



Profile of Hospitalizations for Migraines in Brazilian Territory: a Cross-Sectional Study of the Last 5 Years

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Introduction

Migraine is one of the main causes of primary headache, and is frequently reported by patients in medical consultations, whether on an outpatient care or in emergency service. Epidemiologically, it has a higher prevalence in females, being one of the major causes of disability in the world. The most common types are migraine with aura, and migraine without aura, which represents around 80% of cases. The migraine with aura is seen when there are reversible symptoms in vision, sensitivity, speech, language and motricity, and can have positive and negative characteristics, such as the visualization of flickering lights, tingling, visual loss and falling asleep. Regarding the clinical condition, it has a pulsatile, unilateral alternating, moderate or severe intensity and exacerbation due to routine physical activity, being associated with nausea and/or photophobia and phonophobia and possible aura, with duration from 4 to 72 hours.

Objective

This study analyzes hospitalizations resulting from migraines and other headache syndromes in the last 5 years of the Brazilian Unified Health System (SUS).

Method

A cross-sectional study was carried out using data available in the Hospital Information System from SUS (SIH/SUS) inserted in DATASUS. All hospital admissions resulting from migraines and other headache syndromes between the period from June 2018 to June 2023 were included in the study.

Results

In the time interval studied, there were 51,428 hospitalizations all over Brazil, with prevalence in the northeast, southeast and south regions, representing, respectively, 31%, 29% and 27% of hospitalizations. The involved population were around 40% in the brown people and 38% in the white people, and 14% of the total having no information regarding color/race. It was identified that 66% of those affected were in the age group between 20 and 59 years old, with 18% being between 30 and 39 years old and there was a negligible amount in the first 5 years of life. There was a prevalence of around 65% in females, in agreement with data described in the literature, which may be correlated with women's hormonal factors. Approximately 95% of the hospitalizations were urgent cares, which could be due to functional incapacity caused by this headache, with a total expense of around 28 million reais in this period.

Conclusion

Migraine is a disorder that reduces health-related quality of life, reducing the general well-being of individuals, being females in young adulthood the population more acomitted in the national territory. Furthermore, due to treatment, this condition generates high medical costs which overloads the public health system, highlighting the need for the adoption of pharmacological and non-pharmacological measures, including the prevention and abortion of crises and the identification of possible triggers of crises. The choice of medicine must take into account an individualized treatment plan, identifying comorbidities and other coexisting conditions, in addition to the frequency, intensity and degree of disability reported by the patient, avoiding its recurrence.

Keywords: Migraine; Hospitalizations; Brazil.