

A Prospective, Qualitative Study of the Impact of Headache Surgery on Quality of Life

Sarah Lyon MD¹, Jacqueline Israel MD¹, Diana Gutierrez-Meza MPH², Esra Alagoz PhD², Armin Edalatpour MD¹, Ahmed Afifi MD¹

¹The University of Wisconsin Division of Plastic Surgery, Madison, WI

² The University of Wisconsin Department of Surgery, Wisconsin Surgical Outcomes Research Program, Madison, WI

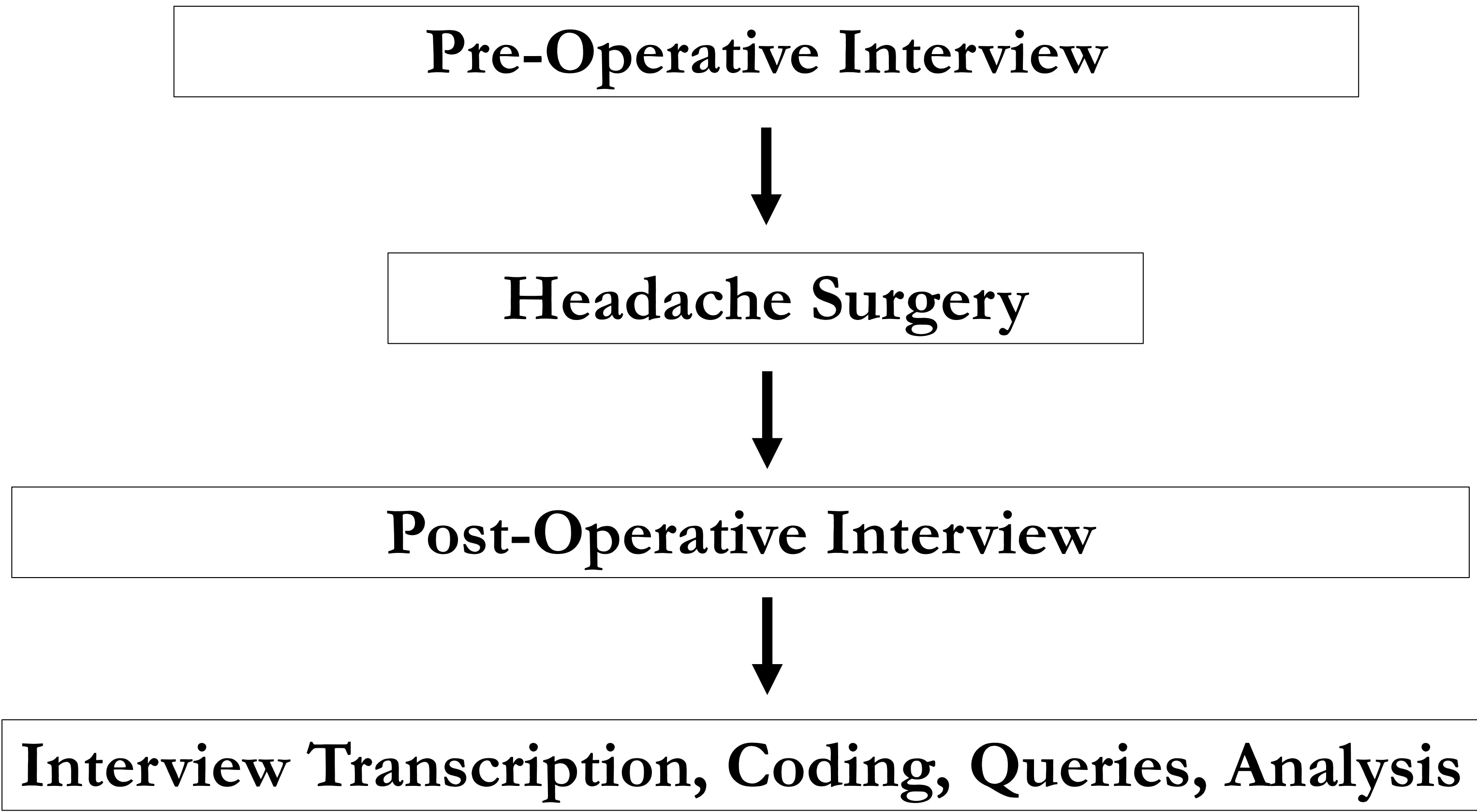
Introduction

- Migraine headaches impart significant morbidity to patients and cost to the healthcare system.
- Prior studies assessing the efficacy of headache surgery have largely been retrospective or quantitative in nature.
- Our study is the first to explore the impact of headache surgery on quality of life in a prospective, qualitative manner.

Study Aim

To use qualitative methodologies to prospectively explore the impact of headache surgery on patient experience and quality of life.

