

MEETING ABSTRACT

Open Access

EHMTI-0277. Monitoring the use of symptomatic drugs in headache patients: a 6 month follow-up

C Voiticovschi-Iosob^{1*}, F Antonaci², L Gervasio³, C Fattore⁴, M Bianchi⁵, I De Cillis⁶, G Nappi⁷, N Vanacore⁸

From 4th European Headache and Migraine Trust International Congress: EHMTIC 2014 Copenhagen, Denmark. 18-21 September 2014

Background

Headache is an extremely common neurological problem. Italy is the first European country for OTC consumption with related problems of self-medication and risk of medication overuse headache (MOH).

Aim

to monitor the consumption of symptomatic drugs for headache and to prevent drugs abuse/dependence.

Materials and methods

274 patients using symptomatic drug for headache were recruited in 32 pharmacies in the Pavia Health District. A telephonic interview was carried out in 199 patients; 179 entered the study at baseline (T0) and 112 (22 M and 90 F, mean age 45.0 ± 11.5 yrs.) were followed-up at 6 months (T6).

Results

patients with chronic migraine or MOH at T0 were 39 and 7 at T6. Days/month with headache at T6 vs T0 were 4.3 ± 0.6 vs 9.7 ± 0.8 ($p < 0.0001$). Attacks/month at T6 vs T0 were slightly reduced (1.9 ± 0.2 vs 7.6 ± 0.8 $p = 0.09$). A significant decrease of the doses of analgesics consumption/month was noted (T6 = 13.2 ± 1.2 vs T0 = 17.0 ± 2.2 , $p = 0.013$). An increase in quality of life was found on MIDAS scores at T6 vs T0 (13.4 ± 1.8 vs 23.7 ± 2.5 ; $p = 0.00$) and in the quality of treatment received (HURT)(5.6 ± 0.4 vs 9.9 ± 0.5 ; $p = 0.00$).

Conclusions

Our results highlight that the change from self medication to medical care may reduce the numbers of

symptomatic treatment, the headache days/ month and ameliorate the quality of life in patients with headache. A longer follow-up (i.e. 12 month) may provide further evidence on improvement of the clinical picture of headache patients and prevention of MOH.

No conflict of interest.

Acknowledgments

Research grant from the Italian Ministry of Health (2013) to IRCCS C. Mondino.

Authors' details

¹Headache Center, C. Mondino National Institute of Neurology Foundation IRCCS Pavia Italy and State Medical and Pharmaceutical University "Nicolae Testemitanu", Chisinau, Moldova. ²Headache Center, C. Mondino National Institute of Neurology Foundation IRCCS and Dept. of Brain and Behavioral Sciences University of Pavia, Pavia, Italy. ³Pharmaceutic Service, C. Mondino National Institute of Neurology Foundation IRCCS, Pavia, Italy. ⁴Clinical Trial Center and Antiepileptic Drugs, C. Mondino National Institute of Neurology Foundation IRCCS, Pavia, Italy. ⁵Headache Center, C. Mondino National Institute of Neurology Foundation, Pavia, Italy. ⁶Headache Center, C. Mondino National Institute of Neurology Foundation IRCCS, Pavia, Italy. ⁷Headache Center, C. Mondino National Institute of Neurology Foundation IRCCS and Dept. of Brain and Behavioral Sciences, Pavia, Italy. ⁸Statistics, Istituto Superiore di Sanità, Roma, Italy.

Published: 18 September 2014

doi:10.1186/1129-2377-15-S1-D74

Cite this article as: Voiticovschi-Iosob et al.: EHMTI-0277. Monitoring the use of symptomatic drugs in headache patients: a 6 month follow-up. *The Journal of Headache and Pain* 2014 **15**(Suppl 1):D74.

¹Headache Center, C. Mondino National Institute of Neurology Foundation IRCCS Pavia Italy and State Medical and Pharmaceutical University "Nicolae Testemitanu", Chisinau, Moldova
Full list of author information is available at the end of the article