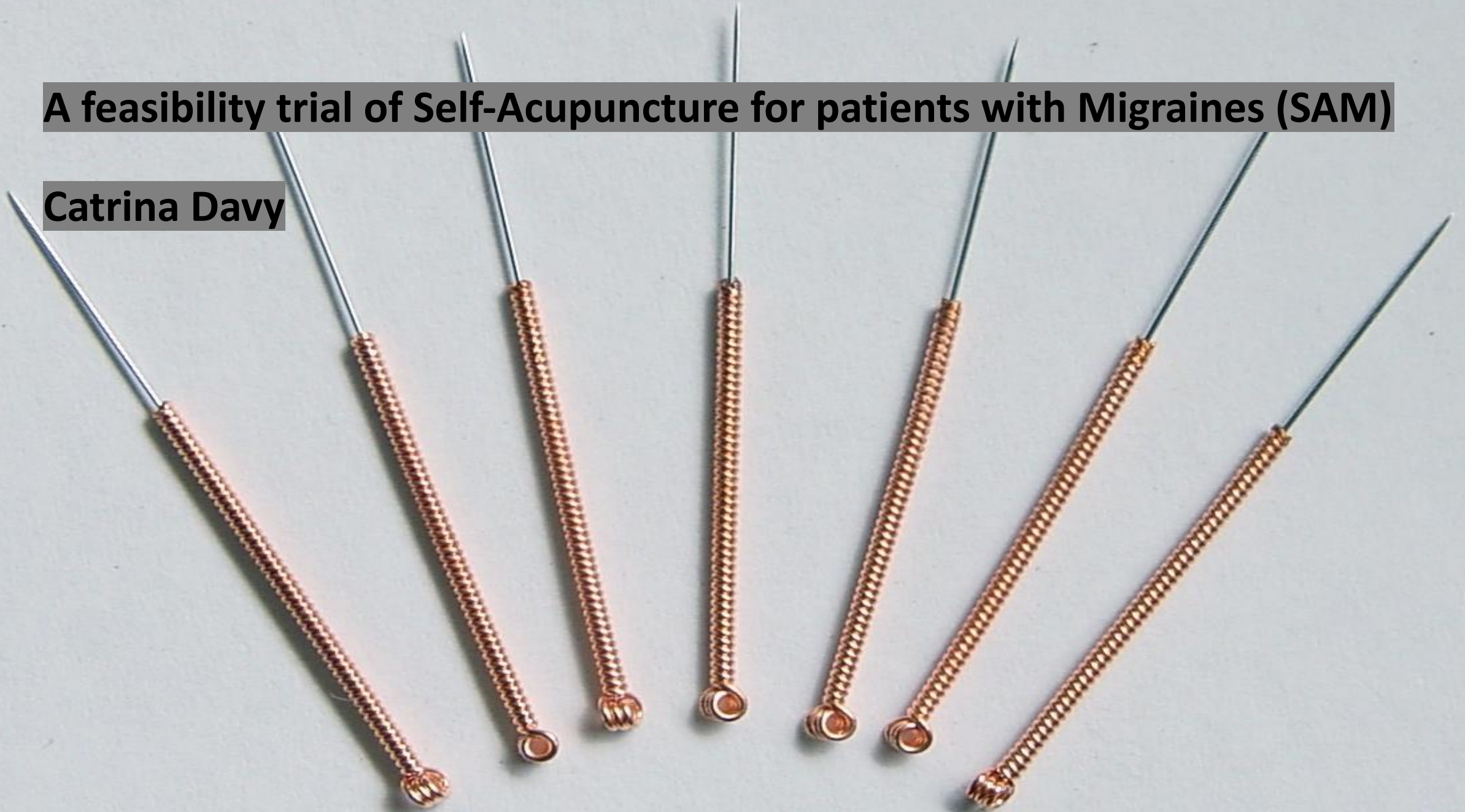


A feasibility trial of Self-Acupuncture for patients with Migraines (SAM)

Catrina Davy



1 billion people in the world have migraines

10 million people in the UK live with migraine

Over 108 000 hospital admissions in UK for migraines each year

2.5million primary care appointments for migraine each year

NHS spend £150million/year on migraine

3 million sick days in UK/ year due to migraine....

