MNEMONIC METHOD IN PORTUGUESE FOR HEADACHES IN ER

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INTRODUCTION
It is of crucial importance to quickly stratify the risk of patients with headaches in the emergency setting, especially considering how secondary headaches are associated with high morbidity and mortality. Mnemonics are a useful tool to remember the alarm criteria in those cases. Such mnemonics were written in English and Spanish, but none in Portuguese.

OBJECTIVES
To present the first mnemonic method in Portuguese for alarm criteria in emergency headaches in order to facilitate their identification and diagnosis.

MATERIALS AND METHODS
A search was made through different databases for a mnemonic method regarding alarm criteria in emergency headaches that was written in Portuguese. None were found. Thus, the emergency criteria were gathered and turned into a mnemonic in Portuguese.

RESULTS
We present the mnemonic method "RISADA PEGA" ("laughter spreads", in English):
R - Repentina / (Sudden onset)
I - Início depois dos 50 anos / (onset in a patient older than 50)
S - Sinais e/ou sintomas de doenças sistêmicas ou neurológicas / (Signs and/or symptoms of systemic or neurologic diseases)
A - Anormalidades no exame neurológico / (abnormalities upon neurologic examination)
D - Depressão da imunidade (AIDS, Câncer) / Depressed immunity (HIV or cancer)
A - Antecedentes: doenças que podem acometer o SNC; número de vindas ao PS, história familiar de cefaleia) / (prior conditions: diseases affecting the central nervous system; number of visits to the health center, history of headache in the family)
P - Padrão alterado (mudança no padrão anterior da cefaleia) / (change in headache pattern)
E - Esforço / (exertion; effort, headaches with Valsalva's maneuver or headache associated with sexual activity)
G - Gravidez / (pregnancy)
A - Autonomia (sinais autonômicos) / (autonomic signs)

CONCLUSIONS
Secondary headaches are challenging complaints in the emergency department, especially considering the time constraints for diagnosis and initial treatment in this department. This shows the usefulness of a method to quickly identify the alarm criteria and, through that, correctly stratify the patient's risk and initiate treatment. As far as we know, this is the first mnemonics in Portuguese for the alarm criteria in emergency headaches and we believe this tool can be very useful in teaching and clinical settings.

Observation
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