Migraine: Consider Referring to a Psychologist

In the primary care setting, the management of headaches, including migraine, is often approached with a focus on medication and limiting triggers. However, non-pharmacological interventions, such as psychological counseling, can be equally or even more effective in managing migraine pain.

A study by Haan et al. (2013) reported that 12% of patients with migraine were managed without proper psychological support. This highlights the need for integrating psychological interventions into the management of migraine.

The effectiveness of psychological interventions in managing migraine is supported by a study by Goodall et al. (2012), which found that cognitive-behavioral therapy (CBT) significantly reduced headache frequency and severity.

In conclusion, clinicians should consider referring migraine patients to a psychologist who can provide personalized psychological interventions tailored to the patient's needs.

REFERENCES

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