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THE CITY OF LONDON MIGRAINE CLINIC PART-TIME HEADACHE SPECIALIST

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.¹ 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 30 years as an independent medical charity the Clinic has:

- Treated more than 43,000 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 2009/10 more than 83% of patients rated our Clinic as Excellent, and more than 17% as Good (up from 74% and 26% respectively in 2008/09);

- 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 70 peer-reviewed papers in prestigious medical journals such as the Lancet, The Lancet Neurology, Neurology, Cephalgia, 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 relatively successful year financially this year despite the challenging financial climate. Fewer administrative staff have worked very hard, better management systems are in place and in fewer clinical hours the doctors have seen more patients so improving our overall efficiency. They are to be congratulated on rising to the challenge, which included a pay freeze. Compared to the previous period the Clinic's income has increased from £271,850 to £357,374. The expenditure has been managed tightly resulting in a net increase in resources of £126,413 (-119,690 in 2008/9 to £7,723 in 2009/10).

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: 59%** (2009: 47%). Patients are asked for a donation following their consultation.
- **Grants and other donations: 14%** (2009: 13%). This year's grant income have increased from £38,750 to £51,378. In 2009/10 Migraine Action made grants available totalling £16,086 (a slight decrease from the previous year £18,750). Other grants have been received from Futurebuilders of £10,000 and MSD of £25,000. We have also received a number of smaller grants. The Clinic is looking to continue the improvement in its financial situation through providing additional clinic sessions and by working in partnership with other organisations to deliver headache services.

Continued support has been received from Venturesome (part of Charities Aid Foundation), with whom we have a Revenue Purchase Agreement.

The Clinic is extremely grateful to its loyal patients, current and past and their friends and families who responded so positively to our appeal in May 2009, their donations enabled the clinic to remain open during a major cashflow shortage. Their financial support was invaluable but their kind words really helped the staff moral through a difficult time.

Research: 24% (2009:29%). This year's income has increased from £80,949 in 2008/9 to £86,098 in 2009/10.

We have had the following **ongoing** during 2009/10:

- a study into the Genetics of Menstrual or Menstrually Related Migraine, in collaboration with Prof. Lyn Griffiths, Genomics Research Centre, Griffith University, Australia; We have completed the following research during 2009/10:

- A Phase 2 clinical trial for migraine prophylaxis

In development

- A study of the effects of aerobic exercise on migraine
- A phase 2 clinical trial for acute migraine treatment
- A phase 2/3 clinical trial for prevention of menstrually-related migraine
- **Other: 3%** (2009 11%). This consists mainly of fees from private patients, donations from events, royalties from lectures and book sales.

Review of 2009/10

The year 2009/10 has been another year of significant development.

- Organisational: strengthening skill-sets, governance, staffing, legal structure;
- New website: improved the number of people viewing our site
- Establishment of social networking links: Facebook, Twitter & Youtube.
- Infrastructure: improving the management with the use of IT installed at the end of 2008;
- Finance: strengthen financial reporting and analysis, improve quality of information by moving to MHR Consultancy;
- Services: treat significantly more patients, conduct more independent research in addition to drug trials, maximise the return on the world-class services the Clinic provides in research and treatment.

Treatment of Patients

The clinic's unique treatment services are open to all people (adults and children) who suffer from migraine or other primary headaches. Our team of doctors, (fully qualified and registered with the UK's General Medical Council) specialise in treating headaches and provide advice and treatment to outpatients at the London clinic. They also possess expertise in related specialist areas including neurology, women's health and ophthalmology.

Patients are seen as outpatients in initial consultations lasting 40 minutes. A full medical history is taken from each new patient before they are examined. Once the diagnosis has been established, our doctor discusses management regimes with the patient and writes a full report to his/her GP/Doctor, with a copy of all correspondence sent to the patient. It is at the discretion of the GP to prescribe any suggested medications, as the City of London Migraine Clinic is unable to prescribe medications under the NHS. However, recommendations are usually minimal — our aim is to help patients understand their migraine, often finding non-drug ways of reducing the frequency of attacks, although effective attack therapy is always necessary. Since there are no specific tests for most types of headaches, brain scans and further investigations are not normally required if a diagnosis is clear. Should they be necessary, we will recommend this in our report to the GP, who can organise these locally, as the Clinic is unable to do this.

Patients are usually invited to a follow-up appointment, which lasts for 20 minutes. During this follow-up the management strategy may be revised if necessary. A report will be given to the patient for the GP.

