



EVALUATION OF TREATMENTS AND OUTCOMES, RED FLAGS AND SIGNS AND SYMPTOMS FOR CERVICOGENIC HEADACHE IN A MSK SETTING



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PURPOSE

An MSK Physiotherapy team from Southern England, received training sessions for CGH. Topics included assessment, treatment, clinical reasoning and red flags. Physiotherapists completed a questionnaire on headache red flags and signs and symptoms, preceding and following training. 10 patient cases, were examined exploring treatments, against current best practice. Effectiveness was evaluated using patient outcomes before and after intervention.

OBJECTIVES

- Evaluate participant's knowledge of red flags and signs and symptoms of CGH, preceding and following training.
- Examine treatments used by participants for 10 CGH patient cases, against current best practice.
- Review patient outcomes, of the 10 CGH patient cases.

METHOD

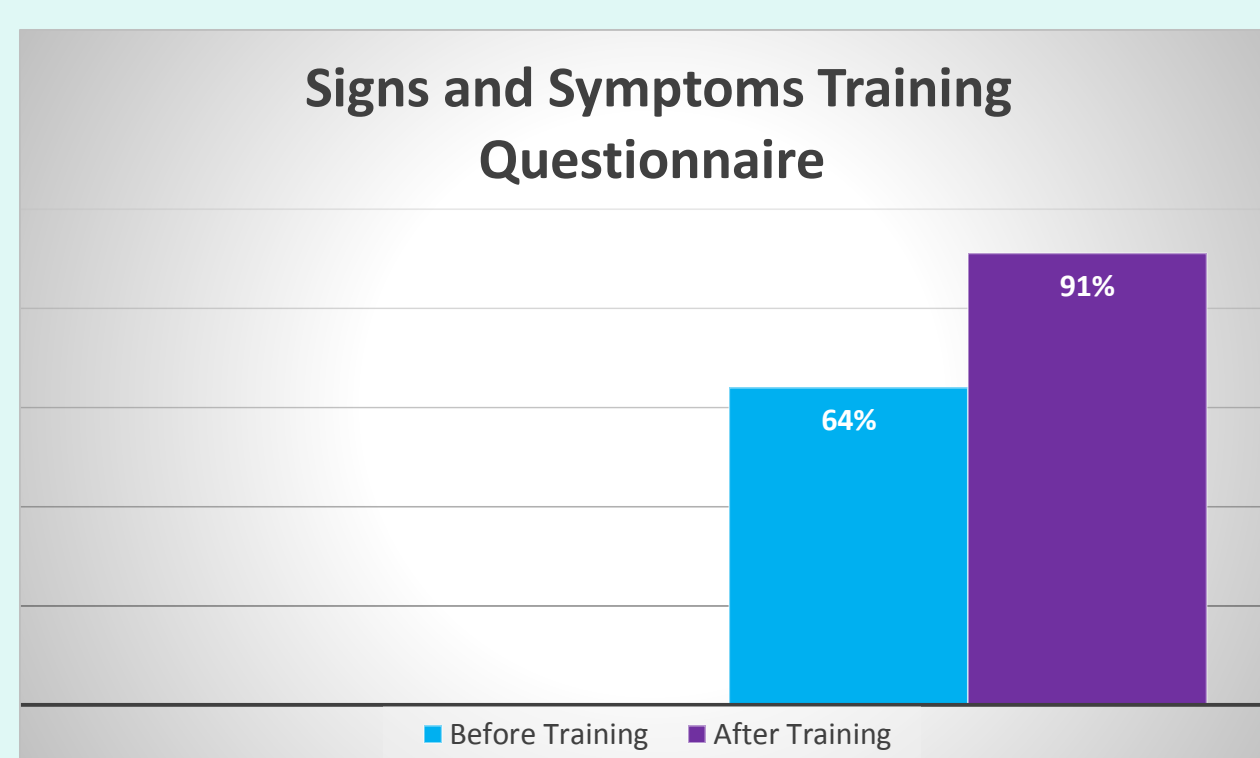
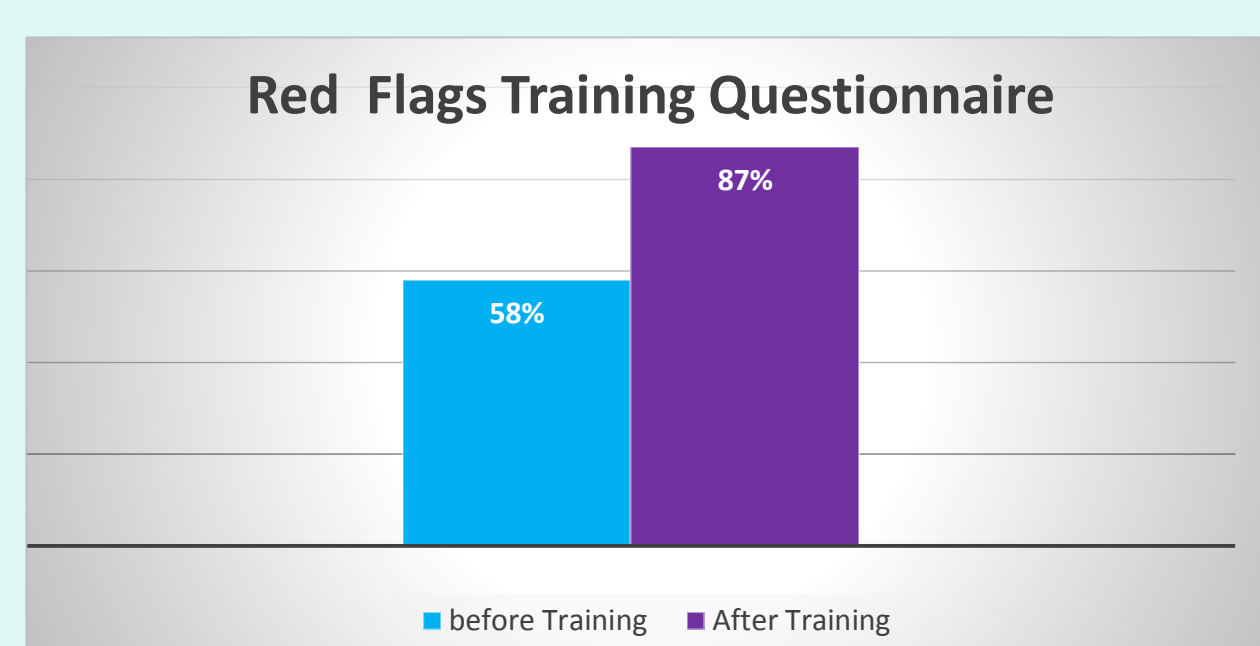
Training Questionnaire

