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Primary headaches in a group of hospital workers during SARS-COV2 infection: An observational study

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Background and aims

Headaches represent at the same time the symptom and the disease, while the secondary ones are the expression of an ongoing pathology that can be systemic, locoregional or distant. The aim of this study is to determine the prevalence rate in the workplace in a ward (Nucleo Alzheimer) during the period of SARS-COV2 infection. This survey was carried out using 2 questionnaires: 1 (work activity sheet), 2 (headache sheet according to IHS criteria).

Methods

All health personnel belonging to the Alzheimer Nucleus of the IDR S. Margherita di Pavia were subjected to compilation of questionnaires during the SARS-COV2 infection period.

Results

From the analysis of the questionnaires administered, it was found that out of 15 workers, 10 were women and 5 were men. 4 (all women had migraines without aura) and 7 tension-type headaches (5 women and 2 men). Before the SARS-COV2 period, only 2 workers had migraine without aura and 2 tension-type headaches (all women). All 11 workers reported stress, insomnia, and concern for family members and their own health. None of the workers at the time of testing had been vaccinated.

Conclusions

Factors related to the work environment are able to increase the frequency and/or intensity of pre-existing headaches. It is also likely that particular situations can give rise to or cause some forms of headache under certain working conditions. Excessive responsibility or, on the contrary, disaffection and incongruous work rhythms should be considered among the occupational risk factors.

Features of the clinical picture of cervicogenic headache depending on the level of the vertebral damage

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Background and aims

Relevance. About 70% of patients with neck pain simultaneously experience a headache, only in 18% of cases the headache is considered as a consequence of neck pain. Objective: To identify the features of the cervicogenic headache clinic depending on the level of neck damage.

Methods

110 patients with complaints of neck pain radiating to the head (mean age 38.7 ± 2.3 years; 68 (61.8%) women and 42 (38.2%) men; symptoms from 20 days till 11 years), were included in the study. The diagnosis of cervicogenic headache was verified according to diagnostic criteria (ICHD-3, 2018).

Conclusions

The level of neck damage.

Background: Headache is a common symptom during and after acute respiratory syndrome coronavirus 2 (SARS-COV-2). Objective: To study headache character in relation to SARS-COV-2 infection.

Methods

This was a cross-sectional study. Patients who had SARS-COV-2 and presented to the headache clinic within 3 months after the onset of infections were identified to the study. Participants were grouped into categories according to having previous or de novo headache.

Results

A total of 121 patients were included in this study. Their mean age was 35.29 ± 9.54 and most of them were females (83.5%). Prior to SARS-COV-2 infections, 85 (70.2%) had migraine and 18(14.9%) experienced a tension-type headache while 18 (14.9) reported de novo headache post SARS-COV-2. Post SARS-COV-2, the patient had significant increase in headache days 11.09 ± 8.45 compared with 8.66 ± 7.49 headache days before SARS-COV-2 infection (p < 0.006). Post SARS-COV-2 infection, the usage of analgesic increased significantly by the patient with migraine (2.31 ± 1.65 vs 3.05 ± 2.09, p = 0.002) while the patient with tension type headache had statistically significant increase in severity (5.556 ± 1.86 vs 7 ± 2.25, p = 0.033) and frequency (7 ± 6.29 vs 12.72 ± 7.96, p = 0.006) of headache attacks. Patients younger than 40 years had longer duration of the headache attack (18.50 ± 16.44 vs 5.5 ± 9.07, p = 0.045). Male patients compared to females (8.66 ± 1.15 versus 5.93 ± 2.01 p = 0.04) had more severe headache.