



Headaches as Disabling Factors that cause Hospitalization of Patients in Northeastern Brazil: Analysis of a 10-Year Epidemiological Overview

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Introduction

Headaches are any painful process of the nervous system that reaches a certain cephalic segment. Under an epidemiological and clinical analysis, these pain conditions affect more than 140 million Brazilians and are considered one of the main causes of disability worldwide. In fact, migraine, one of the main types of headaches, is considered the third leading cause of disability in the world. Given this, it is expected that, even though they are common in daily life, headaches represent a significant cause of hospitalizations of patients, namely, in the Northeast of Brazil. Therefore, since this study is relevant due to the impact of this theme on society and the lack of studies that seek to deepen this subject even further, its justification is given by the intention of better understanding how headaches behave as elements that lead to the hospitalization of patients in the Northeast of Brazil.

Objective

To analyze headaches as disabling factors that cause hospitalization of patients in the Northeast of Brazil, through a 10-year epidemiological overview.

Methods

In the case of an epidemiological study of the analytical type, the "TabNet" platform, made available by DATASUS, was accessed, where the axis "epidemiological and morbidities" was accessed, selecting the topic "Hospital Morbidity of the SUS (SIH/SUS)". Next, the subtopic "General, by place of hospitalization - from 2008" was selected, choosing "Brazil by Region and Federation Unit" as the geographical coverage area. Finally, the "Northeast Region" was selected; the content "Internment"; the period "2013-2022"; the morbidity "Migraine and other cephalic pain syndromes"; age group "All categories"; and gender "Male" and "Female", obtaining the data of this work.

Results

In the Northeast of Brazil, from 2013 to 2022, 25,964 cases of hospitalization were recorded, so that in annual data, ranging from the oldest to the most recent date, 1,244, 1,912, 1,955, 2,248, 2,793, 3,405, 3,544, 2,449, 3,034 and 3,380 occurrences were dated, respectively. Under a statistical bias, dividing this period into two 5-year intervals, it is noticed that, comparing the first time frame (10,152 cases) to the second (15,812 cases), there was an increase of more than 50% of hospitalizations caused by headaches. Analyzing the prevalence among men and women, the occurrence of hospitalizations for headaches in females (16,549 cases) is, in relation to males (9,415 cases), more than 75% higher. Finally, analyzing the prevalence by age group, in the subgroups "Younger 1 year", "1 to 4 years", "5 to 9 years", "10 to 14 years", "15 to 19 years", "20 to 29 years", "30 to 39 years", "40 to 49 years", "50 to 59 years", "60 to 69 years", "70 to 79 years" and "80 years and over", the cases of hospitalization by age, respectively, were: 46, 254, 782, 1,369, 2,143, 4,631, 4,824, 4,168, 3,261, 2,286, 1,502 and 698 occurrences. Thus, it is also observed that hospitalizations for headaches of individuals aged 20 to 59 years (13,623 cases) represent more than 50% of the total incidence.

Conclusion

It can be concluded that, since headaches are quite disabling, they are significant causes of hospitalizations of patients in the Northeast of Brazil. It is also worth stating that, by analyzing this epidemiological panorama of 10 years, such occurrences, characterized by being more prevalent in women, especially those aged between 20 and 59 years, are becoming increasingly frequent. Therefore, it is perceived the importance of more studies that seek to understand what is at the origin of this increase in cases of hospitalization for headaches, in order to better understand this scenario and, consequently, to provide its control.

Keywords: Headache; Disabling factors; Hospitalization; Northeast of Brazil; Epidemiological analysis; Overview.