LUMINA

Primary Headaches

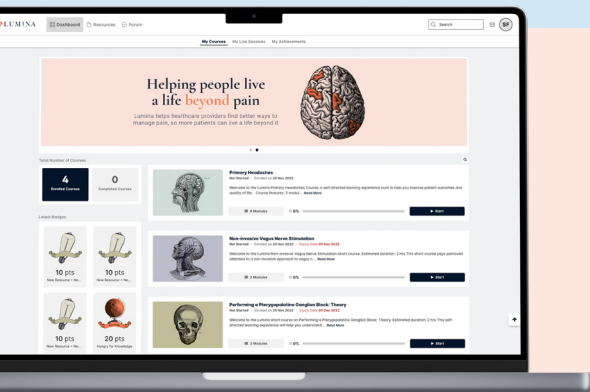**Developed by**: **Executive Editor:**
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Program Overview

Our treatment approach for primary headaches pairs the latest understanding in the pathophysiology of primary headache disorder pain with peer-reviewed scientific evidence and years of clinical experience to guide healthcare providers in their efforts to help patients living with these disorders.

Based on the latest understanding of what causes the pain and other symptoms associated with primary headaches, our approach includes condition specific care plans for each type of primary headache, with a key focus on patient-centric, accessible treatment options including:

· **Nerve or ganglion block:** Percutaneous suprazygomatic pterygopalatine ganglion block
· **Neuromodulation:** Transcutaneous vagus nerve stimulation

Target audience:
· Primary healthcare providers
· Pain specialists
· Neurologists
· Nurses

Total duration: 20 hours

Objectives:
Achieve diagnostic accuracy | Apply patient-centric treatment | Provide continuous care for patient empowerment

Assessments:
· Knowledge checks
· Three module exams for certification

Resources:
· Lumina-curated content relevant to primary headaches

Products included

1. Diagnostic Aid

The multiplicity of primary headache types and subtypes makes achieving an accurate diagnosis in a first consultation challenging. The Lumina Diagnostic Aid is a proprietary, online tool designed to assess the symptoms and characteristics of a patient's current headache, pre-consultation. Equipping healthcare providers with an accurate suggested diagnosis allows them to confirm the diagnosis and present a treatment plan for the patient at the end of their first consultation.

2. Patient Companion

The Lumina Patient Companion is an aftercare solution that has been designed to empower patients in their pain management journey.

Track symptoms

· Tracks symptoms, treatments, emotions, mood, and activity
· Helps doctors keep track of patient adherence and progress
· Alerts them to any further actions needed
· Generates detailed reports for doctors

Educate patients

· Delivers condition-specific educational content about the patient's diagnosis and treatment
· Provides content to patients based on their stage of treatment and responses to daily check-ins
· Shares engaging, easy-to-understand, warm, and supportive content

3. Lumina Collaborative

A dedicated online forum users can join to discuss primary headaches with peers and get advice from Lumina Sages.

4. Procedural Training	In-person specialized procedural training for a practical qualification for performing the following procedures as part of primary headache treatment: • Ultrasound-led percutaneous suprazygomatic pterygopalatine ganglion block • Ultrasound-led occipital nerve block
5. Lumina Medical Academy	World-class medical learning presented on a user-friendly platform. When it comes to the topic of pain, the lack of access to verified, evidence-based educational materials is a challenge for healthcare providers. The academy acts as an up-to-date reference tool for those wanting to specialize in pain and who want to be kept abreast of the latest verified information and innovation. The goal of the academy is to enhance diagnostics, clinical steps, and treatment modalities to improve patient outcomes.

Lumina Primary Headaches Course:

Understanding Primary Headaches

- Master your understanding of the pathophysiology of primary headache disorder pain
- Explore a complete reference of all primary headache conditions according to the ICHD-3
- Understand the classification of headaches
- Learn how to rule out secondary headaches
- Get to know the Lumina Diagnostic Aid and how to use it

Treating Primary Headaches

- Unpack the condition-specific Lumina Care Plans for all of the primary headache conditions
- Understand why these treatment modalities are so effective
- Explore treatments like nerve and ganglia blocks, neurostimulation, and pharmacotherapy for primary headaches in detail
- Learn how to perform these therapies
- See detailed first-, second-, and third-line treatment strategies for each type of primary headache disorder
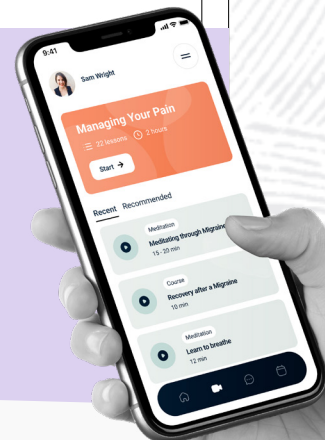
Continuous Care for Primary Headaches

- Understand the importance and fundamental role of patient continuous care
- Learn how to refine diagnosis based on patient information gathered during continuous care
- Explore the challenges involved
- Learn how to implement continuous patient care
- Get to know the Lumina Patient Companion and how to use it
- Know what to do when treatment isn't working

What Makes Lumina Different?

The community of pain management experts and their drive to positively affect patient outcomes is the real differentiator. This community's commitment to adding its expertise to a vast body of mainstream, peer-reviewed, evidence-based knowledge will change pain management.

Lumina healthcare providers get access to the wisdom of the community, accurate diagnostic tools, and clinically-proven care plans. Improved patient outcomes is the 'why' and technology is the way.

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