



Long-term analysis of quality of life, costs, work- and social situation after treatment in a tertiary headache centre as part of an integrated care network

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Aims: Treatment of headache disorders has to be permanently developed and optimized through continued evaluation of treatment outcomes. Medical treatment innovations have to be continuously integrated. This should result in maximization of treatment quality. The medical and economic efficacy of specialized and coordinated care in the treatment of headache disorders at the Kiel Headache Centre was externally and independently evaluated across five years by German statutory health insurers.

Methods: Costs, income, work- and social situation and quality of life of individual headache patients were analyzed and evaluated by the statutory health insurer continuously across five years. Patients with identical diagnosis, age and sex but without coordinated care were used as controls.

Results: Compared to the control group, patients receiving coordinated care had significantly better outcomes, including longer-term pain reduction, improved of employability, improved income situation as well as a reduction in treatment costs.

Conclusion: Long-term analysis shows, that coordinated care is both more effective and cheaper than traditional, non-coordinated care. Headache patients benefit from a higher quality of life. Employers and society benefit as well due to cost savings.

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