

Headache education and headache virtual consultation in the workplace at an information technology company of more than 70,000 employees

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【Background】

Headaches are common among the working age population and affect productivity losses in the workplace.

【Purpose】

The goal was to increase employee awareness of headaches and provide relief to employees suffering from headaches.

【Participants】

All 81,159 Fujitsu employees (including managers) based in Japan were invited to participate.

【Method】

1) 81,159 employees of an IT company group were invited to participate in an e-learning on headache.

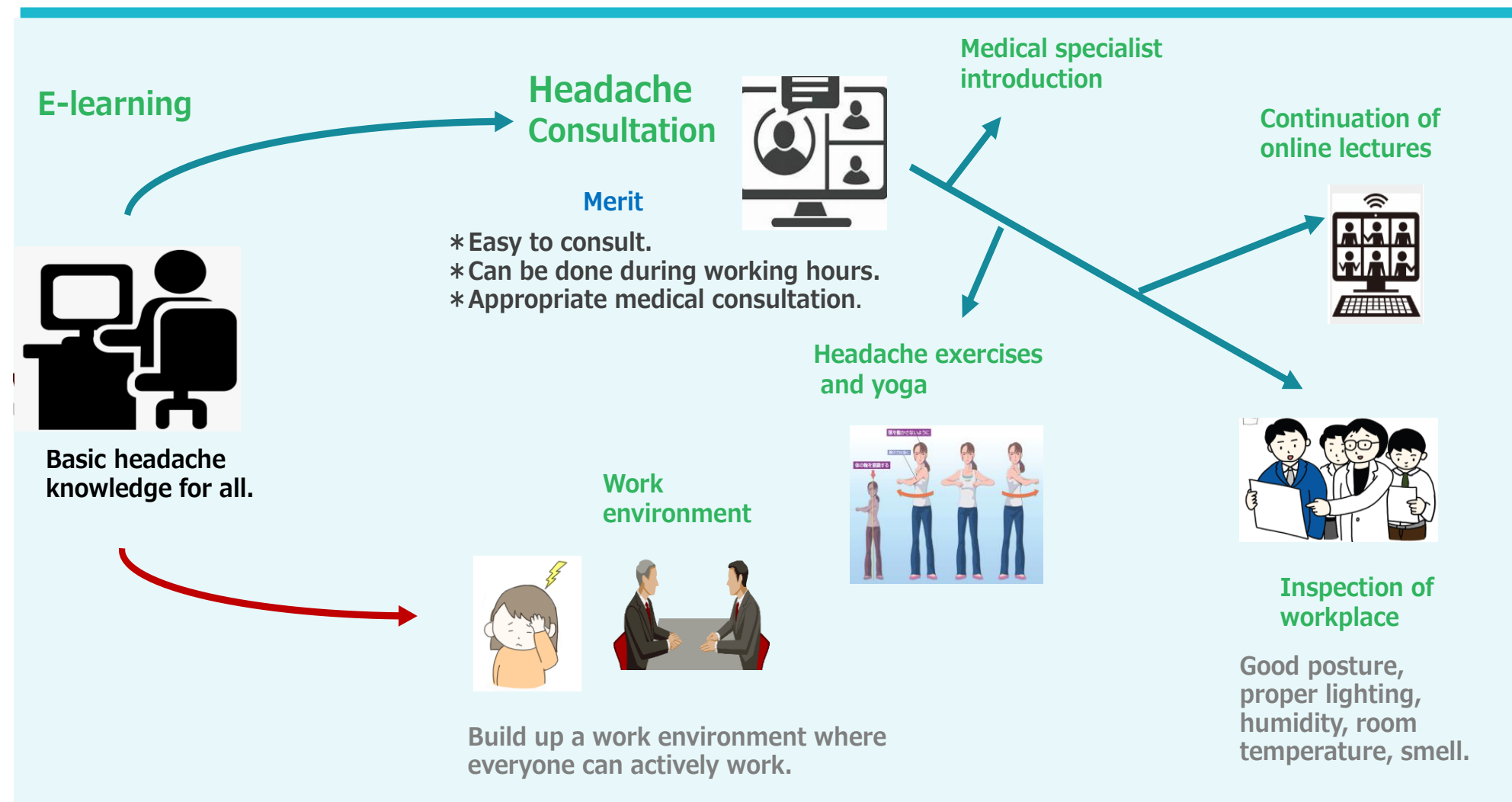
(Sakai et al Cephalalgia 2023 43(4):1-14).

2) Multivariate analysis of the association between subjective symptoms and headache was conducted.

3) Of those who completed the e-learning, 20-minute headache virtual consultation were provided to those employees who requested it.

