

ACCESS TO CARE EVENTS

During 2021 the EMHA conducted a groundbreaking survey which allowed to learn about the access to care barriers that different European countries have when dealing with migraine. **More than 11 countries participated**, extracting then powerful insights that helped to address their national policy makers and other stakeholders during 2022 through the Access to Care events.

These events helped the countries hosting them to reach politicians and even **achieve significant changes in their local policies** addressing migraine treatments and patient's rights.

Italy

In Italy, the EMHA with the collaboration of the **CIRNA Group Foundation**, organized an event hosted by MEP Aldo Patricciello, which was attended by politicians who quickly mobilised to provide concrete answers for these chronic patients.

Lara Merighi, migraine patient and representative of the **Alleanza Cefalalgici-CIRNA Foundation**, delivered a speech to an audience including Senator Paola Boldrini, Hon. Celeste D'Arrando and Hon. Nicola Provenza.

As a result from this Access to Care event, the Italian Congress approved the creation of a Scientific Advisory Board of the Italian Health Cluster. In addition, **Migraine has been recognised as a social disease by the Italian law**.

Recently, an expert consensus document on criteria for assessing disability and invalidity in Chronic Primary Headache has been published.

The activity of this Committee was promoted by Alleanza Cefalalgici-CIRNA Foundation in cooperation with EMHA and the document was updated with a law concerning the implementation of new diagnostic-therapeutical pathways for Chronic Headaches.


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Czech Republic

At the Access to Care event in Czech Republic, co-hosted by **Migrena-Help**, attendees were introduced to the issue of migraine and the experiences of Czech patients, so as to discuss possible ways of ensuring **early access to diagnosis and effective treatment** for migraine patients. Representatives from the state administration, health insurance companies, patient organizations, and the professional public attended the seminar.

The event was held under the patronage of MUDr. Roman Kraus, MBA, Chairman of the Senate Health Committee of Parliament of the Czech Republic. The seminar provided valuable insights into the state of migraine care in the Czech Republic, exploring ways to improve access to effective treatment for patients.



As a consequence of the event, **the Ministry of Health committed to meet with the patient association Migrena-Help to identify unmet needs** to be addressed and to improve access to the most innovative treatments. On November 21, 2022, a meeting was held with the head of the Health Care Department of the Ministry of Health.

The outcome of the meeting was enabling the processing of methodological instructions, such as material relating to the description of the transition of a migraine patient through the healthcare system. The material will be processed by the Czech Headache Society during the course of 2023, and Migréna-help organization will collaborate with comments.



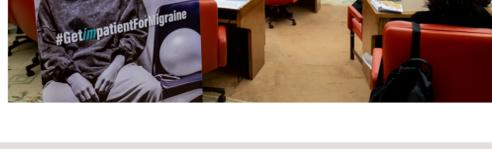
On February 8, 2023, Mgr. Rýza Blažejovská, chairperson of Migréna-help, DiS. and member of the Committee of the Czech Headache Society met the Health Committee of the Senate of the Parliament of the Czech Republic under the heading "Information on the conclusions and recommendations from the seminar "Improving the availability of migraine treatment in the Czech Republic". At the meeting, the most important findings that were heard at the professional seminar in September 2022 were summarized, and the essential recommendations to improve the availability of migraine treatment in the Czech Republic were discussed.

The Chairman of the Health Care Committee also suggested the possibility of another meeting with representatives of the Czech Headache Society to determine the next course of action.


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Spain

In Spain, the treatment of migraine is typically handled by primary care professionals who may not be knowledgeable about the correct treatment for the condition. Only the most severe cases are referred to neurologists, and not all of these cases are directed to headache units. This situation suggests that there is room for improvement in the treatment of migraine. Experts have highlighted the inadequate use of triptans and the limited availability of preventive treatments, which are currently only provided to less than 15% of eligible patients.



To address these issues, the **EMHA organized together with the Spanish patient organization, AEMICE, an event in the Spanish Parliament in October 2022**. The goal of this strategy would be to address all relevant healthcare and social needs, minimize regional disparities, and ensure the highest possible quality of care for patients. Following the Access to Care event celebrated in the Spanish Parliament in 2022 government ministers and political party delegates agreed to meet with AEMICE to promote the development of a National Migraine Plan. These political party delegates impulsed parliamentary questions to the rest but with little success.



As a novelty, during the 12th September and following AEMICE's strategy, involved Health Minister Mr. Jose Manuel Miñones in boosting from his ministry a **National Plan for migraine** recognizing publicly the need of work in a new strategy involving AEMICE and Spanish Scientific Societies.


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Portugal

On September 12, 2022, EMHA joined MiGRA Portugal, the Portuguese Headaches Society, and the Portuguese Neurology Society to launch an awareness campaign focused on improving access to care for migraine and headaches patients.

The campaign culminated in the Access to Care in Migraine and Headaches Conference, which brought together diverse stakeholders from society to discuss this essential issue in Portugal.

During the conference, the results of a study conducted in 2021, aimed at identifying challenges in healthcare access for people with migraine and other headaches, were presented. Following the event, a significant step was taken in advocating for change. On March 15, 2023, a meeting with a group of MPs from the Health Commission of the Portuguese Parliament took place. The purpose was to share the study findings and **raise awareness among political decision-makers about the social, economic, and personal impact of migraine and headaches**.



Currently, **Migra Portugal is in the process of writing a scientific article to publish the study results**. Additionally, efforts are being made to establish meetings with the National Health Executive and the Government Secretary responsible for Health Promotion, in the pursuit of driving positive change in migraine and headache care.

ACHIEVING CHANGE IS POSSIBLE
WHEN WE ALL WORK TOGETHER
TO IMPROVE THE LIVES OF ALL PATIENTS
WHO SUFFER FROM MIGRAINE.