.....costing £4.4billion





Medications recommended by NICE and BASH

Aspirin

Paracetamol

Topiramate

Propranolol

Amitriptyline

Riboflavin

Galcanezumab

Erenumab

Fremanezumab

Eptinezumab

Pimegepant



Rationale for choosing study topic:

**National Institute for Health and Care Excellence Guideline
Headaches in over 12s: diagnosis and management**

Clinical guideline [CG150] Published: 19 September 2012

Last updated: 17 December 2021

NHS Long Term Plan:

Priority: to enhance 'supported self-management'
particularly of long-term health conditions

Self-acupuncture





Is it safe???????

Conditions where self-administered injections are currently used

A close-up photograph of a brown teddy bear's head and shoulders. The bear is lying down on a light-colored, textured surface. It has a white patch on its snout and a small brown nose. A light-colored adhesive bandage is stuck to its forehead. The background is a plain, light-colored wall.

Multiple sclerosis

Diabetes

Allergy

Erectile dysfunction

A photograph showing a person lying on a treatment table covered with a white sheet. The person's left leg is extended straight out, and their right leg is bent at the knee. A practitioner's hands are visible, performing acupuncture on the right foot. A small, thin needle is visible on the top of the right foot. The background shows a wooden frame of the table and a blue striped curtain.

Feasibility study of self-acupuncture for migraines (SAM)



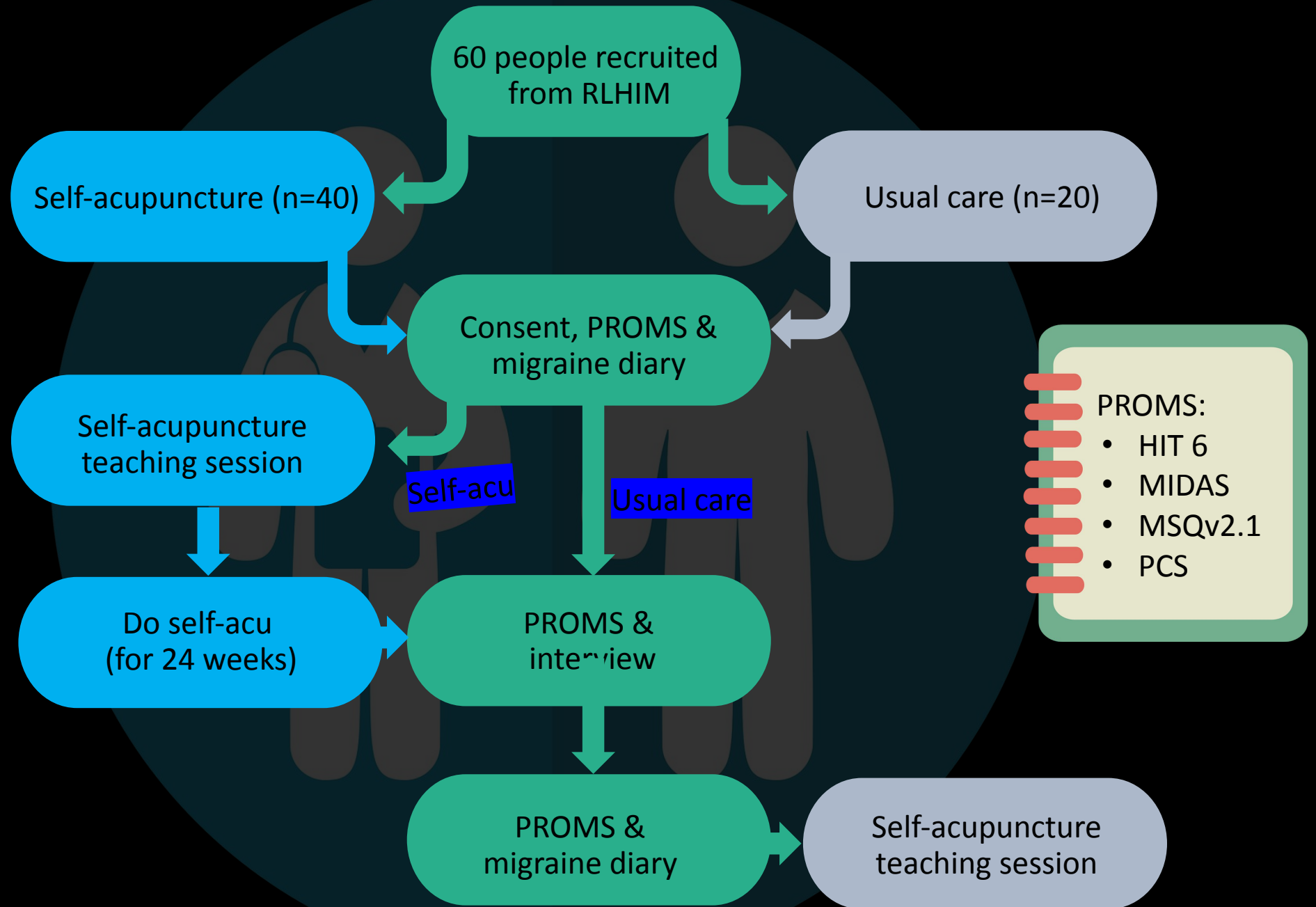
To evaluate:

