



The approach to headache in Primary Health Care by medical professionals

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Introduction

Primary health care (PHC) is the gateway to the Unified Health System (SUS), offering comprehensive and accessible care that can meet 80% to 90% of a person's health needs throughout their life. This is the initial step, which seeks to understand the complexity of each case in order to direct you to the most appropriate care.

Headache represents a public health problem and can be primary, when it is the pathology in itself, or secondary, when it is a symptom of another underlying pathology. It is the 2nd health problem for humanity, the 9th cause of medical care and the 4th cause of emergency room visits. It is associated with a high socioeconomic impact, decreased quality of life and reduced work productivity in relation to absenteeism. In most cases, it is not related to other clinical conditions and, when present, they are usually simple conditions, such as airway infections and temporomandibular joint disorders. However, it is necessary to pay attention to warning signs that indicate headache secondary to more serious events.

Objectives

Raise awareness among the academic and medical communities and public health managers about the inability of PHC medical professionals to care for headaches and, thus, increase the resoluteness of their approach.

Methods

This is a narrative review carried out in digital databases, books and information from world-renowned organizations.

Results

Primary Health Care is the recommended assistance for this care, as the identification of the different types of headache begins by taking the patient's history and performing a basic general clinical and neurological examination.

During the assessment, it is essential that the healthcare professional has the ability to evaluate all relevant signs and symptoms to determine the best course of action in the event of a headache. The identification of the causes of origin, the recognition of their characteristics, the identification of the types of pain and appropriate treatment for each one are necessary knowledge to determine the flow of care in Primary Health Care.

It is observed that there is a lack of preparation among health professionals, which creates difficulties in approaching primary headaches in Primary Care, often leading patients to live with a chronic disease, compromising their daily activities, and even without adequate treatment, resulting in referrals. unnecessary to the specialized (secondary) service.

It is necessary to have an intervention method that is easy for the team to learn, with few hours of training, quick application and low cost. With this, it is expected to identify and diagnose a greater number of cases of primary headache in primary care, carry out their correct treatment, as well as point out signs of secondary headache and indications for referral to specialized care.

Conclusion

Primary Care is capable of addressing most of an individual's health problems throughout their life. It is possible to better manage how to act to prevent, carry out a more assertive diagnosis, provide more effective treatments and promote the rehabilitation of headache patients. Improving access to information and health education for patients and health professionals is essential to improve headache management in primary care, which should lead to rapid diagnosis and more effective treatment, without overloading the public service. healthcare system with unnecessary referrals at more complex levels of healthcare

Keywords: Headache; Primary Health Care; Doctor.