Methods



Results

Age at Surgery	Gender	Migraine Surgery Site(s)	Time from Surgery to Post-Op Interview
42	M	GO, LO, ZT, SO, ST	8 months
47	F	GO, LO, ZT, AT	47 months
47	F	SO, ST, ZT	15 months
48	F	GO, LO, SO, ST, 3 rd occipital nerve	21 months
35	F	SO, ST, ZT, GO, LO	43 months
23	F	GO, SO, ST, ZT, 3 rd occipital nerve	13 months
44	F	GO, LO, ST, SO, ZT	10 months
52	F	GO, LO, SO, ST, ZT	22 months
56	F	GO, LO	25 months

Table 1. Patient Characteristics. GO greater occipital, LO lesser occipital, ZT zygomaticotemporal, SO supraorbital, ST supratrochlear, AT auriculotemporal

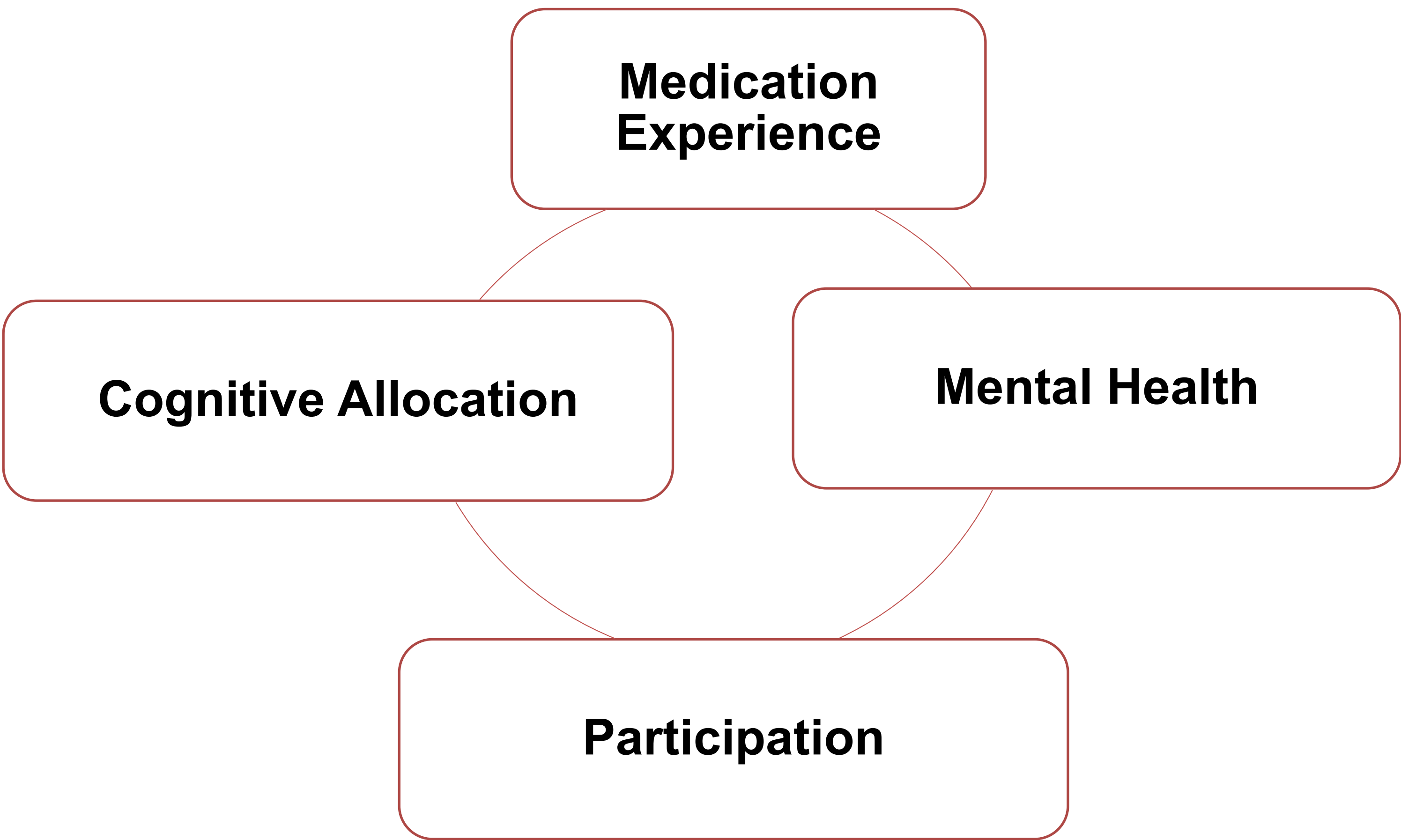


Figure 1. From the coding and transcript analysis, several domains emerged as recurrent themes both in pre- and post-operative interviews. These include mental health, cognitive allocation, medication experience and participation.