Safety
Effectiveness
Acceptability
Trial design

Baseline

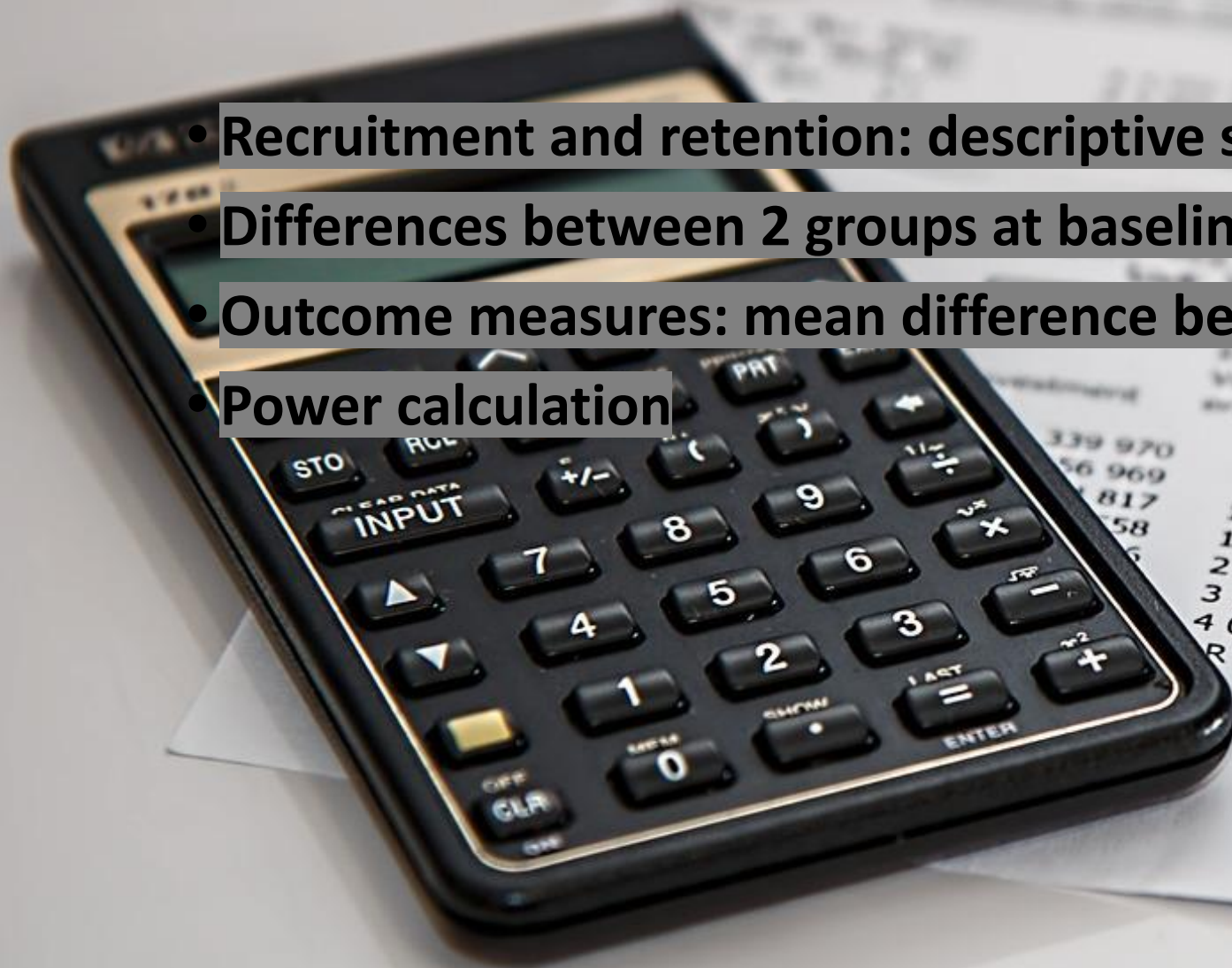
Week 12

Week 24



Quantitative data analysis

- Recruitment and retention: descriptive stats
- Differences between 2 groups at baseline calculated
- Outcome measures: mean difference between groups at each time point
- Power calculation



Investment	Value at Year end
339 970	373 967
56 969	804 029
1 817	1 296 731
58	1 859 317
	2 499 808
	3 227 076
	4 050 935
	R 28 331

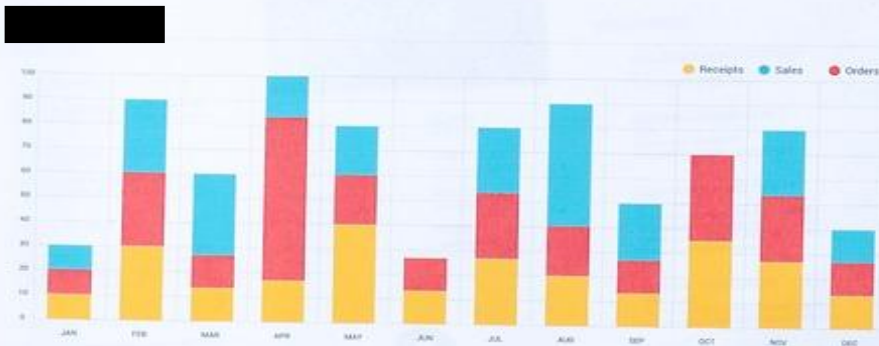
Investment	Value at Year end
424 963	467 459
446 211	1 005 037
468 522	1 620 915
491 948	2 324 149
516 545	3 124 764
542 372	4 033 850
569 491	5 063 675
Start at monthly	R 35 414

Can we do this?

Qualitative data analysis

- Data extracted to explore participants' views on
 - the design of the trial
 - self-acupuncture training
 - their perceptions of treatment effects
 - their thoughts on doing self-acupuncture
- Interviews analysed using Framework Methodology





Anticipated results

- Benefit for participants
- Publish results
- Determine methodology for RCT



Thank you for listening



Do you have questions or comments?

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