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# THE CITY OF LONDON MIGRAINE CLINIC PART-TIME SPECIALTY DOCTORS

the City of London  
**Migraine Clinic**

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Registered charity no. 1115935 Company Limited by Guarantee  
(England And Wales) no. 584653B Registered Office as above



## Background Information

The City of London Migraine Clinic (COLMC) is an independent social enterprise and registered medical charity. This clinic is one of the largest services dedicated to management and research into headache in the UK and has excellent clinical results. The clinical strategy supports the continuing development of headache services to improve the standard of clinical care, and work more closely with other local and national units.

The successful applicant will join the team in providing an outpatient service. The service provides specialist outpatient care for adults and children with migraine. The Clinic is open between 9am and 5pm, Monday to Friday.

### Background

The City of London Migraine Clinic was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980 - in 2007 replaced by a Memorandum of Association - which defines the charitable purpose of the Clinic as:

**“The promotion of research into the causes, treatment and alleviation of migraine and other headaches and the publication of useful results of such research and the treatment of patients suffering from such disorders.”**

In accordance with our charitable purpose our objectives are to:

- **Provide treatment to all sufferers from migraines and other headaches**  
COLMC provides a team of specialist doctors who give advice on the management of migraine and other headaches, including cluster headaches. We offer outpatient appointments by prior arrangement Monday to Friday.
- **Conduct, promote and publish research into the causes, treatment and alleviation of migraine and other headaches**  
Standard treatments used worldwide for migraine are the result of studies undertaken at COLMC. We are the only centre specialising in research and management of migraine in women in the world.
- **Share our knowledge through training, lecturing and publications**  
We are a renowned teaching centre. Visiting specialist doctors, GPs, nurses or students have the opportunity to sit in on consultations. We also train year-2 and year-4 medical students of Barts and The London Queen Mary's School of Medicine and Dentistry and we supervise

year-4 medical students on their dissertations on migraine. We work closely with national and international lay and professional organisations. In addition we give many lectures to the medical community as well as the lay public. Countless scientific papers and publications for the general public have been produced by the Clinic.

The Clinic initially provided a 'walk-in' service for patients during an acute migraine attack, and acted as a research centre into the causes and better treatment of migraine. Research undertaken on these patients led to the identification of an effective acute therapy with aspirin and metoclopramide that is now offered as a standard line of management. So great has been the success that it is now rare for patients to attend with acute attacks, as many occupational health departments provide the necessary service. COLMC has been used as a model for migraine clinics throughout the world. The current organisation consists of 11 paid staff and 8 volunteers. Amongst the volunteers are the Honorary Consultant Neurologist and the Honorary Director of Clinical Research.

### **Who we seek to help**

Migraine is the most common neurological condition in the developed world. It is more prevalent than diabetes, epilepsy and asthma combined, affecting more than 14% (7.6% of men and 18.3% of women) of the UK population - over 6 million people. Migraine has been ranked by the World Health Organization as 19th among all diseases worldwide causing disability (12th in women). Research shows that an estimated 5.7 working days are lost per year for every working or student migraineur and each working day up to 90,000 people are absent from work or school as a result of migraine.<sup>1</sup> Prevalence of migraine varies with age, rising through early adult life and peaking during the most productive working years. Despite all these facts, migraine is not seen as a public health problem; it is widely under-diagnosed and under-treated, in children and adults.

Patients from any part of the British Isles are seen at the Clinic as outpatients. Our service is national although in practice 37% of our patients are referred from London and 38% from the Home Counties. Women account for 83% of patients, most of whom are in their 30s and 40s. Patients are not charged but are asked for a donation. This ensures our service is accessible to all. Patients can be seen privately, for which a standard charge applies. Since June 2006 patients have been able to self-refer, further increasing our accessibility.

### **Our association with other national migraine charities**

We work hand-in-hand with the two 'lay' organisations: Migraine Action Association and The Migraine Trust. These organisations are run by non-medical staff and aim to support and raise funds for research, to provide information about treatments available and to provide support to migraine sufferers and their families. There are also two professional charities, the British Association for the Study of Headache and Migraine in Primary Care Advisers, which provide information for doctors and other healthcare professionals.

### **Achievements**

During COLMC's 29 years as an independent medical charity the Clinic has:

- Treated more than 40,000 patients;
- Gained a world-wide reputation for clinical and research excellence;
- Developed treatments that have since become the recommended standard by the British Association for the Study of Headaches;

- Made a real difference to patients: 67% of patients reported a significant improvement of their lives as a result of visits to the Clinic. Since 2006 we have been collecting feedback from first-time patients on an on-going basis. In 2008/09 more than 74% of patients rated our Clinic as Excellent, and more than 23% as Good (up from 70% and 25% respectively in 2007/08);
- Developed diagnostic criteria for menstrual migraine, now included in the International Classification of Headache Disorders;
- Published guidelines for the diagnosis and management of migraine and tension-type headache in the UK, and the use of combined oral contraceptives in women with migraine;
- Conducted phase 2, 3 and 4 trials for acute and prophylactic treatments for migraine, as well as independent scientific research projects in collaboration with the departments of haematology, gynaecology, pharmacology and psychiatry within St. Bartholomew's Hospital;
- Since 2000, published more than 60 peer-reviewed papers in prestigious medical journals such as the Lancet, The Lancet Neurology, Neurology, Cephalalgia, Headache, Journal of Family Planning and Reproductive Health, and many others. These are read by GPs and specialists within the UK and many parts of the world, especially the USA, Canada and Australia.

