

Quality analysis of primary headaches diagnosis and treatment: online survey results from Russian Federation.

Khutorov D.¹, Korobkova D.², Makeeva T.³, Vashchenko N.⁴, Skorobogatykh K.⁵ 1. Nikiforov Russian Center of Emergency and Radiation Medicine, Saint-Petersburg, Russia; 2. University Headache Clinic, Moscow, Russia; 3. Klinika "Gorod Zdorovia", Voronezh, Russia; 4. Sechenov University, Moscow, Russia; 5. University Headache Clinic, Moscow, Russia

Background and objectives: Despite the availability of the International Classification of Headache Disorders and clinical guidelines, patients with primary headaches still face misdiagnosis, prescription of non-informative investigations and ineffective therapy. We evaluated the quality of medical care for patients with primary headaches in Russian Federation.

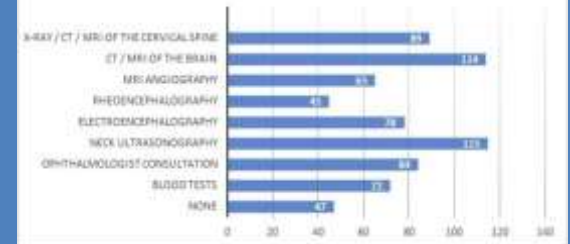
Methods: We created an online questionnaire for people with a diagnosed primary headache. The questionnaire consisted of 17 questions regarding diagnosis and treatment choices and patient satisfaction with the treatment results.

Results: The study included 234 participants (227 women), mean age 36.5 ± 9.2 . Among them, 174 patients had a migraine, 57 tension-type headache and 3 cluster headache. Only 16% of patients received their diagnosis at the first doctor visit. In 80% of cases, doctors prescribed additional instrumental investigations. The mean diagnostic delay was 4.7 ± 6.5 years. Fifty-six percent of the interviewees were prescribed ineffective medications for their headaches. Forty-seven percent were dissatisfied with the treatment results and 58.5% wanted to find another specialist.

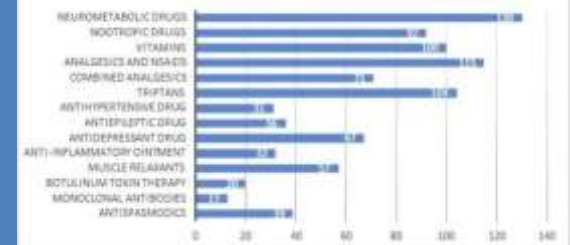
Conclusions: Our findings emphasize the still existing challenges of diagnosing and treating primary headaches, as well as the need for improved specialized education for physicians in this area.

Contacts: Tatiana Makeeva
Tati-makeeva@yandex.ru

What type of additional examination have you been prescribed for your headache?



What did your doctor prescribed for your headache?



Impact of the Internet on the awareness and health literacy of headache patients.

Khutorov D.¹, Korobkova D.², Makeeva T.³, Vashchenko N.⁴, Skorobogatykh K.⁵ 1. Nikiforov Russian Center of Emergency and Radiation Medicine, Saint-Petersburg, Russia; 2. University Headache Clinic, Moscow, Russia; 3. Klinika "Gorod Zdorovia", Voronezh, Russia; 4. Sechenov University, Moscow, Russia; 5. University Headache Clinic, Moscow, Russia

Background and objectives: Outreach and health literacy are among the main objectives of professional associations and play an essential role for headache patients. With the modern Internet accessibility, web pages of medical societies and doctors in social networks increasingly attract patients and become a source of reliable information. We analyzed how medical information on the Internet affects headache patients.

Methods: We created an online survey for Russian-speaking people with headaches. The questionnaire included 12 questions regarding the availability of medical information on the Internet and its impact on headache awareness.

Results: The study included 307 participants (292 women) aged 36.6 ± 10.2 . Information on the Internet helped 38.9% of respondents to ensure that the doctor diagnosed them correctly and be more susceptible to proper treatment. The medical information obtained on the Internet was helpful and valuable for 46% of interviewees. However, 51.1% were unaware of headache specialists, offices, and pain treatment centers.

Conclusions: The survey showed low patient awareness of the availability of specialized headache care and the importance of online headache education.

Contacts: Tatiana Makeeva
Tati-makeeva@yandex.ru