

AT LESSONS FROM THE EXPERT PATIENTS

*Advices for the physicians to improve their
care of Cluster Headache patients*

The 7th commandments



Paolo Rossi

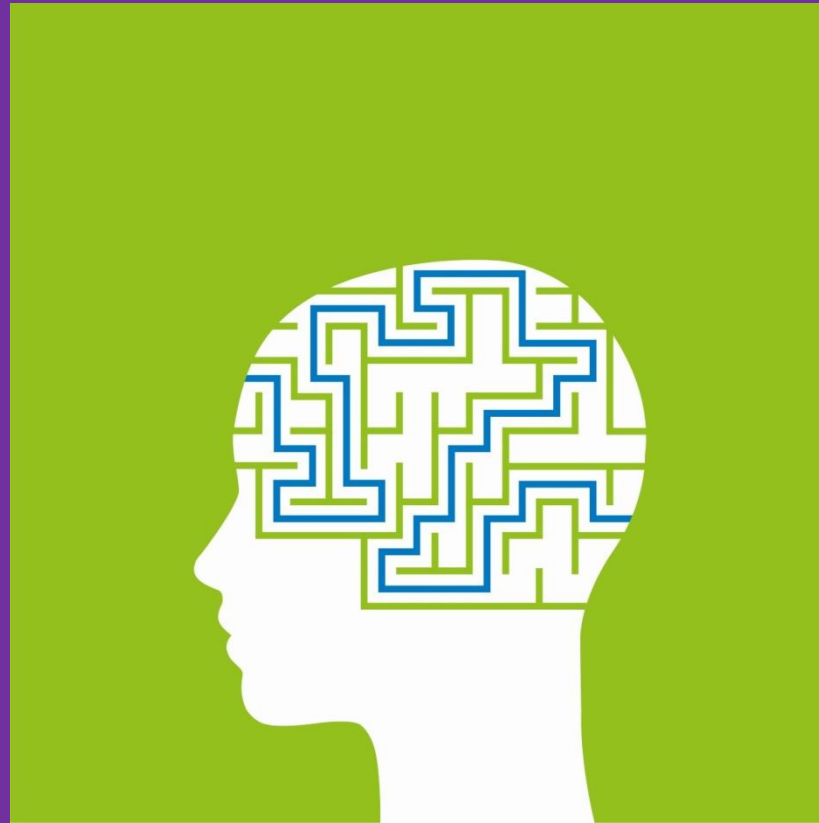
(graphic illustrations from)

Carmen Monteil Cervantes

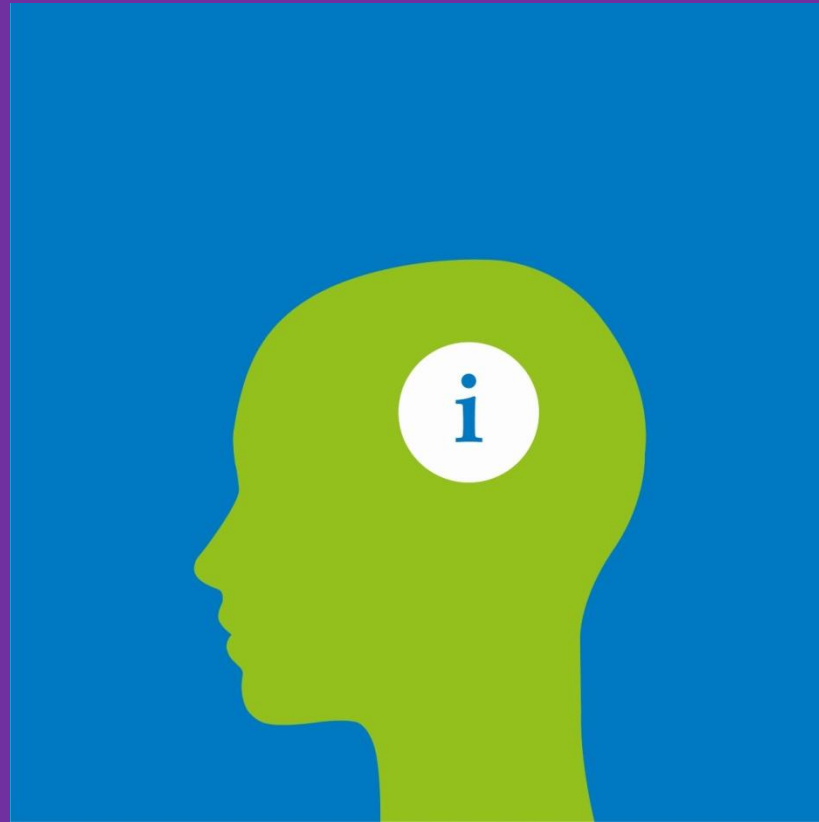
1st Prescribe the correct medication (sumatriptan s.c. and oxygen) at the right dose and in the right quantities



2nd Consider few clinical clues to make the
diagnosis: it is very simple!
(and educate other doctors.....)



3rd Provide good information and be able to correct the misleading ones



4th Take patient seriously and listen to him to recognize his sufferings and that CH is a valid medical disorder that can have a significant impact on the person and support him



5th Be sensitive to the CH consequences on the patient's significant one and provide if necessary family and carer consultation



6th Suggest patient to not conceal and to be active
in a patients' support group



7th Allow quick access for CH patients to headache specialists and be available if necessary



Note from the authors



- *The 7th Commandments include the relationship between patient and physician, caregivers, family, society, treatments...*
- *Every illustration represent those interactions.*
- *The bright colours have been chosen to describe clear and positive ideas and each colour means one of the main players into the clusterheadache patient journey. Green colour is related with the patient, blue colour with physicians and health services. Other colours in the illustrations are related with family, caregivers and general population.*
- *The center of our attention is always the patient, that´s why the human shape is the main image in every illustration.*
- *The interaction between patient and the other elements are basic shapes to facilitate an easy understanding*