PARAGON

PAtient Reported outcomes After Greater Occipital Nerve block

NHS North Cumbria Integrated Care NHS Foundation Trust

You have previously taken part in one of our research studies. At the time you indicated that you would like to receive a summary of the study results. The study has now finished and we have some results to share with you.

What was the research study that I was involved in?

The name of the study was Paragon (Patient Reported Outcomes after Greater Occipital Nerve block). The aim of the study was to determine whether the way a patient was positioned after Greater Occipital Nerve (GON) block treatment impacts upon how effective the block treatment is. The study also aimed to determine if a headache diary App to record migraines is a suitable alternative to paper versions.

Patients who qualified for GON block treatment were invited to take part and were randomly placed in one of two groups. Patients were either in the sitting or supine group. Those in the sitting group would remain seated for 10 minutes after their procedure, whereas those in the supine group would lie horizontally for 10 minutes. Patients were also asked to use the N1-Headache™ App daily to record their headaches.

Who was involved and how long did the research take?

Patients were approached at Neurology clinics across 3 NHS Trusts in England (Hull, Sunderland, and North Cumbria) from Oct 2018 until Jan 2020. 148 patients were enrolled into the study and 109 were placed into the sitting or supine group.

What did we find?

In line with previous research, the study found that GON block treatment - on average - significantly improves pain associated with headache disorders. The position a patient is placed in after treatment does not appear to impact upon how effective the block treatment is. No significant differences were found between patients sitting up or lying down after their treatment.

We did learn that patients did not find the GON block procedure itself particularly painful, with the average pain score being 2 on a 0-10 cm scale; this may be useful information for those who are about to undergo treatment.

The study did highlight some difficulties when using electronic methods to capture patient information. As some patients did not use the App to record their headaches, the App could not be recommended as an alternative to paper forms for collecting study data.

Once again, thank you for taking part in research. If you have any questions regarding this summary and the results, please contact the research team on research.edc@ncic.nhs.uk