



## RISADA PEGA: A Mnemonic Method in Portuguese for Alarm Criteria in Emergency Headaches

Hilton Mariano da Silva Júnior , Larissa Volpini Cardoso 

Pontifícia Universidade Católica de Campinas, Campinas, São Paulo, Brasil.

### Introduction

We present the first mnemonic method in Portuguese, “RISADA PEGA”, for alarm criteria in emergency headaches in order to facilitate their identification and diagnosis. A search was made through different databases for a mnemonic method regarding alarm criteria in emergency headaches, and methods in English and Spanish were found, but there was no mention of one written in Portuguese.

### Result

With that in mind, the method “RISADA PEGA” (“laughter spreads”, in English) was created:

R - Repentina / (Sudden)

I - Início depois dos 50 anos / (onset in a patient older than 50)

S - Sinais e/ou sintomas de doenças sistêmicas ou neurológicas / (Signs and/or symptoms of systemic or neurologic diseases)

A - Anormalidades no exame neurológico/(abnormalities upon neurologic examination)

D - Depressão da imunidade (AIDS, Câncer)/Depressed immunity (HIV or cancer) A - Antecedentes: doenças que podem acometer o SNC; número de vindas ao PS, história familiar de cefaleia)/(Prior conditions: diseases affecting the central nervous system; number of visits to the health center, history of headache in the family)

P - Padrão alterado (mudança no padrão anterior da cefaleia) / (change in headache pattern)

E - Esforço / (exertion)

G - Gravidez / (pregnancy)

A - Autonomia (sinais autonômicos) / (autonomic signs)

### Conclusion

In the emergency department, an acute headache is a symptom presented by 2%-4% of admitted patients. Secondary headaches are associated with high morbidity and mortality. A need exists for the quick identification of the alarm criteria and a correct stratification of the patient's risk, proper diagnosis and treatment. There are also time constraints in the emergency department. This shows the usefulness of a method for quick identification of the alarm criteria. We believe this is a useful tool for medical education and a clinical aid for clinical practitioners, it may also be a way to educate patients regarding the alarm criteria for emergency headaches.

**Keywords:** Mnemonic method, Portuguese, Emergency headaches