



What Would Make it Easier for Patients to Complete a Headache Diary

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Introduction

Headache is one of the most common symptoms found in medical practice and the most frequent diagnosis in general neurology outpatient clinics. although, for most people, the pain is sporadic and not disabling, for a considerable proportion of the population, headaches are frequent and disabling, generating suffering and negative repercussions for their family, social, school and professional lives. recording pain complaints in a diary is one of the pillars of migraine treatment, it helps patients and professionals to better understand pain, sensitizing patients to improve adherence to treatment, and professionals to analyze the good response to medication or not, depending on the reduction in frequency, intensity and functional impairment of patients, thus facilitating dialogue between doctor and patient and contributing to more effective conduct. at the general hospital of fortaleza (hgf), a headache diary is used. it is a manual instrument to be completed daily by patients in which it records the frequency, intensity of the pain, as well as changes in its functionality. it is concise and easy to complete. this simplified form arose from the idea of facilitating and increasing the filling out of information by patients who, for the most part, have low education and have difficulties in managing something more complex.

Objective

obtain suggestions from patients to facilitate filling out the headache diary in the neurology outpatient clinic – headache subspecialty.

Method

this is a qualitative work carried out using a semi-structured questionnaire, data collection was carried out once a week for a period of two months, in the headache clinic before care. before data collection, the reasons and importance of the research were explained to the patients, everyone accepted and signed the informed consent form.

Results

51 patients were interviewed, of which only 35 patients gave suggestions to facilitate filling out the headache diary, which were as follows: no suggestions/satisfied: 16 people (45.7%); creating an online application: 7 people (20%); create forms for illiterates: 4 people (11.4%); pay more attention and leave it in a more accessible place so as not to forget: 3 people (8.5%); add figures/colors: 2 people (5.7%); some instrument to record the voice: 1 person (2.8%); have more space for registration: 1 person (2.8%) and understand how to fill it out: 1 person (2.8%).

Conclusion

Based on data collection, we concluded that the majority of patients were satisfied with the current model of the headache diary proposed in the outpatient clinic, followed by some suggestions such as the creation of online applications, creating new strategies for people with no education, in addition to adding drawings or figures and obtain mechanisms for recording the voice. completing the headache diary is extremely important in pain management and you should be instructed to complete it at every appointment.

Keywords: Headache; Headache Diary; Patient.