

MEETING ABSTRACT

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# EHMTI-0277. Monitoring the use of symptomatic drugs in headache patients: a 6 month follow-up

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## Background

Headache is an extremely common neurological problem. Italy is the first European country for OTC consumption with related problems of self-medication and risk of medication overuse headache (MOH).

## Aim

to monitor the consumption of symptomatic drugs for headache and to prevent drugs abuse/dependence.

## Materials and methods

274 patients using symptomatic drug for headache were recruited in 32 pharmacies in the Pavia Health District. A telephonic interview was carried out in 199 patients; 179 entered the study at baseline (T0) and 112 (22 M and 90 F, mean age 45.0 ± 11.5 yrs.) were followed-up at 6 months (T6).

## Results

patients with chronic migraine or MOH at T0 were 39 and 7 at T6. Days/month with headache at T6 vs T0 were 4.3 ± 0.6 vs 9.7 ± 0.8 ( $p < 0.0001$ ). Attacks/month at T6 vs T0 were slightly reduced (1.9 ± 0.2 vs 7.6 ± 0.8  $p = 0.09$ ). A significant decrease of the doses of analgesics consumption/month was noted (T6 = 13.2 ± 1.2 vs T0 = 17.0 ± 2.2,  $p = 0.013$ ). An increase in quality of life was found on MIDAS scores at T6 vs T0 (13.4 ± 1.8 vs 23.7 ± 2.5;  $p = 0.00$ ) and in the quality of treatment received (HURT)(5.6 ± 0.4 vs 9.9 ± 0.5;  $p = 0.00$ ).

## Conclusions

Our results highlight that the change from self medication to medical care may reduce the numbers of

symptomatic treatment, the headache days/ month and ameliorate the quality of life in patients with headache. A longer follow-up (i.e. 12 month) may provide further evidence on improvement of the clinical picture of headache patients and prevention of MOH.

No conflict of interest.

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