

DEVELOPMENT OF A MODERN HEADACHE DIARY FOR HEADACHE MANAGEMENT IN AZERBAIJAN

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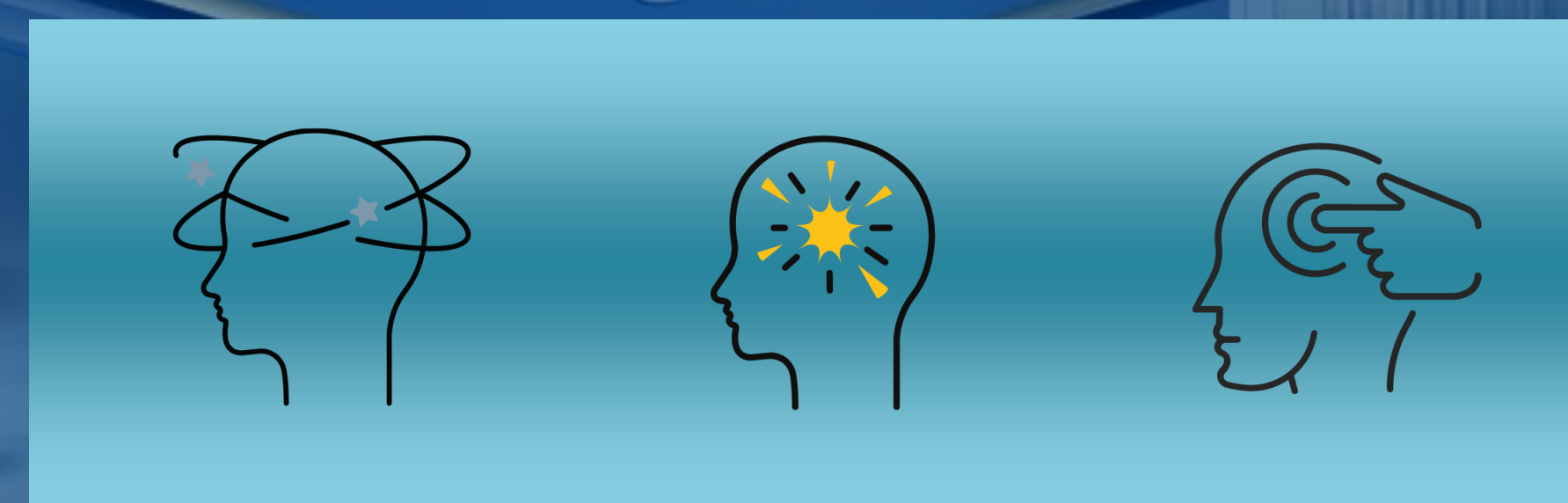
INTRODUCTION

The lack of unified protocols for a *headache diary* creates a problem for the clinician to choose the right diary, to process data for maintaining the headache register.

The purpose of our research was to develop and implement a headache diary for Azerbaijani patients in their native language.

METHODS

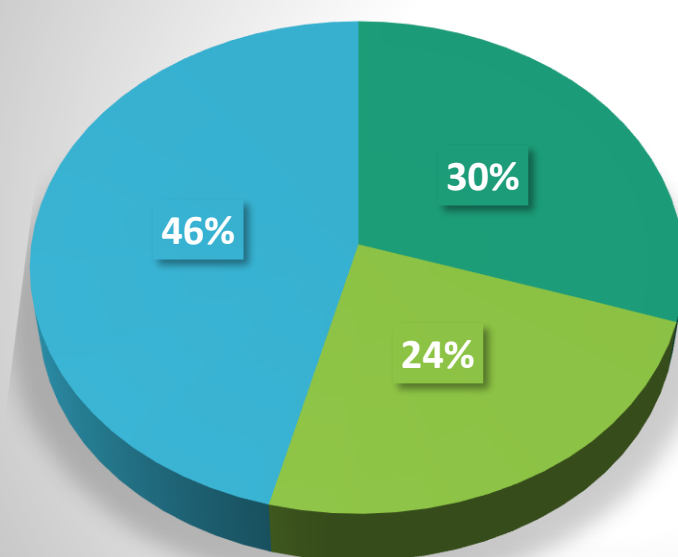
For patients (n = 30) with various forms of chronic headache (migraine, headache tension), we used the headache diary developed by us in the Azerbaijani language in the form of a printed brochure.



