



# Migraine management in a sample of patients during Covid-19 pandemic in Egypt



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## Background

Since March 2020 and the declaration of Covid-19 pandemic, several health care organizations have been affected dramatically. Migraine is known disabling disease with probable risk to be affected during Covid-19 pandemic. The aim of this study was to explore the effect of Covid-19 pandemic on migraine management in Egypt.

## Methods

A **self-reported questionnaire survey** was used for a sample of migraine patients (**n=250 patients**) using headache clinic registry in Cairo University, Egypt which included: demographic data, migraine analysis, Covid-19 data and its impact on migraine attacks and migraine care. It was send either through their emails or mobile phones in the period between May 2020 till January, 2021.

## Results

Sample size started with 250 patients

210 patients completed the survey (84%)  
Age range from 18 to 45 years  
(Females=83.3%)

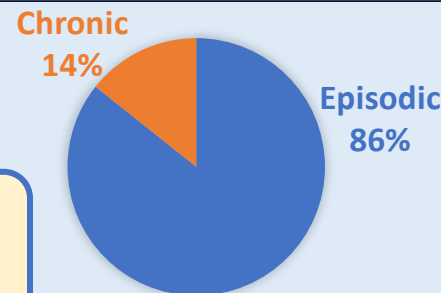
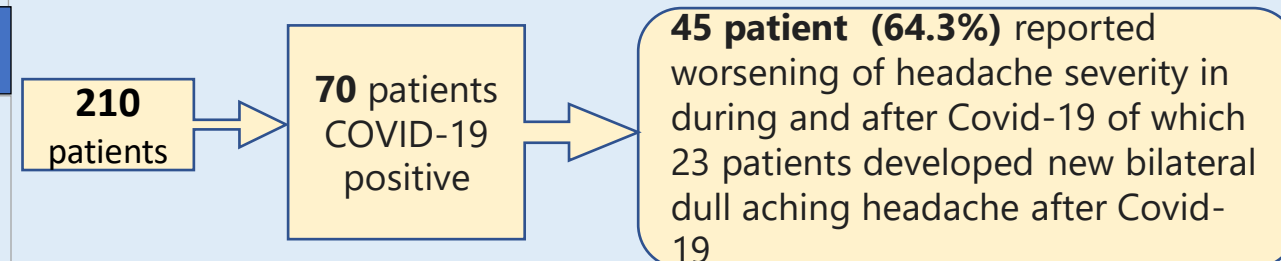


Fig 1: Types of migraine

- Increased migraine frequency in 73.3% (n= 154)
- Increased migraine severity in 57.2% (n=120) compared to their pre-pandemic headaches.
- Over-use of analgesics was reported in 52.4% (n=110) of respondents
- Telemedicine was initiated but only 28.5% (n= 60) used it (Due to unavailability of resources or financial problems) or patients' preference.



- In chronic migraine patients, 6 patients were on onabotulinumtoxin A injection program but due to lockdown, they didn't receive their injections with increased headache frequency and severity.
- Five patients were started on anti-CGRP before the lockdown and were successfully continued on their medications.

## Conclusion

The Covid-19 pandemic has affected both health care provided to migraine patients as well as migraine disease itself. Telemedicine may be an inadequate alternative in migraine management during pandemics.

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