

Determine the effectiveness of your patients' current migraine treatment plan

# The Migraine Treatment Optimization Questionnaire-4 (mTOQ-4)<sup>1</sup>

The American Headache Society includes the mTOQ-4 as a validated tool to assess acute response.<sup>2</sup>

**Optimal acute treatment can reduce the pain, symptoms, and disability associated with migraine.<sup>2</sup> Ask your patients these four questions to help in your assessment of treatment outcomes.<sup>1</sup>**

- 1** After taking your migraine medication, are you pain-free within 2 hours for most attacks?

Never (0)      Rarely (0)      Less than half the time (1)      Half the time or greater (2)
- 2** Does 1 dose of your migraine medication usually relieve your headache and keep it away for at least 24 hours?

Never (0)      Rarely (0)      Less than half the time (1)      Half the time or greater (2)
- 3** Are you comfortable enough with your migraine medication to be able to plan your daily activities?

Never (0)      Rarely (0)      Less than half the time (1)      Half the time or greater (2)
- 4** After taking your migraine medication, do you feel in control of your migraines enough so that you feel you can return to normal function?

Never (0)      Rarely (0)      Less than half the time (1)      Half the time or greater (2)

**ADD UP THE ABOVE SCORES SO YOU CAN BETTER UNDERSTAND HOW TO HELP YOUR PATIENTS WITH MIGRAINE OPTIMIZE THEIR ACUTE TREATMENT**

(0) very poor treatment efficacy, (1-5) poor treatment efficacy, (6-7) moderate treatment efficacy, (8) maximum treatment efficacy<sup>1</sup>

**REFERENCES:** 1. Lipton RB, Fanning KM, Serrano D, Reed ML, Cady R, Buse DC. Ineffective acute treatment of episodic migraine is associated with new-onset chronic migraine. *Neurology*. 2015;84(7):688-695. doi:10.1212/WNL.0000000000001256 2. Ailani J, Burch R, Robbins MS. The American Headache Society Consensus Statement: Update on integrating new migraine treatments into clinical practice. *Headache*. 2021;61(7):1021-1039. doi:10.1111/head.14153

Intended for use by U.S. healthcare professionals.

