



Headache in Primary Care: Prognosis and Treatment - A Literature Review

Rayndrick Kelryn Assis Lima; Raynrich Kevin Assis Lima; Isabela Cacau Sousa Santos

Universidade de Fortaleza, Fortaleza – CE - Brazil.

Categoria: Epidemiologia, Desfechos E Impacto Das Cefaleias

Introduction

Headache is an extremely common symptom in the general population. This symptom, in turn, has distinct categories, classified as primary and secondary, based on their causes. Primary headaches are those without an identifiable specific cause, while secondary headaches result from specific organic conditions, originating within the skull or associated with systemic problems, such as cardiovascular or psychiatric conditions. Moreover, headache is one of the main reasons people seek medical attention and is part of the daily activities of healthcare teams, whether patients come in spontaneously or during previously scheduled appointments, representing a frequent reality in Primary Health Care (PHC) in Brazil.

Objective

This work aims to analyze the role of the Brazilian Unified Health System (SUS) in the prognosis and treatment of headaches in primary care in Brazil.

Methods

This study uses the systematic literature review method, addressing the topic of headaches in PHC, using the PubMed and Scielo databases. The evaluation parameters include English and Portuguese languages, with publication dates from 1994 to 2023.

Results

In Brazil, the annual prevalence of migraine is 15.8%, affecting approximately 22% of women and 9% of men, with the highest prevalence among individuals aged 30 to 50. Furthermore, among the various categories of headaches, migraine and tension-type headache are conditions influenced by gender and age, being more common in women and less prevalent in older age groups. The predominance in women can be attributed to clinical factors associated with female hormones. There is no clear evidence of any connection between sociodemographic factors and the occurrence of migraine or tension-type headache. Tension-type headache is correlated with various psychosocial variables, while migraine does not show this evident relationship. Thus, it is essential to highlight that primary care plays a crucial role in addressing these situations because it is at this level of care that prevention, early diagnosis, and proper management of these conditions can be effectively carried out. The prognosis of headaches can vary significantly depending on the specific type of headache, its underlying cause, and how it is treated, which, if effectively managed, contributes to improving the quality of life for patients.

Conclusion

In the Brazilian territory, the annual incidence rate of a specific type of headache called migraine affects approximately 15.8% of the population, impacting around 22% of females and 9% of males. It is important to emphasize that primary health care plays a fundamental role in addressing and treating conditions associated with various etiologies of headaches. Regular monitoring, prognosis, and proper guidance of patients by healthcare professionals in primary care can significantly contribute to symptom relief and improved quality of life for individuals affected by these types of headaches.

Keywords: Headache; Primary Care; Primary Headaches; Secondary Headaches.