## Funding

The Clinic has had a difficult year financially this year. Compared to the previous period the Clinic's income has decreased from £365,958 to £271,850, largely due to the fact that a one-off grant of £140,000 was received in the previous year from the Department of Health's Social Enterprise Investment Fund.

The Clinic is completely independent and does not receive funding from the NHS or any other government body. Our activities are funded by (percentages exclude gifts in kind):

- **Patient donations: 47%** (2008: 27%). Patients are asked for a donation following their consultation.
- **Grants and other donations: 13%** (2008: 58%). This year's grant donations have fallen considerably. Although we have made a concerted effort to raise funds as an investment in our 5-year plan, we were unable to raise large grants to match the level of the previous year – specifically the £140,000 grant received in 2008 from Department of Health's Social Enterprise Investment Fund.

Further donations have been gratefully received from individuals, companies, trust/foundations, all sympathetic to the Clinic's objectives and activities.

- **Research: 29%** (2007/8: 9%).

We have had the following **ongoing** during 2008/9:

- a study into the Genetics of Menstrual or Menstrually Related Migraine, in collaboration with Prof. Lyn Griffiths, Genomics Research Centre, Griffith University, Australia;

During 2008/9 we have **completed** the following research:

- a study into Fluctuations of serotonin and its metabolites in Women with Menstrual or Menstrually- Related migraine, in collaboration with Prof. David Perrett, Barts and London School of Medicine and Dentistry.
- a study of the comparative efficacy of two different triptans for the treatment of migraine

## In development

- a study of the effects of aerobic exercise on migraine
- a Phase 2 clinical trial for migraine prophylaxis

- a Phase 2 clinical trial for acute migraine treatment
- **Other: 11%** (2007/8: 6%). This consists mainly of fees from private patients, donations from events, royalties from lectures and book sales.

### **Future plans**

The Clinic is half way through an ambitious transformation programme, which spans 5 years. The plan aims to bring the Clinic closer to its vision of being fully self-sustained and the “number one provider of migraine and headache treatment in the UK, accessible to all”. The plan’s elements have been motivated from COLMC’s core competencies and the underlying objective to increase income from treatment and research and reduce its dependence on charitable donations.

We are developing the City of London Migraine Clinic to improve the quality of life of those people who suffer from severe headaches by:

- Improving the Clinic’s treatment activities, and its associated revenue generation by:
  - Sharing the true cost of the service with the patients
  - Reducing the do not attend (DNA) rate
  - Improve clinic booking management
  - Increase clinical capacity
  - Promote the clinic more widely
- Develop joint working with the NHS:
- Provide education to GPs, Registrars, Medical Students, Nurses and Pharmacists, thereby improving the quality of care for people who suffer with headaches.
- Provide advice and support to Occupational Health services in the public and corporate sector to reduce the number of days lost to work.
- Improving and diversifying the research activities:
  - Carefully planning research activities versus available research capacity
  - Improving costing and pricing of research activities
  - Establishing the right mix between drug trials and independent research.
- Improving the organisation:
  - Professionalising the support organisation
  - Improving the cost efficiency
  - Strengthening managerial capabilities, Board of Trustees and legal structure

### **The Organisation**

The Clinic is staffed by a combination of volunteers and paid staff, in 2008/09 13 and 8 respectively (from 9 and 10). Amongst the volunteers are the Honorary Medical Director and the Honorary Director of Clinical Research. They see patients for free and allow fees for patients seen privately to go straight into the Clinic.

The organisation is divided in:

- Clinical Treatment: 7 staff, 2 volunteers
- Research: 1 staff, 2 volunteers
- Fundraising and Management: 2 staff, 3 volunteers

- Admin: 3 staff, 1 volunteers

At the end of financial year 2008/09 the Board of Trustees/Directors consisted of:

- Dr J N Blau MD FRCP FRCPath - Chairman, co-founder and Consultant Neurologist at the Clinic.
- Dr E A Macgregor MD MFSRH MICR - Director of Clinical Research; Honorary Senior Clinical Lecturer in the Research Centre for Neuroscience, within the Institute of Cell and Molecular Science, Barts & The London School of Medicine and Dentistry.
- Dr Isidore Margaronis MA PhD - Director Margaronis Navigation Agency Ltd.
- Mr Colin Berry - retired merchant banker and trustee of Migraine Action Association.
- Dr Giles Elrington MD - consultant Neurologist and head of the Headache Clinic at the Royal London Hospital.
- Ms Allison Ogden-Newton MA - Chief Executive of Social Enterprise London. Member of the Government's Women's Enterprise Task Force and the deputy chair of ACEVO and sits on a number of social enterprise Boards.