FUJITSU Headache Project

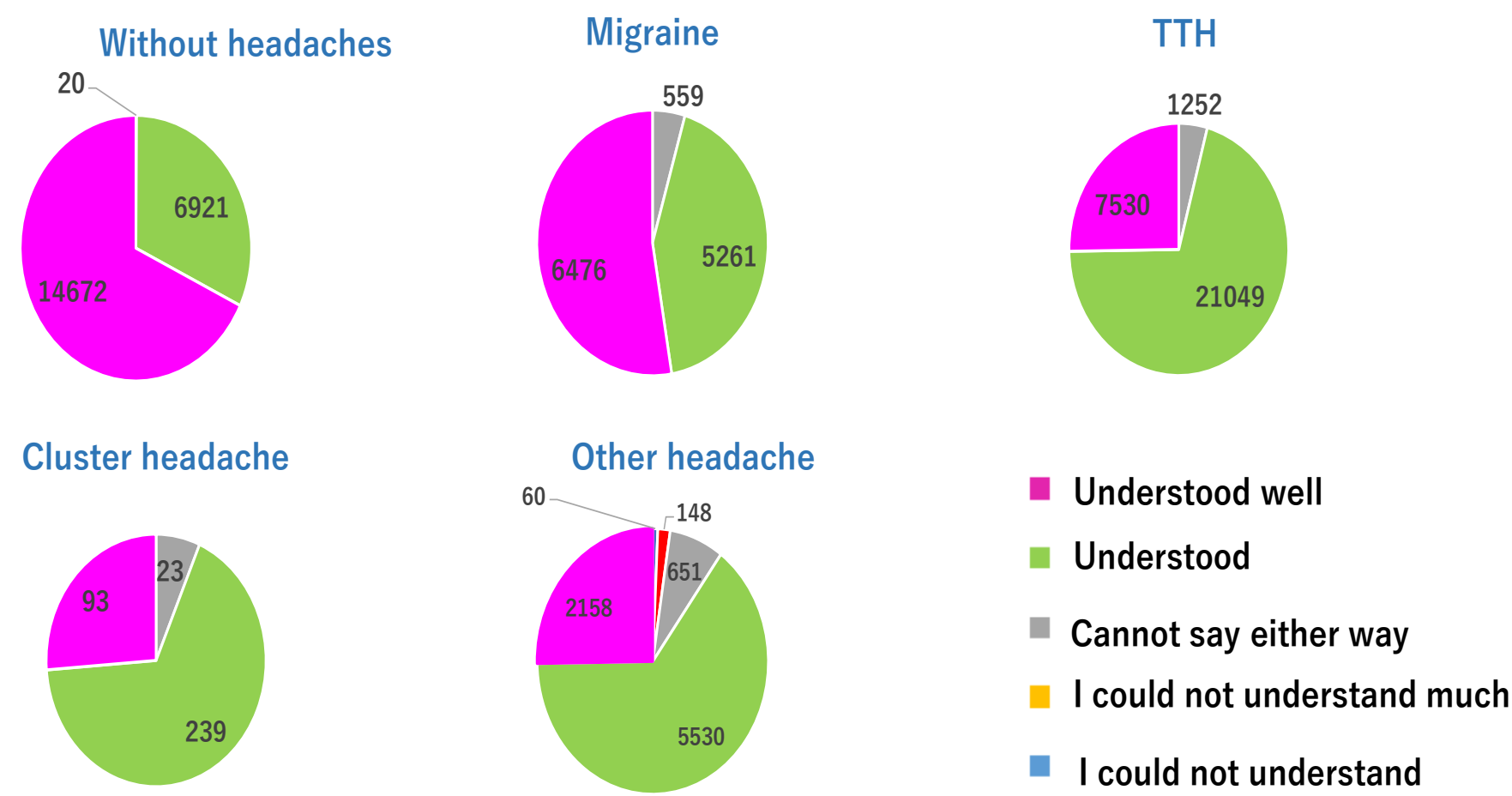
FUJITSU



Post-e-learning questionnaire

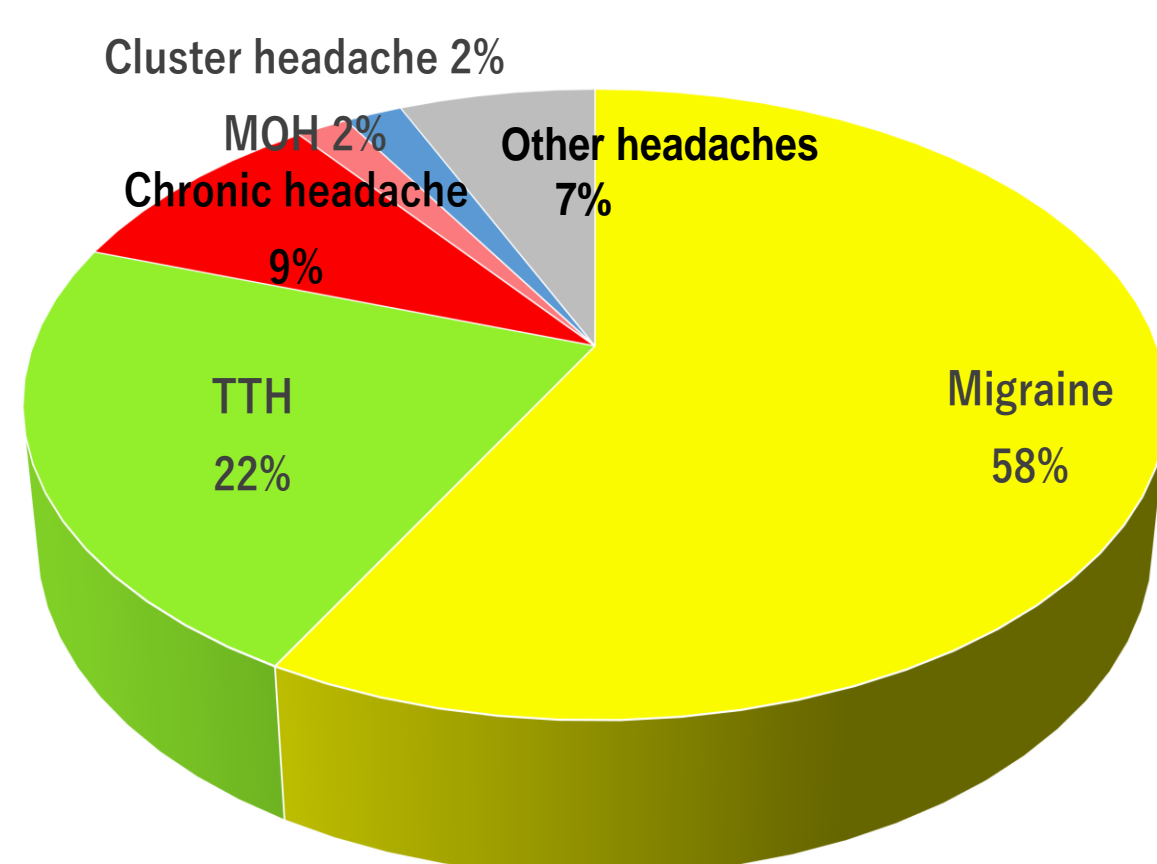
“Did you understand the need to take this e-learning?” N = 73,432

Most of the participants without headaches as well as those with headaches reported they understood or understood well.



【Results 3】

Headache consultation 362 headache types



2,971 people (4.1% of the total; 6.2% of 48,238 people who experienced headaches) were interested in headache virtual consultation.

A total of 362 people (202 men, 162 women) received a consultation.

Chronic headache group

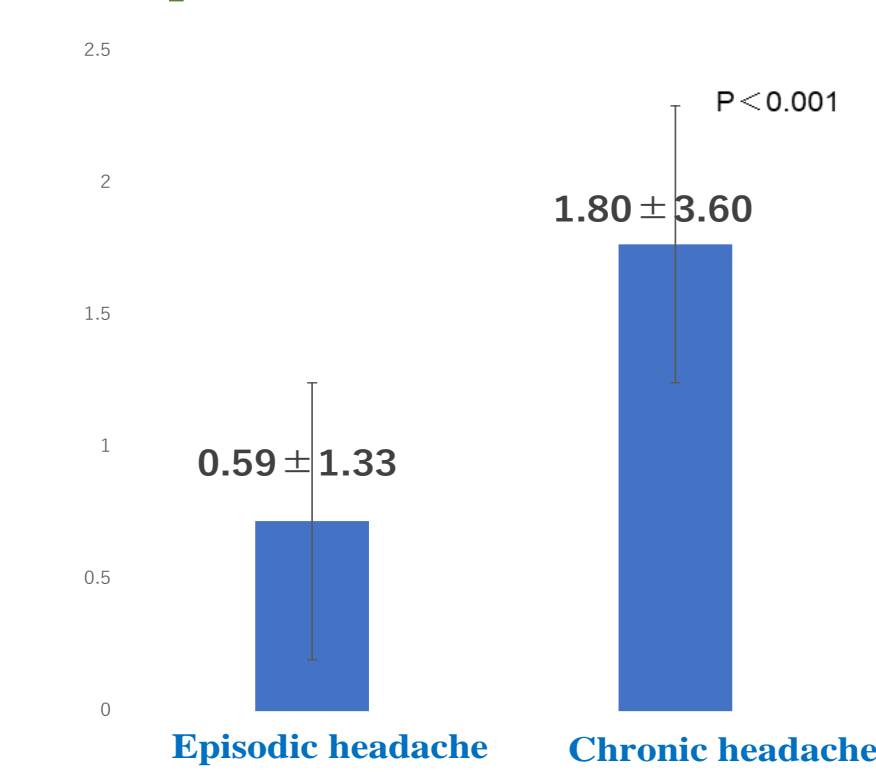
47 (29 men, 18 women)
average age 43.4 ± 11.2

