



# Resident's Awareness, Knowledge and Behavior towards medication overuse headache: A University hospital-based survey



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## Background and Objective:

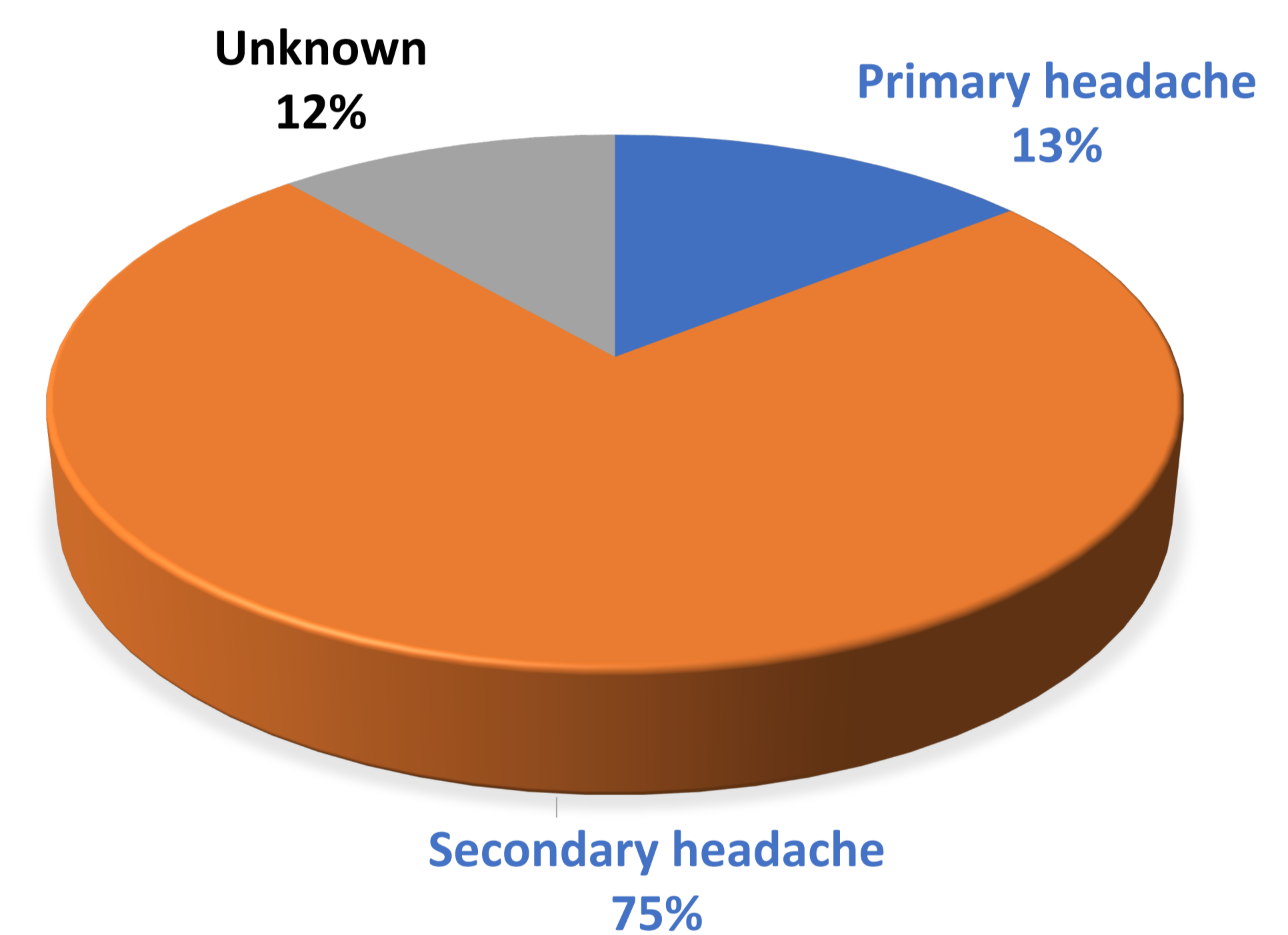
Medication overuse headache (MOH) poses a significant problem for headache patients in worldwide. Healthcare professionals play a critical role in preventing MOH among patients. However, physicians' knowledge, behavior, and awareness in this regard appear to be limited. This study aims to survey knowledge, behavior, and awareness about MOH among physicians in residency training programs.

## Method:

We conducted a survey among training residents, including those specializing in family medicine, internal medicine, neurology, and other subspecialties encountering headache patients at King Chulalongkorn Memorial Hospital (KCMH), Thailand. We designed a questionnaire to evaluate three aspects: awareness of MOH, knowledge of MOH, and behavior that may cause MOH in headache patients.

## Result:

A total of 70 residents were included in the study. Demographic data are presented below in **table 1**. In terms of awareness, 10% of residents were not aware that analgesic drugs can exacerbate headaches. Regarding knowledge, 25% of physicians did not know that MOH is a secondary headache (**Fig 1**). In addition, 31% of residents were unaware of the number of days that paracetamol or NSAIDs can be used without risking MOH, while 44% were unaware of the number of days that triptans, ergotamines, or opioids can be used without risking MOH. Furthermore, 14% of residents did not know how to manage MOH patients. In terms of behavior, 5% of physicians never ask patients about the frequency of their analgesic drug use. Additionally, 58% of physicians never advise headache patients to keep a headache diary, while 31% of physicians prescribed a number of analgesic drugs that may cause MOH. Finally, 22% of physicians prescribed opioid drugs to headache patients.



**Figure 1:** Proportion of Physicians' Consideration of Headache Types in Medication Overuse Headache (MOH)

**Table 1** Demographic data of the participant (N=70)

Age, mean (SD)	30.2(2.4)
Female, n(%)	35(50.0)
Subspecialty, n(%)	
- Neurologist	24 (34.3)
- Internal medicine	25(35.7)
- Family medicine and other involved subspecialties	21(30.0)
Year as physician, mean(SD)	6.0 (2.2)

## Conclusion:

This study revealed substantial concerns regarding knowledge, behavior, and awareness of MOH among training residents in various specialties. Healthcare professionals play a vital role in preventing MOH among headache patients, but the findings of this study suggest that more education and training are necessary to improve their understanding and management of this condition. As MOH is a prevalent issue in worldwide, efforts should be made to incorporate education about MOH into medical training programs to prevent this condition's burden on patients and healthcare systems.