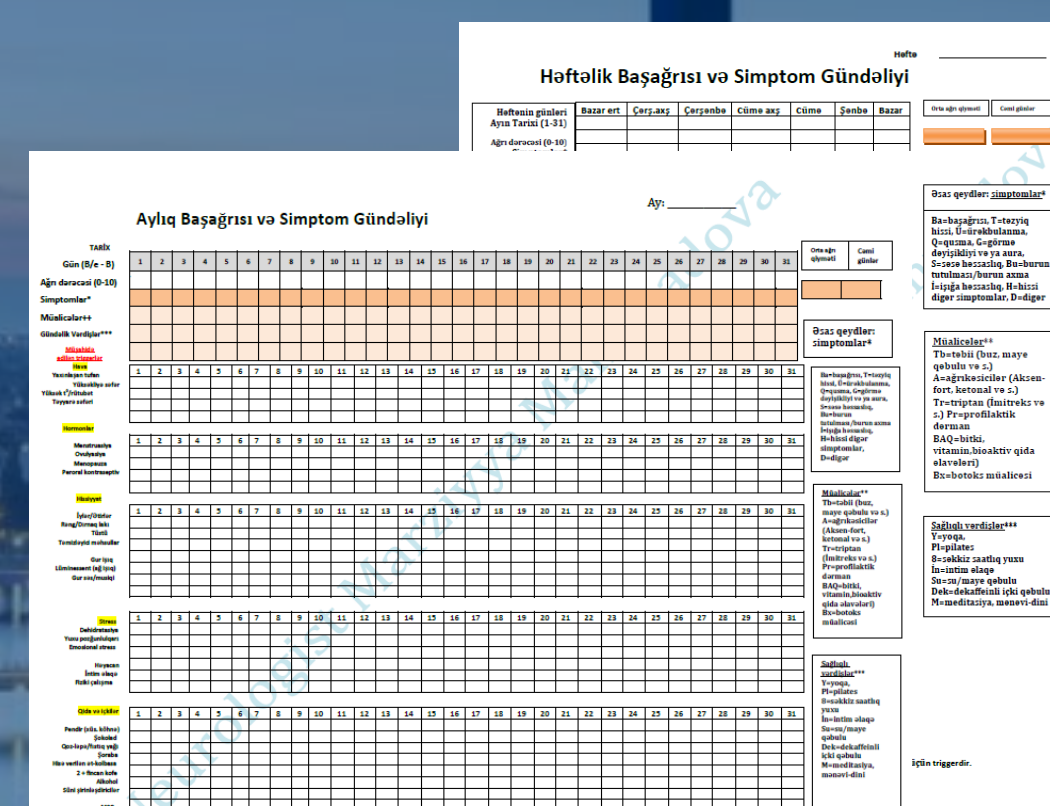
Patients noted diary items throughout the month. All signs were encoded with the abbreviation of a symptom or condition.

RESULTS

The reasons for noncompliance were a misunderstanding of filling items



- Failure to follow instructions
- Late observation and then forgetting symptoms
- The inconvenience of a printed brochure to fill out at work



CONCLUSIONS

The use of the resource in the native language was convenient for patients, but not portable.

The creation of a mobile application for the developed diary in the native language will eliminate the problems that have arisen and speed up the formation of the register, and the placement of items on the visual interface will increase the interest of respondents and the sensitivity of the diary.

- It turned out that only 67% of respondents completed the diary
- Among the 33% of patients who did not complete the diary, the reasons for noncompliance were a misunderstanding of filling items (see Figure)
- The identification of headache triggers in patients after using the diary was considered a positive result (15%)



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