



## "Beyond Pain": Health Education about Headaches

Davi Lopes Santos; Eduarda Lima Verde Ferreira; Hidel Freire Leite Filho; Miguel Vieira de Almeida; Ingrid Pimentel Guimarães; Késia Sindy Alves Ferreira Pereira; Cristina Albuquerque Douberin

Universidade Estadual do Ceará, Fortaleza - CE - Brazil.

**Categoria:** Educação Sobre Cefaleias para Profissionais de Saúde e Pacientes

### Introduction

Headaches are an important public health problem, but they remain underdiagnosed and undertreated. In addition to being reported as one of the symptoms of SARS-COV-2 infection, the frequency and severity of headaches have increased in uninfected individuals due to psychological stress, social isolation, sleep disturbances and inadequate eating habits. In addition, the project also meets the mission of the UECE Medicine Course, as set out in the Academic Standards for the Medicine Course: "To train general practitioners with a solid scientific and technical foundation, endowed with ethical behavior, a sense of affection for their fellow human beings, analytical capacity and creative power in the application of the knowledge and practices acquired to make decisions in the promotion, maintenance and habilitation of individual and collective health". Therefore, the project aims to inform the population about the main characteristics of primary and secondary headaches, their causes, risk factors and the ways in which they occur, as well as the factors that make them better and worse, so that the public can correctly identify the type of headache and know how to prevent a crisis or manage it.

### Objectives

General: Contribute to health education about headaches.

Specific: Discuss an artistic initiation project on health education in headaches for the general population, developed by medical students from the State University of Ceará.

### Methodology

The project is being developed using a socio-educational methodology, within a process of interaction through Instagram posts, physical banners and other artistic tools between students and the community interested in the topics analyzed. April was dedicated to tension headaches; May was dedicated to the study of migraine; June was dedicated to cluster headaches; July was dedicated to trigeminal-autonomic headaches; August is being dedicated to SUNCT and SUNA. In a second phase, educational activities will be held at the Leonel de Moura Brizola EEEP. During the approach to the participant, educational pamphlets will be handed out with images of headaches, as well as the use of banners to help explain the subject.

### Results

To date, 8 materials have been produced and posted (2 on tension headaches, 2 on migraines, 2 on cluster headaches and 2 on trigeminal-autonomic headaches), as well as 2 banners to be displayed at EEEP Leonel de Moura Brizola. 526 likes, 57 comments, 42 shares and 46 saves were obtained from all the posts. In all, 4237 Instagram accounts were reached. The main cities affected were: Fortaleza (55.2%), São Paulo (3.4%), Caucaia (1.5%), Sobral (1.4%) and Eusébio (1.2%). Ultimately: In the population reached, the project contributed to the spread of knowledge about headaches in various aspects, such as their correct identification and how to deal with a case of this symptom, triggering factors, as well as their prevention, through face-to-face and virtual interventions, so that understanding this information transforms the individual into an active participant in their health-disease process. Finally, for the university, its role as a creator of knowledge is ratified in the educational environment and in the context of social improvement.

### Conclusion

In view of this, the artistic initiation project "Beyond Pain: Health Education about Headaches" consists of an initiative to raise awareness about the main aspects of the multiple etiologies of headaches through the creation of banners and posts of a socio-educational nature. The project recognizes the need to disseminate knowledge about headaches and aims to help the target audience identify the type of headache, as well as causal, risk, improvement and worsening factors, with a view to behaving correctly in the event of a crisis or even preventing it, as well as improving the population's quality of life, since this is one of the most common conditions among the population, with negative individual, social and economic impacts.

**Keywords:** Headaches; Health Education; Prevention.