to get access** in Finland and the main reasons for these difficulties reported have been: budget constraints in the country, and COVID-19.

Thank you