- This was completed by 9 participants. Section 1 consisted of 13 possible red flags. Section 2 listed 11 possible signs and symptoms for CGH. It was completed again, after training. Data was collected as an average % of correct answers

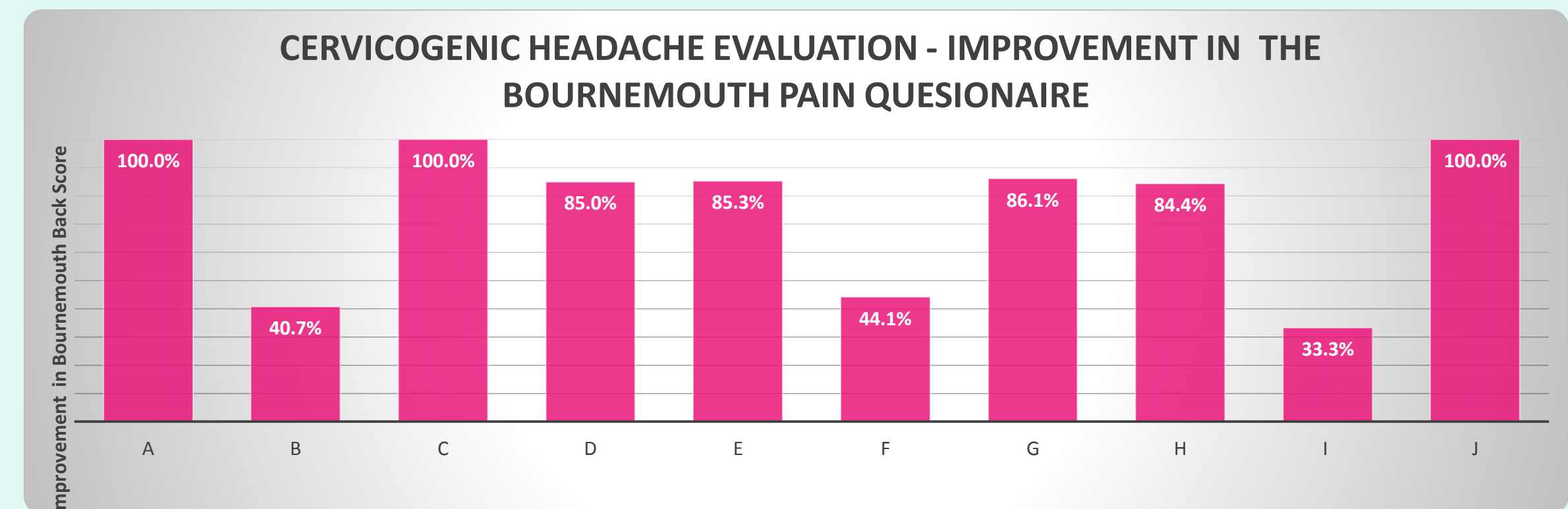
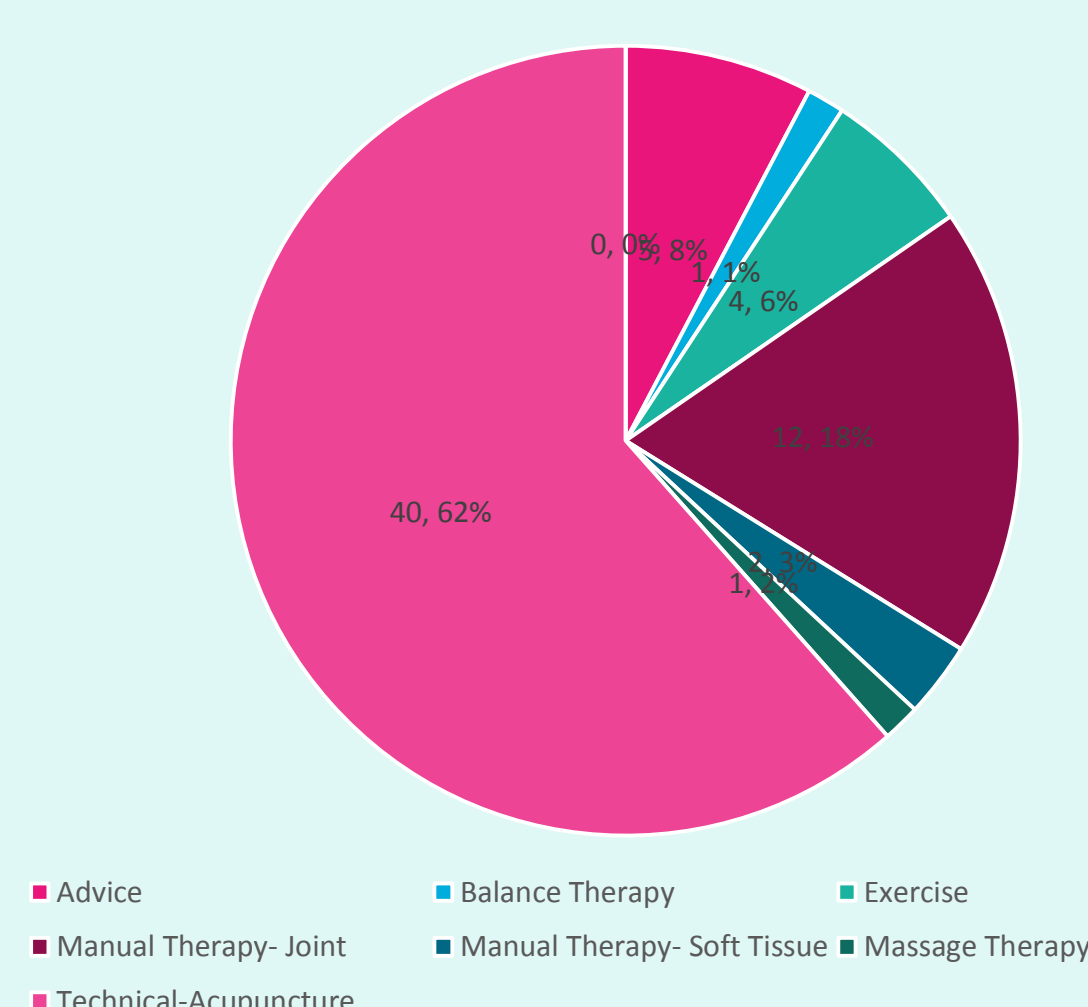
Patient treatments and outcomes

- Data was collected from June 2016 – August 2017. treatments utilized during each session, were recorded and given an average score.
- Patients included, completed a Bournemouth pain questionnaire on initial assessment and at discharge. Average outcome scores were collected.

RESULTS



CERVICOGENIC HEADACHE EVALUATION - TREATMENT MODALITIES USED



MAIN RESULTS

- Prior to training, red flag averages were 58%. Following training it improved to an average of 87%.
- Prior to training, signs and symptoms for CGH were 64%. After training the average score increased to 91%.
- Post treatment patient outcomes improved significantly.
- 40% of patients experienced 100% improvement. 70% of patients had an 80%+ improvement.
- 30% reported an improvement of between 30% and 43%.

CONCLUSIONS

- Training needs were identified.
- Training was beneficial in improving knowledge of red flags and signs and symptoms for CGH.
- Treatments utilized were indicated in the current literature.
- Post treatment effective patient care outcomes, were achieved.
- Future studies exploring knowledge of red flags and CGH assessment/treatments were recommended.

IMPLICATIONS

- Having explored current NICE guidelines for headache management, MSK physiotherapists should consider, all red flags, when treating headaches and cervical spine symptoms.
- Implementation of focused training strategies, can provide a powerful educational tool, facilitating best practice and effective patient screening and outcomes



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