

BASH Position Statement



Recommending Gepants to Be Available in Primary Care for Migraine Abortive and Preventive Treatment.

The British Association for the Study of Headache (BASH) recommends the use of oral Gepants, targeted treatments that block calcitonin gene-related peptide (CGRP), as both migraine abortive and preventive treatments and that they are available for initiation within Primary Care for all eligible patients.

Rationale

The National Institute for Health and Care Excellence (NICE) guidance does not restrict the prescribing of Gepants to secondary care, supporting their wider accessibility across the healthcare system.

In accordance with NICE guidance, Gepant acute therapies should be considered only after the failure of at least two triptans, or when triptans are contraindicated or not tolerated, and when first-line analgesics, including NSAIDs and Paracetamol, have provided insufficient efficacy.

Gepants represent an important advance in migraine prevention. Evidence demonstrates that these treatments are effective, well tolerated, associated with low rates of adverse effects and low rates of discontinuation. They do not require dose titration and do not necessitate routine monitoring, making them particularly suitable as preventive treatments and for use in Primary Care.

NICE recommends Gepants for patients who have tried at least three preventive treatments that have been ineffective, not tolerated, or deemed unsuitable due to safety concerns. This means that 3 preventive treatments must be considered but not necessarily tried.

Considerations for not prescribing standard preventive therapy

Topiramate: women of childbearing age, significant depression, renal calculi, angle closure glaucoma

Propranolol: asthma, symptomatic hypotension, obesity, Raynaud's

Amitriptyline: epilepsy, obesity, shift work, significant depression, risk of interactions with concomitant anti-depressants, restless legs syndrome

Candesartan: symptomatic hypotension, renal impairment

References : British National Formulary, NICE Technology Appraisal 906, 919, 973