

CALGARY HEADACHE ASSESSMENT AND MANAGEMENT PROGRAM (CHAMP)



South Health Campus
4448 Front Street SE
Calgary, Alberta T3M 1M4
Phone: 403-956-3543
Fax: 403-956-3497

Your physician will need to send in a referral prior to being able to book. Please give our office 1-2 weeks to process your referral before calling to book. Call 403-956-3543 ext. 3 to book.

Date Referred: _____

Brief Descriptions of CHAMP Zoom Groups

Purpose: The purpose of the CHAMP Education Groups are to help patients with non-medication strategies to improve headache management, pain coping, and quality of life. The groups are meant to be complementary to medical treatments. Patients will learn strategies to improve lifestyle choices, decrease stress, pacing, relaxation, explore self-talk and communication strategies to support changes that are self-directed and empowering.

Format: CHAMP Education Groups are presented on Zoom. Group Guidelines and Consent will be emailed along with the link. You are required to sign in 30 minutes before the group starts to privately verify your identity. You must remain in camera and have a microphone while in the group. Please set time aside for this group *as if you were physically present*. You must be in a private location in Alberta to attend. Minimize distractions – You may not attend from work, a public place, or while out in for a walk. You will be required to keep your camera still to avoid distractions to other participants. Please dress and behave as if you were attending an appointment at CHAMP – no smoking, or doing other tasks while attending a Zoom group. The group is only for headache patients. You may not have a support person attend with you. Please set this time aside in your schedule so that you can fully participate and benefit from the group.

Lifestyle Assessment – One 2 ½-3½ hour group. Learn about the theories of migraine thresholds, triggers, and protective factors. Find out what the “gold standards” are for lifestyle recommendations for people with headaches. Explore how to make effective goals for yourself and start to improve your lifestyle and headache management. You will be emailed a self-assessment form to complete prior to attending this group. If you would like, you may book an individual follow up with the nurse practitioner to review and have support with your goals after the group.

NEUROLOGISTS

F. Amoozegar
L. J. Cooke
W.J. Davenport
P. Chitsantikul

FELLOWS

NURSE PRACTITIONER
J. Kirker

NURSES

C. Diaper
K. Hayes

RESEARCH COORDINATOR

D. Biggs

ADMINISTRATIVE COORDINATOR

L. LeBlanc



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Active Coping Strategies is a four-part group that is presented in two independent blocks (A&B) and (C&D). Each session is 2 ½-3 ½ hours long. You may start with either session **A** or session **C**.

Active Coping Strategies: Part A: Reflect on the multidimensional experience of pain and how to take control and feel empowered. Learn about the stress/relaxation responses and how stress impacts headaches and coping. Practice diaphragmatic breathing.

Active Coping Strategies: Part B: Examine pacing and activity balance between productive, self-care and leisure pursuits. Reflect on values and choices in developing a lifestyle that helps to keep headaches well managed. Practice mindfulness.

Active Coping Strategies: Part C: Explore the interrelationships between thoughts, words, and actions in daily life and headache management. Examine supportive and unsupportive thought patterns as you move toward having a kind and supportive inner voice that is an ally in your headache management. Practice progressive muscle relaxation.

Active Coping Strategies: Part D: Gain awareness about the differences between assertive, passive, aggressive, and passive-aggressive communication styles and how stress and pain may have influenced your communication styles in the past. Learn how to use assertive communication styles to communicate your needs and wishes to others so that you are empowered to make positive changes to improve your headache management and coping. Practice imagery/visualization techniques for relaxation

Medication: One 1 ½ hour group. Taught by a pharmacist. Explore different types of medications for migraine treatment and prophylaxis, supplements used in migraine/headache management. Patients can ask their headache medication questions and share their experiences during discussion.

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