Results

COGNITIVE ALLOCATION:

(P1 – pre-operative) “There’s definitely a, you know, I have to just always be prepared for them, right, like I always carry a back pack, you know...”

(P1– post-operative) “I occasionally have to stop myself to remind myself, you know, like *it’s life changing*. And it’s like... [sighs], um, you know, it’s easy to take for granted, so I have to remind myself like, you know geez, *there were a lot of things that I used to have to consider that I do not have to consider anymore*, you know, like the possibility of... you know, migraine interrupting what I want to do, is not something that I have to think about anymore.”

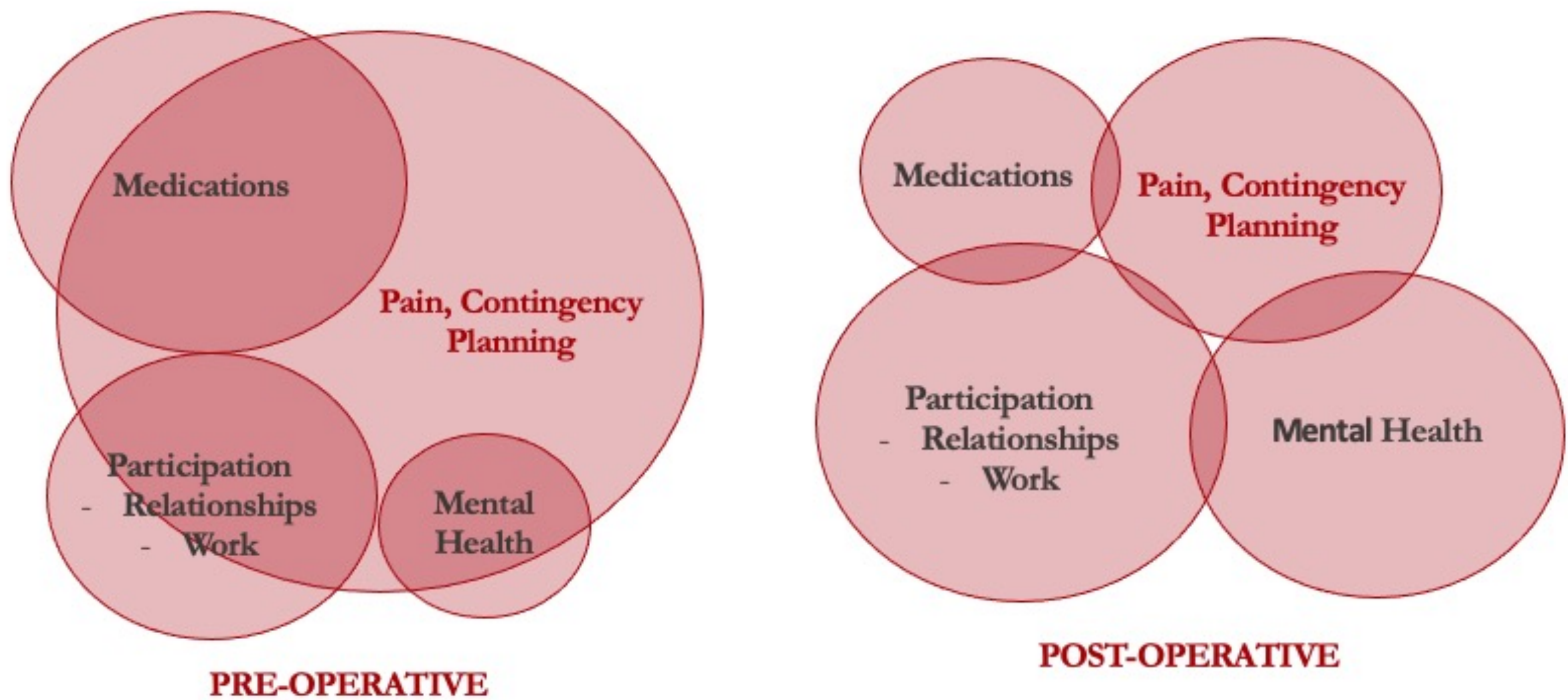


Figure 2. Concept maps of cognitive allocation in the pre- and post-operative periods. Pre-operatively, the tone of patient interviews is clouded by a background of pain and contingency planning. In the post-operative period, patients are better able to compartmentalize these factors.

Discussion

- This is the first study to assess the impact of headache surgery on quality of life in a prospective, qualitative manner
- Headache surgery may improve patients’ ability to work, engage in relationships and improve their mental health overall.