Chronic migraine 22
Chronic TTH 25

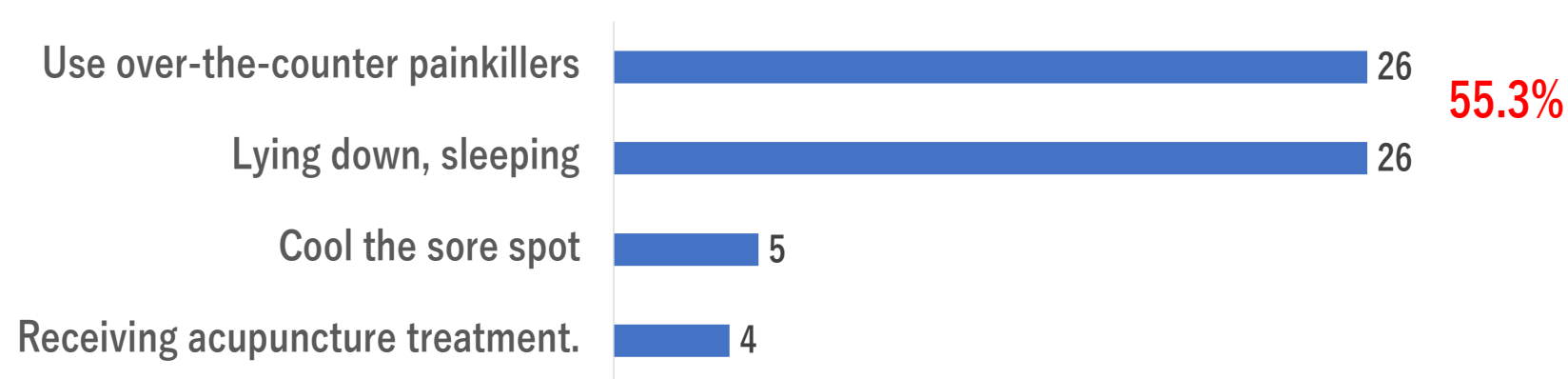
Episodic headache group

315 (173 men, 142 women)
average age 40.7 ± 10.3

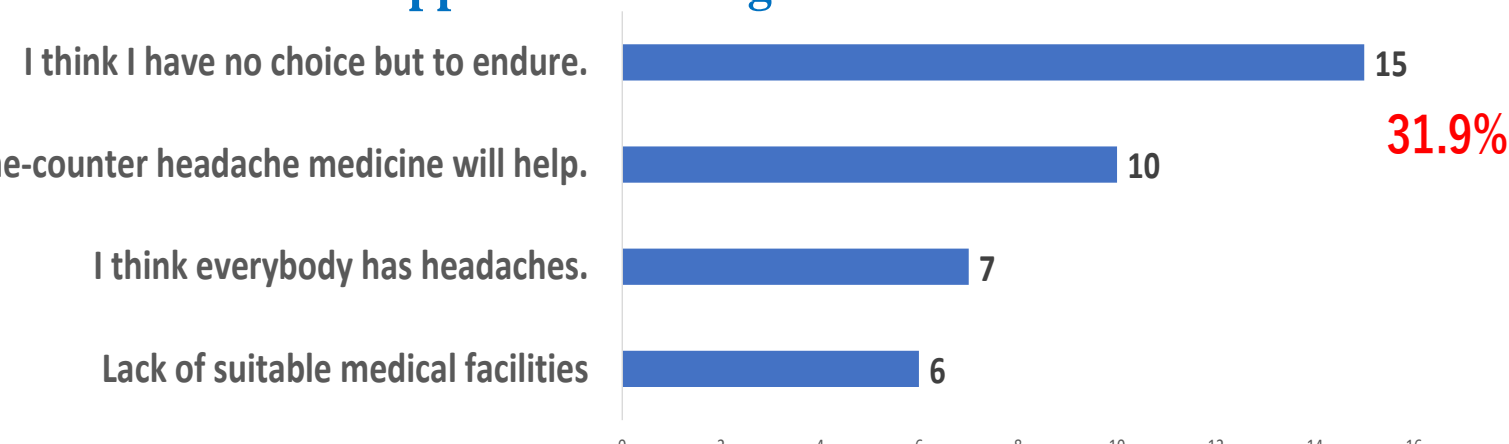
Missed from work days due to headaches in the past 3 months