In 2009/10 more consultations were carried out than in 2008/9 (2,306 in the last 12 months versus 2,083 in 2007). The number of New Patients was 56% of the total seen in 2009.

In 2006 we introduced self-referral as an option to patients who find having to go through their GPs too cumbersome. This has continued to be a great success, and 73% of our patients are now self-referred. Since July 2007 patients can now also self-refer through our website. GPs have responded positively as well; they find the new process highly convenient, as they are still receiving our recommendations in writing.

Our services are aimed at people from all age groups gender and ethnic background. In practice 3 times more women are treated than men, in conformity with the prevalence of migraines.

Since 2006 we have been collecting patient feedback on an on-going basis on a number of aspects. This enables us to monitor the quality of our service and to address any issues that may arise. Feedback has been very positive indeed - and in 2009/10 showed an overall improvement compared to 2008/09 - which has been of great encouragement to us to continue to provide our services.

Headache Services delivered in Partnership with other Organisations

As part of our strategic plan, we have investigated the market for a service offering to the NHS. The Clinic's offering is aimed at relieving some of the pressures on the NHS: a constant demand for a high quality, cost efficient service with shorter waiting times and more patient choice. Patients, patient support organisations and healthcare professionals alike have told us that some PCTs, hospitals and GPs struggle to meet these priorities when it comes to chronic sufferers from migraines and other primary headaches. The City of London Migraine Clinic can help the NHS to help address this. We have the expertise as we are run by some of the world experts in the field. We can provide outpatient services with short waiting times: currently 4 weeks. We routinely seek patient feedback and the service has been consistently rated as excellent by in excess of 85% of respondents.

Whilst a number of clinical and managerial colleagues in the NHS shared the vision for the mutual benefit such a model of care could provide we have been unable to fulfil the ambition to date. However we will continue to work towards this goal, whilst pursuing different avenues to achieve headache services delivered by our staff to different partners who pay for the service we provide. We instigated a series of talks to some of our neighbours in the Corporate Sector, to help their staff understand and manage their headaches, the feedback has been extremely positive. In the longer term we hope to be providing headache clinics at some of these sites via links with their occupational health services.

Dissemination of knowledge

As part of the Clinic's mission to disseminate research findings and to share its expertise in the area of the pathophysiology, treatment and management methods of migraines and other headaches a

range of activities have been carried out in 2009/10. These include publications, presentations and lectures.

GP Lectures

We continued our Spring and Autumn Series of lectures aimed at GPs and other healthcare professionals, with financial support from Merck Sharp and Dohme Ltd. approximately 350 people registered for our lectures in 2009. Further series are planned for 2010/11. They have been very well received, and serve not only to increase the knowledge of healthcare professionals but also to raise the awareness of the Clinic's services with this audience.

Publications 2009

- MacGregor EA. Management of migraine during pregnancy. *Progress in Neurology and Psychiatry* 2009;13(5):21-3.
- MacGregor EA. Estrogen replacement and migraine. *Maturitas* 2009; 63(1): 51-5
- MacGregor EA. Migraine Headache in Perimenopausal and Menopausal Women. *Curr Pain Headache Rep* 2009;13(5):399-403
- MacGregor EA. Menstrual migraine - therapeutic approaches. *Therapeutic Advances in Neurological Disorders* 2009; 2(5); 327-36
- MacGregor EA. Headache and Hormone Replacement Therapy in the Postmenopausal Woman. *Current Treatment Options in Neurology* 2009; 11:10–17
- Brandes JL Poole AC, Kallela M, Schreiber CP, MacGregor EA, Silberstein SD, Tobin J, Shaw R. Short-term Frovatriptan for the Prevention of Difficult-to-Treat Menstrual Migraine Attacks. *Cephalalgia* 2009;29:1133-48.
- MacGregor EA, Brandes JL, Silberstein S, Jeka S, Czapinska P, Shaw B, Pawsey S. Safety and tolerability of short-term preventive frovatriptan: a combined analysis. *Headache* 2009;49:1298-1314.

