

GLOBAL VIRTUAL SUMMIT ON **WORLD NURSING**

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Botulinum toxins in the treatment of Migraine disorder**Tariq Sumrein***Medical and Cosmetic aesthetic practitioner, Skin clinic, Lead aesthetic trainer at youthdrs academy, Consultant Emergency Medicine, NHS UK*

According to the WHO, approximately 3000 migraine attacks per million persons worldwide occur every day. It is rated as the 7th cause of disability worldwide (Lancet, 2016) and 3rd most common disease worldwide (Natoli,2015). In the UK, it is estimated 6 million people suffer from migraine in the UK, with 190,000 migraine attacks experienced every day in England (NICE).

Migraine has devastating effects on patients causing depression, low mood, missing family and leisure activities. The UK alone it generates 25 million days per year absence from work and school and is the 2nd most common cause of short-term absence from work.

The use of Botulinum toxins (BoTN) for the treatment of migraine is evidence-based medicine. Many medical studies and researches proved it to effectively prevent chronic migraine attacks and improve patients' life quality. Its usage was approved by the FDA (USA) in 2010 and NICE (UK) in 2011.

By injected at specific landmarks in the face, scalp and sometimes shoulders (BoTN) block particular neurotransmitters in the nerves, preventing the pain impulses from reaching the brain's pain centre. By this mechanism a migraine attack is prevented, significantly improving life quality for patients.

These injection are painless as a 32G needles is used.

In UK, most injections are carried out by migraine nurses and the waiting time can be several months due to the limited number of clinic and nurses available to provide the injection but it is still one of the best treatments for migraine.

Biography

Tariq is an Emergency Medicine Consultant who finished his specialist training and fellowship in the UK. He is also a medical and cosmetic aesthetic practitioner and lead trainer. Tariq works at Skin, the biggest aesthetic clinic in Europe, and has his training academy to train medically qualified professionals to use botulinum toxins for various treatments. He has developed the first course in Europe to treat migraine with botulinum toxins based on the newest clinical evidence and publishes on medical uses of Botulinum toxins.

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