How 47 participants with chronic headaches cope with headaches

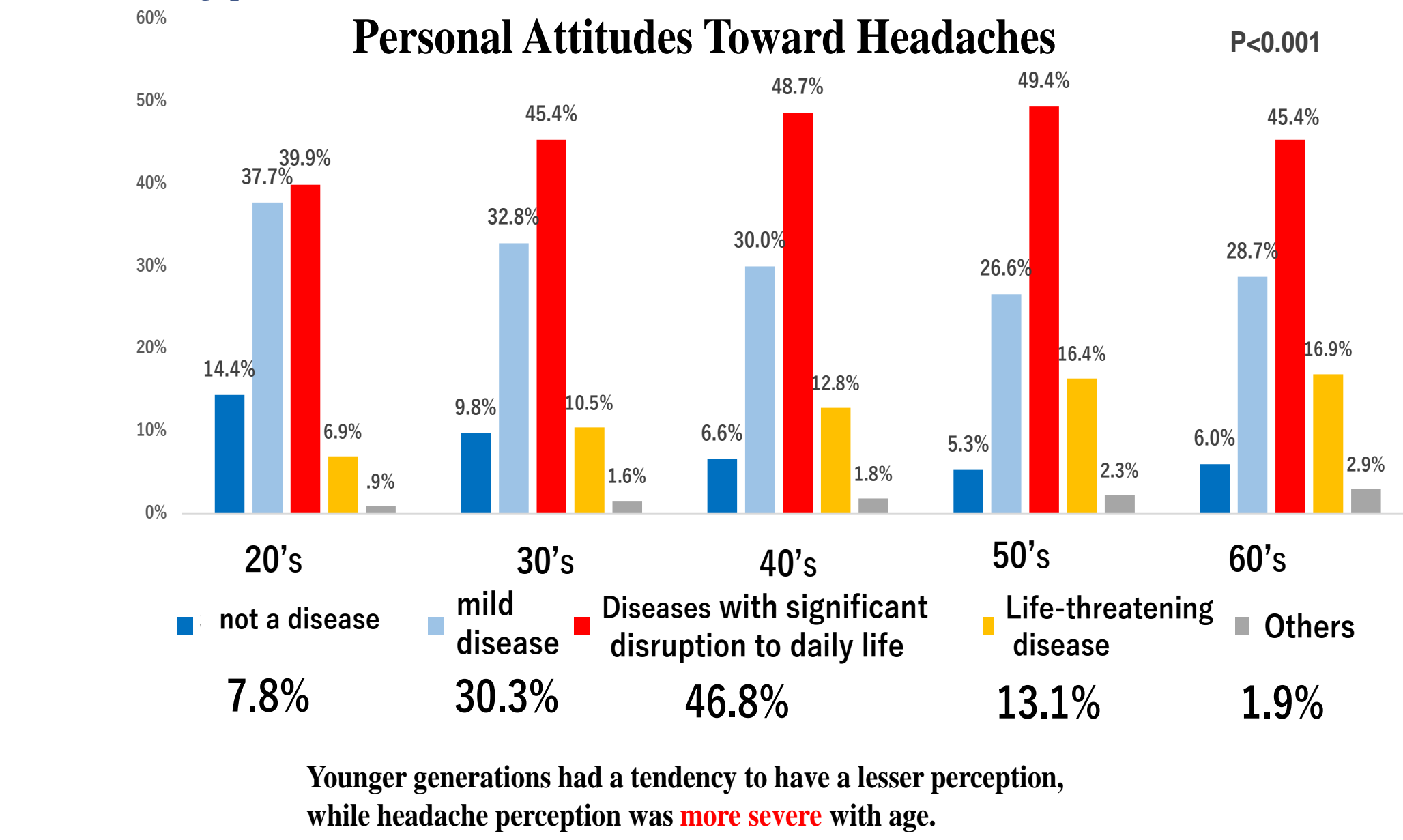


Reasons why 47 participants with chronic headache never saw a doctor or stopped after seeing a doctor



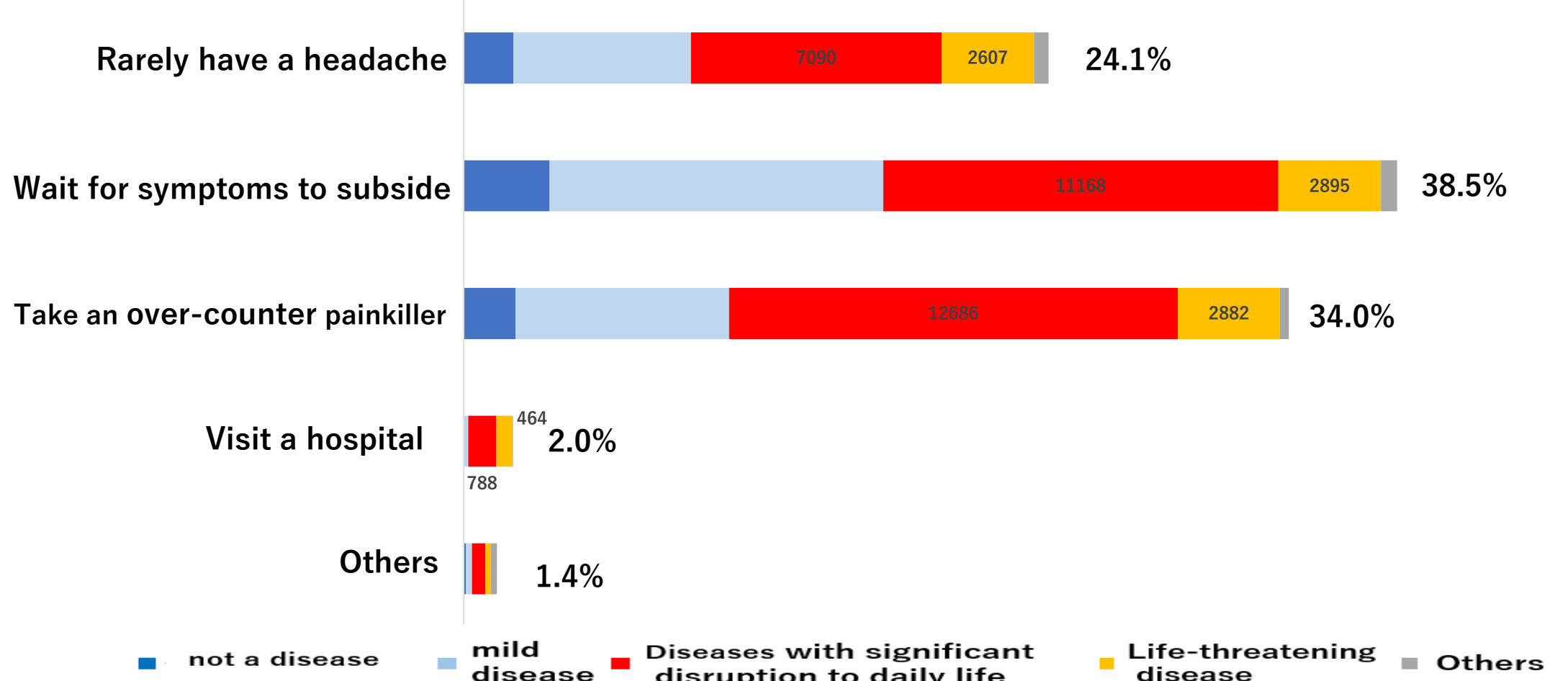
【Results 1】

Pre-e-learning questionnaire



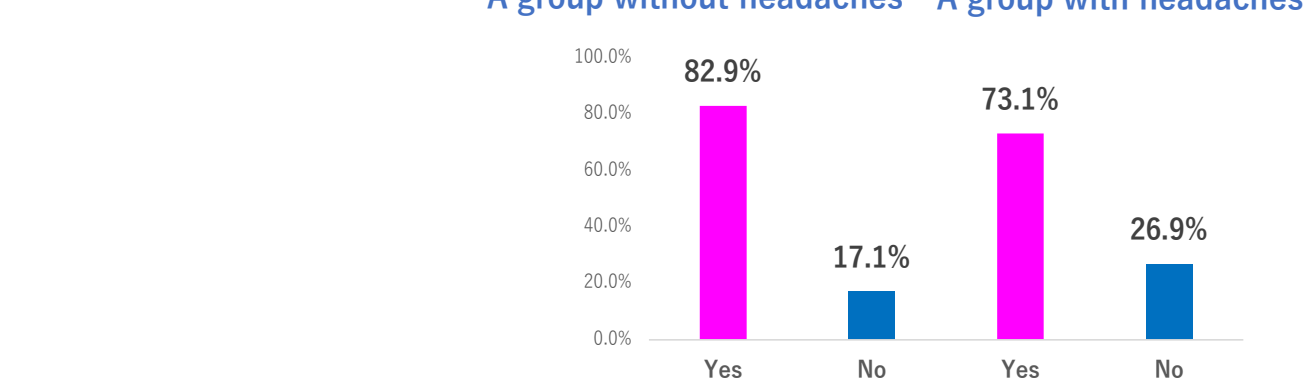
Pre-e-learning questionnaire

What To Do When A Headache Occurs According To Personal Attitudes Toward Headaches (multiple responses allowed)