Books

- Guillebaud J, MacGregor A. *The Pill and other forms of hormonal contraception (7th Edition)* OUP 2009 ISBN: 978-0-19-956576-4

Posters

- MacGregor EA, Perrett D, Long JH, Hackshaw A. Effect of migraine, the menstrual cycle, and perimenstrual estradiol supplements on urinary serotonin, 5HIAA, and tryptophan, in women with menstrual migraine. 14th IHC, Philadelphia, September 2009
- Vetvik KG, MacGregor EA, Lundqvist C, Russell MB. Self-reported menstrual migraine in the general population. The Akershus study of headache in women. 14th IHC, Philadelphia September 2009
- Victor T, MacGregor EA, Hu X, Xiang Q, Berner T, Campbell J. A within-woman analysis of menstrual migraine treated with patient's usual migraine therapy. ACOG Annual Clinical Meeting. Chicago May 2009

Lectures and Talks – by Dr MacGregor

- Managing Hormonal Headaches. Kopfschmerz. Postgraduate School of Medicine. Vienna 23rd January 2009
- Overview of migraine. London Deanery General Practice returner scheme. London 12th February 2008.
- Female hormones and Headache: what's the connection? Headache Cooperative of New England. Stowe 7th March 2009
- Contraception and HRT for women with migraine. Headache Cooperative of New England. Stowe 7th March 2009
- Migraine: which prophylactic and when? The City of London Migraine Clinic Masterclass. London 23rd April 2009
- Taking the headache out of contraception and HRT. NE Scotland branch of the RCGP. Aberdeen 28th April 2009
- Combined hormonal contraception. DFSRH course. Chelmsford 14th May 2009.
- Headaches in children and older people. Advanced Nurse Practitioners. London 12th June 2009.
- Treatment of Cluster Headache. COLMC Lecture series. London 18th June 2009.
- Taking the headache out of migraine and contraception. West Kent PCT. Aylesford 25th June 2009.
- Managing Headaches. Credit Suisse. London 29th September 2009.
- Managing Headaches. Cameron McKenna. London 1st October 2009.
- Case-based discussions. Staff Training Day. London 8th October 2009.
- Managing headache in pregnancy. COLMC Lecture series. London 11th November 2009.
- Hormonal Issues in Migraine. Headache Masterclass. London 20th November 2009.
- Menstrual Migraine. Norwegian Headache Society. Oslo, Norway 23rd November 2009.
- Can women with migraine take the pill or HRT? COLMC Lecture series. London 2nd December 2009.

Other activities

- Teaching year 2 and year 4 medical students at Barts and the London School of Medicine and dentistry.
- Involvement in the development of the NHS Map of Medicine and NHS Clinical Knowledge Summaries relating to migraine and primary headaches.
- Member of Examinations Committee FSRH and Vice Convener of the Critical Reading Questions for the Membership of the Faculty of Sexual and Reproductive Healthcare.
- Working with the Association of Reproductive Healthcare Professionals to develop educational materials for menstrual migraine.

Lectures and Talks – by Dr Blau:

- How to perform a neurological examination in less than 5 minutes. COLMC Lecture Series. London 14th May 2009
- Cluster headache: making a diagnosis. COLMC Lecture Series. London 18th June 2009
- Headaches in children. COLMC Lecture Series. London 21st October 2009.

Lectures and Talks (on behalf of the Clinic) – by Dr Giles Elrington

- Managing migraine: which acute treatment & when. COLMC Lecture Series. London 23rd April 2009
- Headaches: when to investigate. COLMC Lecture Series. London 14th May 2009.
- Headaches in the elderly. COLMC Lecture Series. London 21st October 2009.
- Managing the patient with daily headache. COLMC Lecture Series. London 11th November 2009.

Other ways of disseminating the Clinic's expertise included Dr Blau's weekly teaching to medical students on elective courses at the National Hospital for Neurology and Neurosurgery and to medical students and doctors who sit in at his clinics at COLMC.

The Organisation

The Clinic is staffed by a combination of volunteers and paid staff, in 2009/10, 11 and 21 respectively (from 13 and 8). 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 (some of these staff & volunteers work in more than one category):

- Clinical Treatment: 8 staff, 2 volunteers
- Research: 3 staff, 4 volunteers
- Fundraising and Management: 2 staff, 12 volunteers
- Admin: 3 staff, 5 volunteers

At the end of financial year 2009/10 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.
- 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.
- Mr Howard Morris – Chief Executive of Denton Wilde Sapte, International Law Firm.
- Mr Henry Manisty – Global Head of Government & Regulatory Affairs, Thomson Reuters

Future plans

The Clinic continues to work towards its long term vision of being fully self-sustained and the "number one provider of migraine and headache treatment in the UK, accessible to all". The underlying objective is 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:
 - Improving the cost efficiency
 - Strengthening managerial capabilities, Board of Trustees and legal structure