



Prevalence of headache in children and adolescents: a literature review

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Introduction

headaches represent a group of pathologies that are quite common in children and adolescents and which have a high chance of damaging the individual's well-being if not treated correctly. This condition can be classified as primary headache or secondary headache depending on its etiology. The causes of the disease in children and adolescents differ between etiologies, for example, secondary headache is usually caused by an underlying systemic condition and is a consequence of a disease, such as meningitis. The symptoms caused by headaches can be the result of a stressful routine of children and adolescents. They are very diverse and range from hypersensitivity to stimuli, such as light and sound, to eyelid drooping, so they can negatively affect the daily activities of people in this age group, such as studying and, in some cases, their work productivity.

Objective

to understand the general aspects of the prevalence of headaches in children and adolescents.

Methods

this is a bibliographic review using articles published in the PubMed (National Library of Medicine) and Scielo (Scientific Electronic Library Online) databases, using the science and health descriptors: headache, routine, children and adolescents. The inclusion criteria for this review were articles and texts published between 2008 and 2022, available free of charge in Portuguese in the databases related to the subject of the abstract. Articles published before 2008 that did not satisfactorily address the subject of the study and the study inclusion criteria were removed from the sample.

Results

migraines are very common in children and adolescents, with around 1 in 10 people in this age group having experienced an episode of this headache. Its etiology has various causes, from emotional fatigue to genetic factors. This condition is the most common reason for consultations in child neurology clinics. In this sense, chronic and intense headaches can be substantially prejudicial to children, negatively influencing their well-being and having various consequences, such as significant damage to the child's or adolescent's cognitive and social development. Therapeutic approaches for primary headache, especially in children, are complicated by difficulties in communication and a lack of robust evidence. Therefore, the most commonly used treatment for this condition in this age group is to change the child's or adolescent's daily habits.

Conclusion

headache is a heterogeneous pathology, from the initial clinical symptoms to the choice of therapy. Therefore, at the same time, the disease is related to a tiring routine, causing adverse effects in the social sphere, at school and in the development of children and adolescents. In addition, diagnosis in children can be hampered by a lack of communication and evidence, demonstrating the need to use skills aimed at these individuals.

Palavras-chave: Headache; Children; Adolescents; Routine.