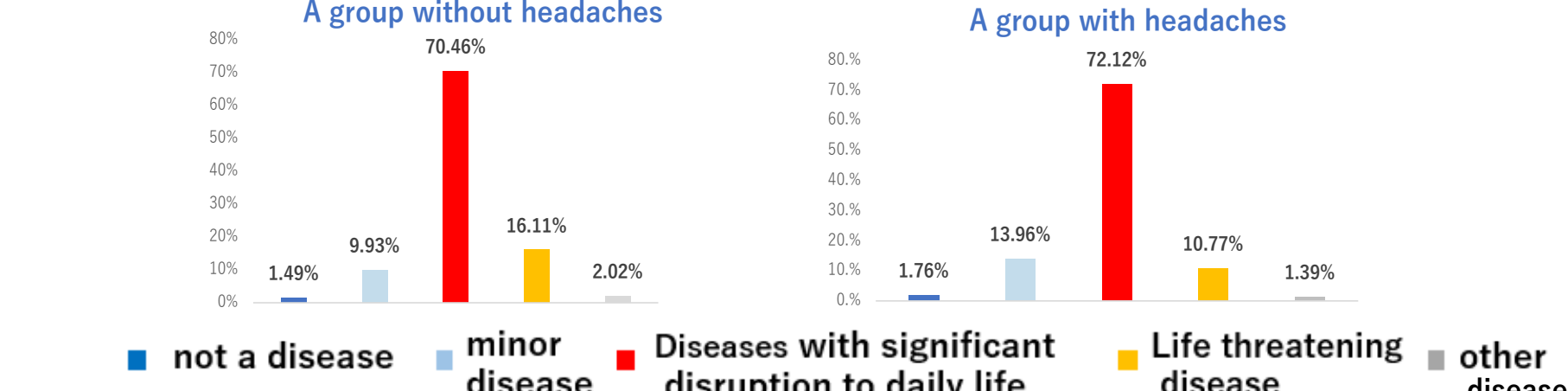


Post-e-learning questionnaire

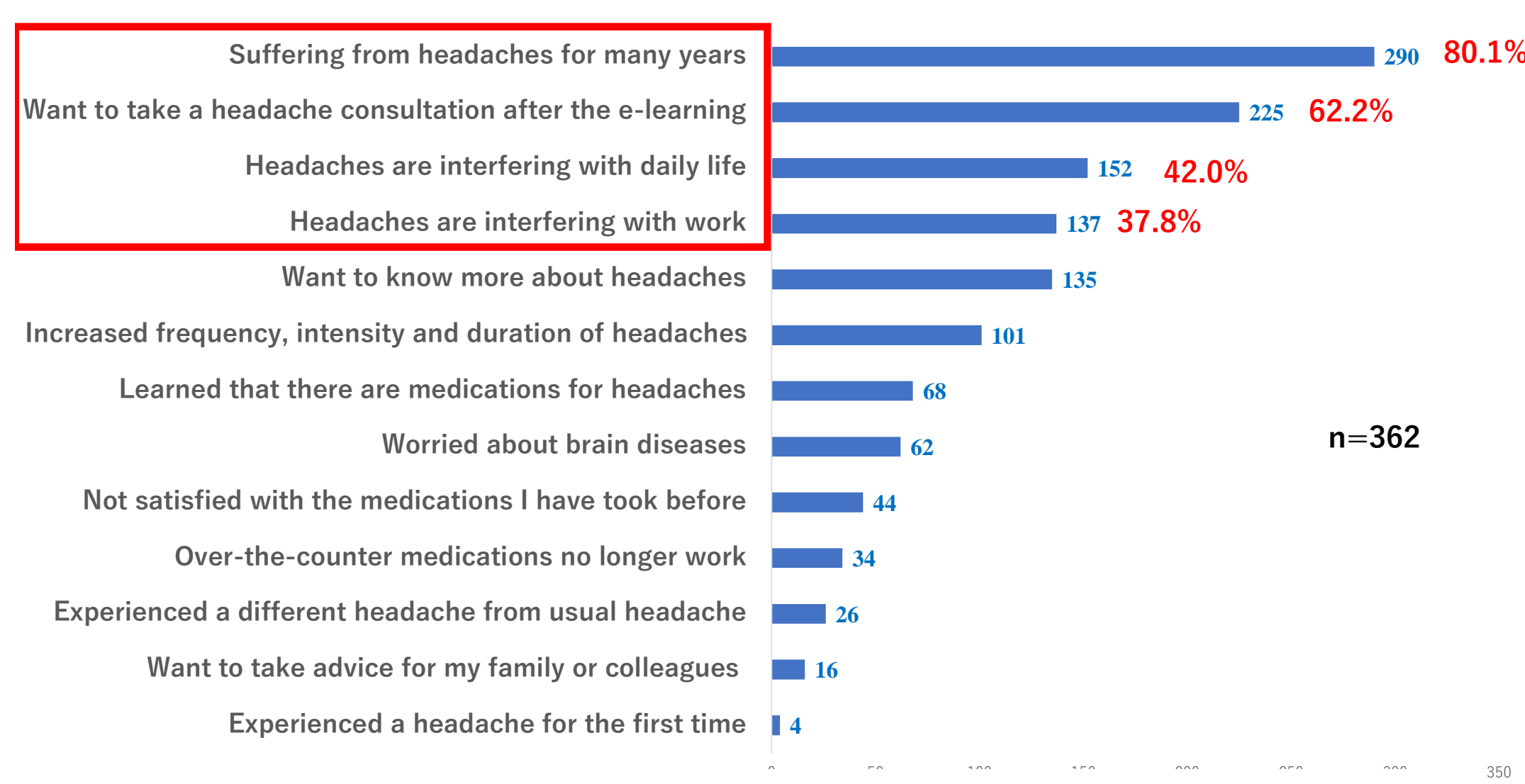
“Do you think you will change your attitude toward colleagues with headaches?”



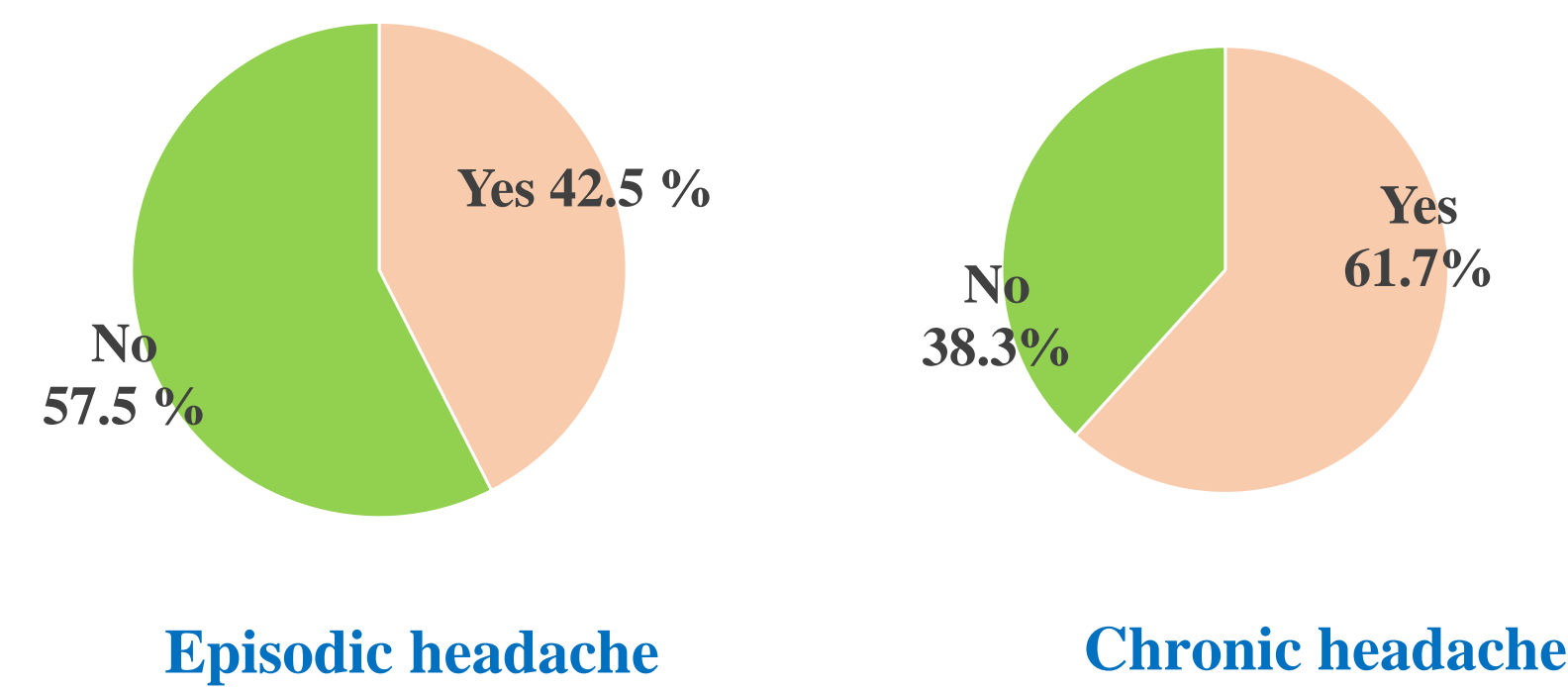
Post-e-learning Personal Attitudes Toward Headaches



Reasons for requesting headache consultation (multiple responses allowed)



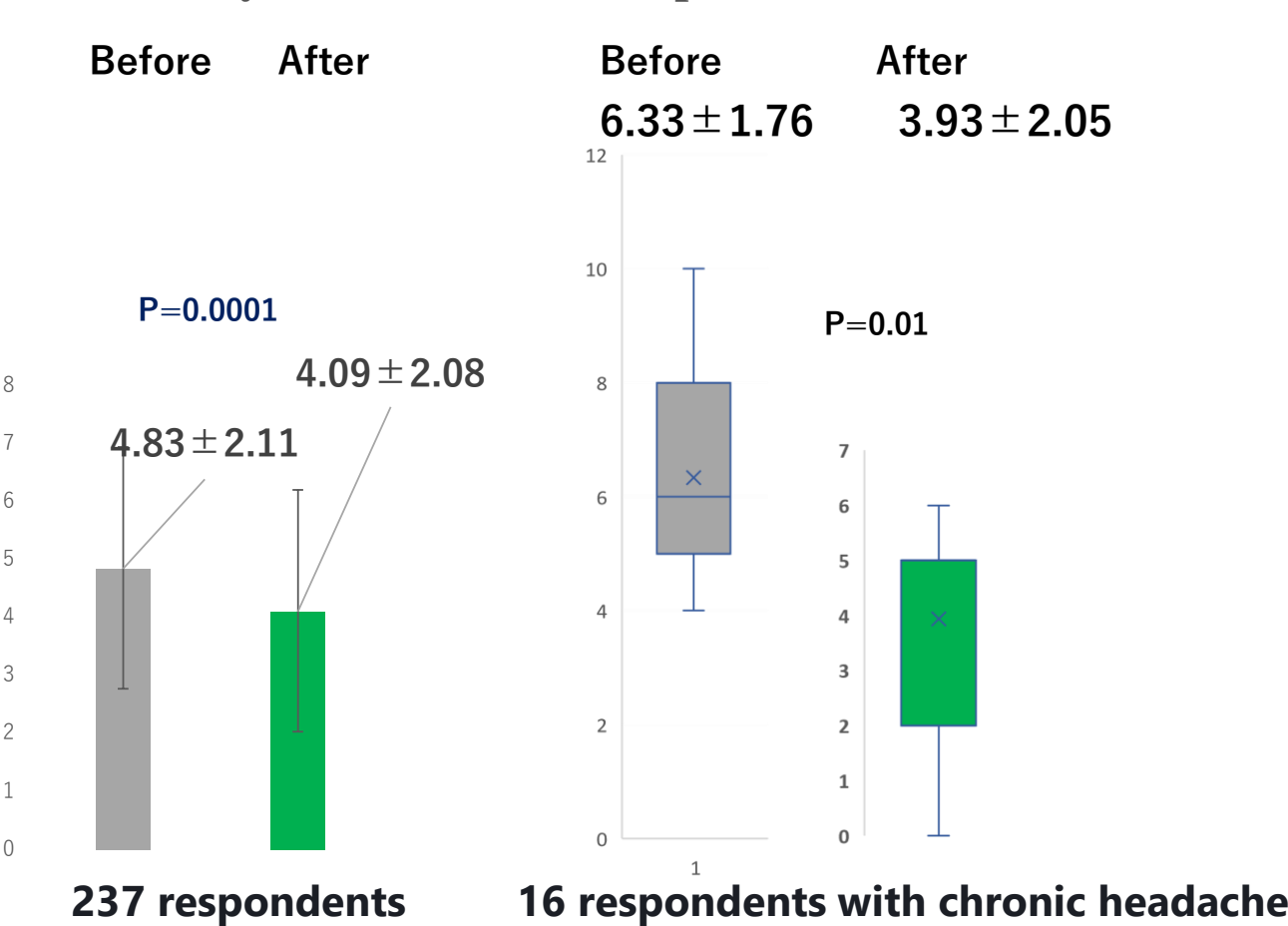
“Does prolonged use of a computer cause headaches?”



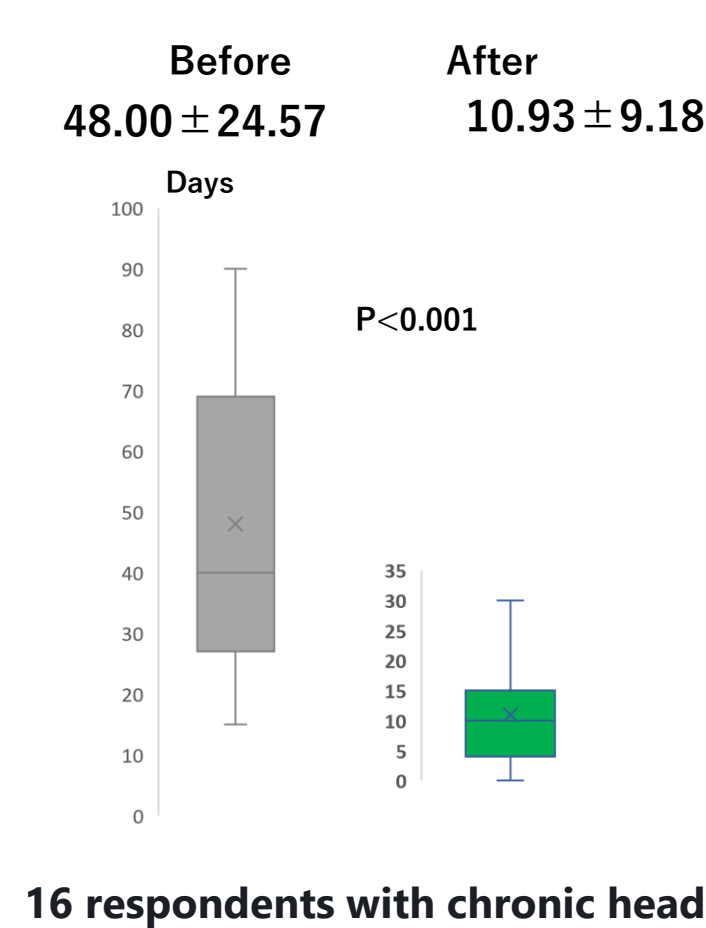
Headache consultation results of 6-month post-survey

MIDAS (Migraine Disability Assessment)

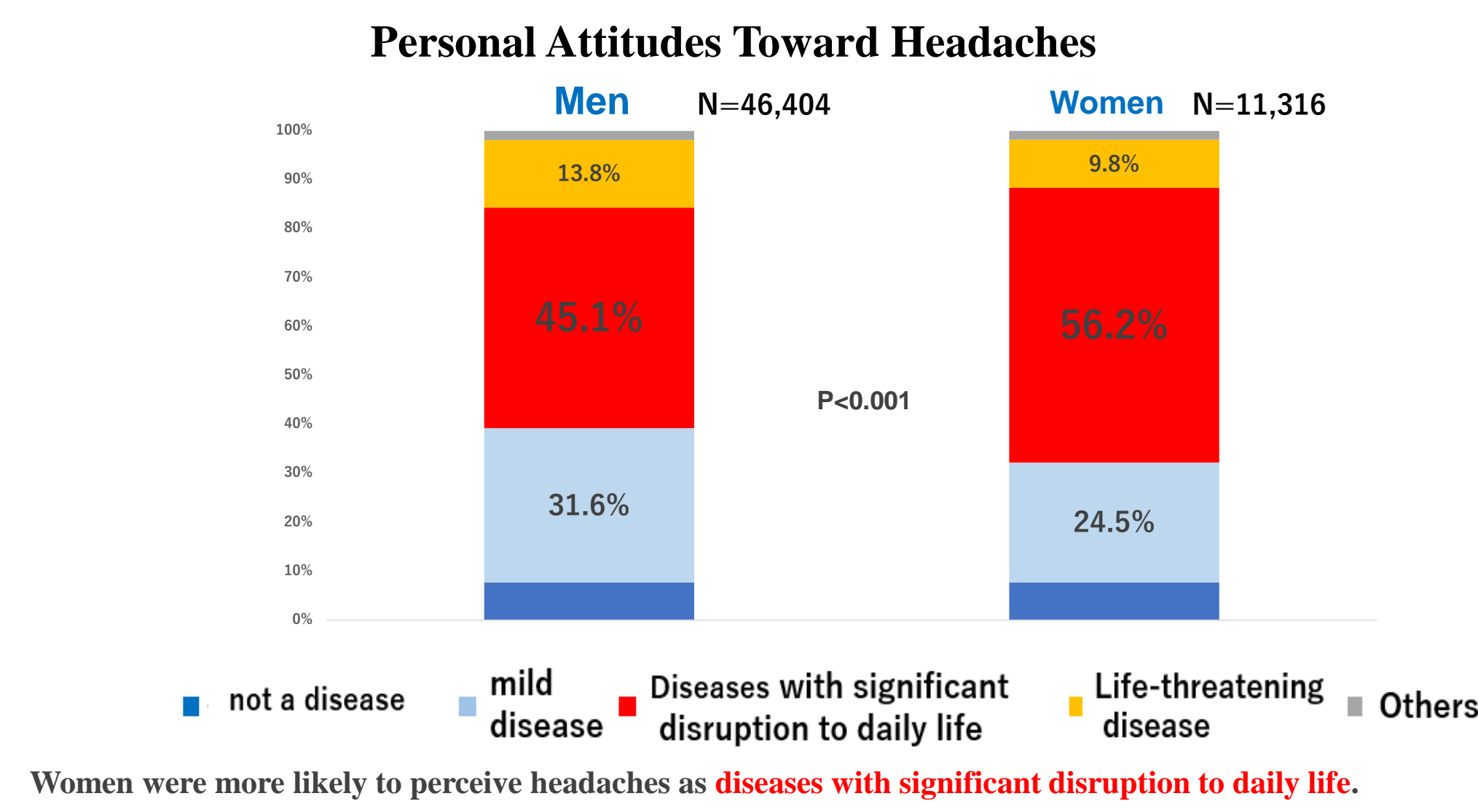
Severity of headaches in the past 3 months



Headache days in the past 3 months

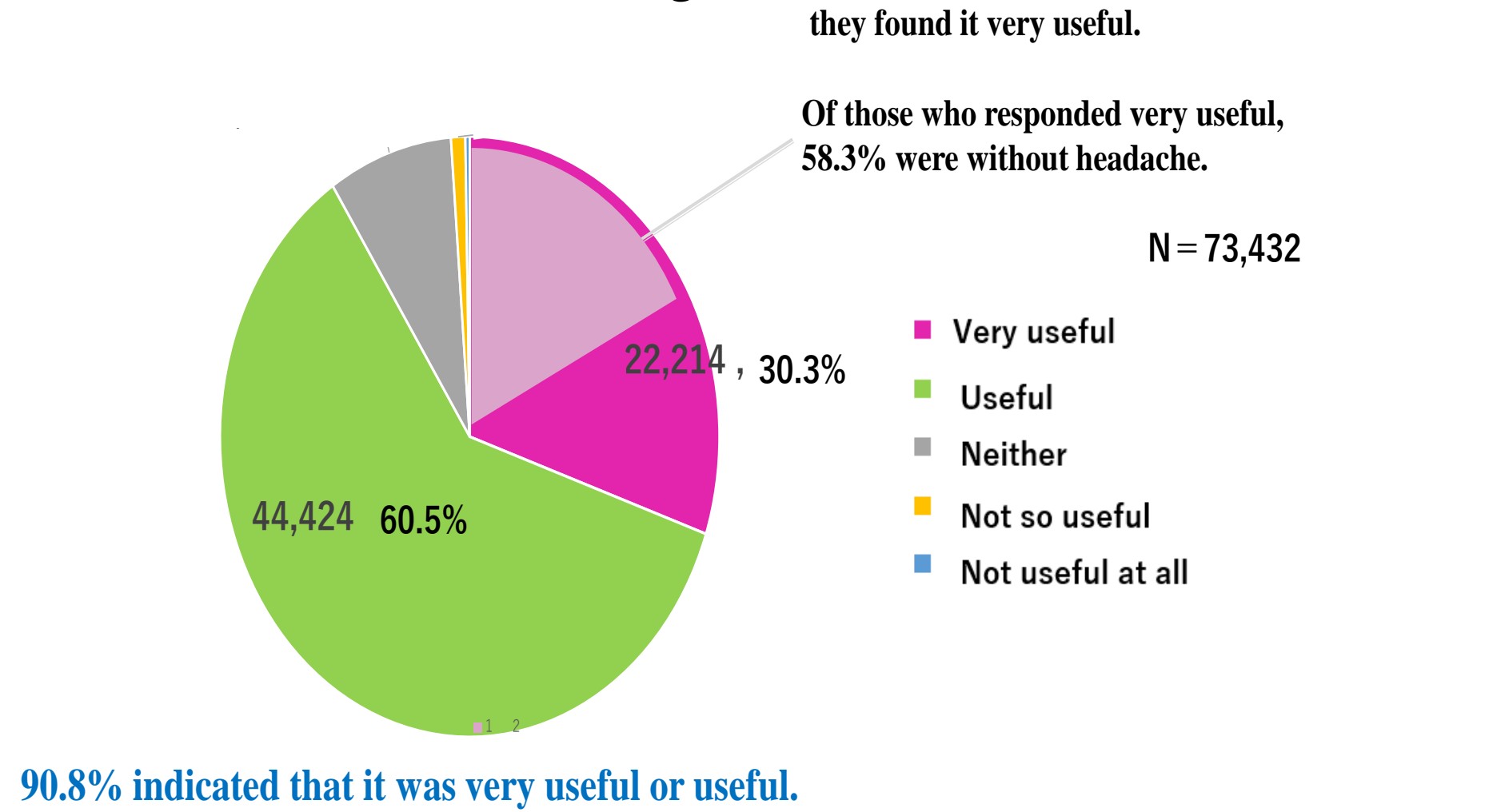


Pre-e-learning questionnaire



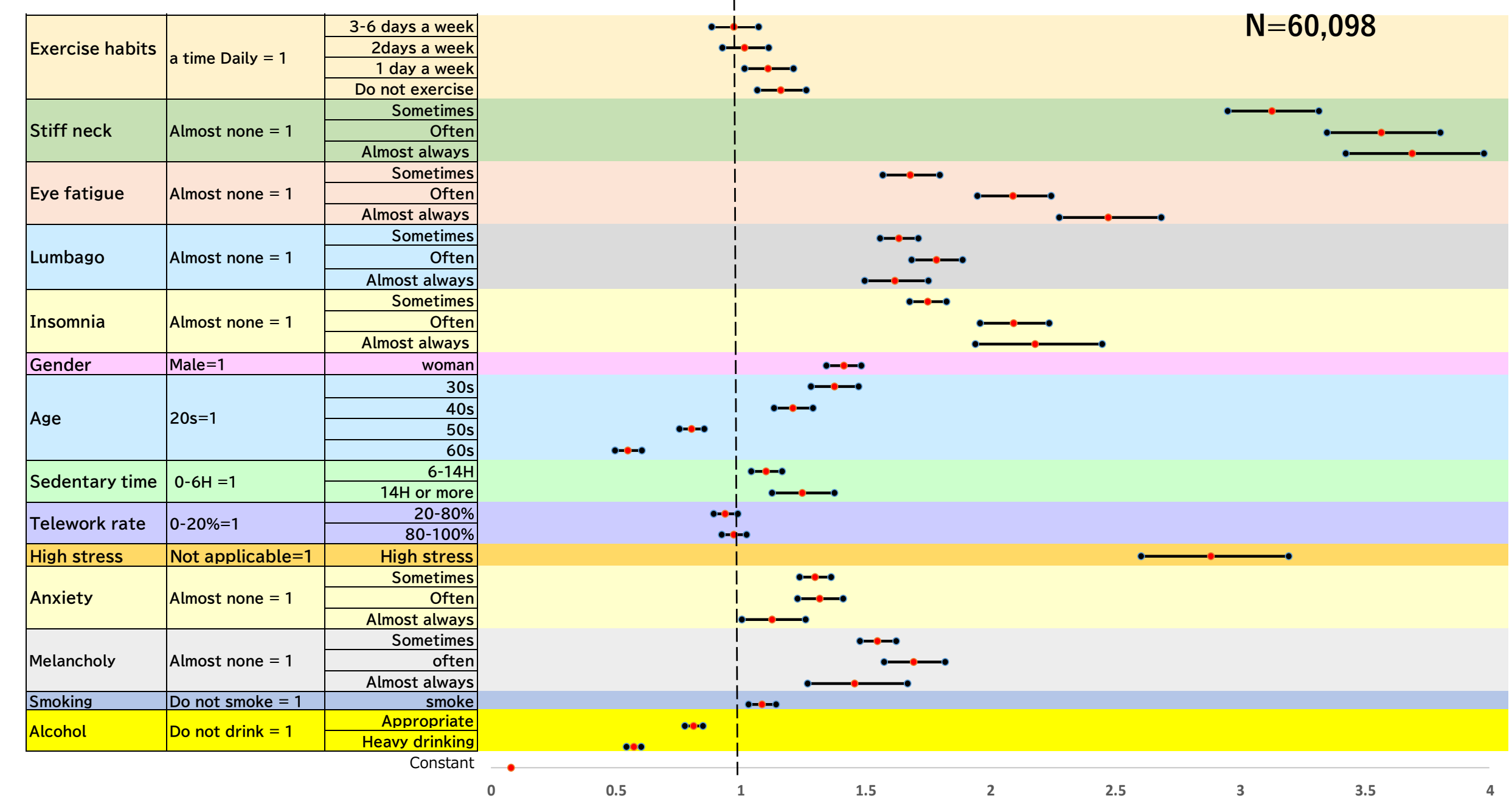
Post-e-learning questionnaire

“How useful was the e-learning?”

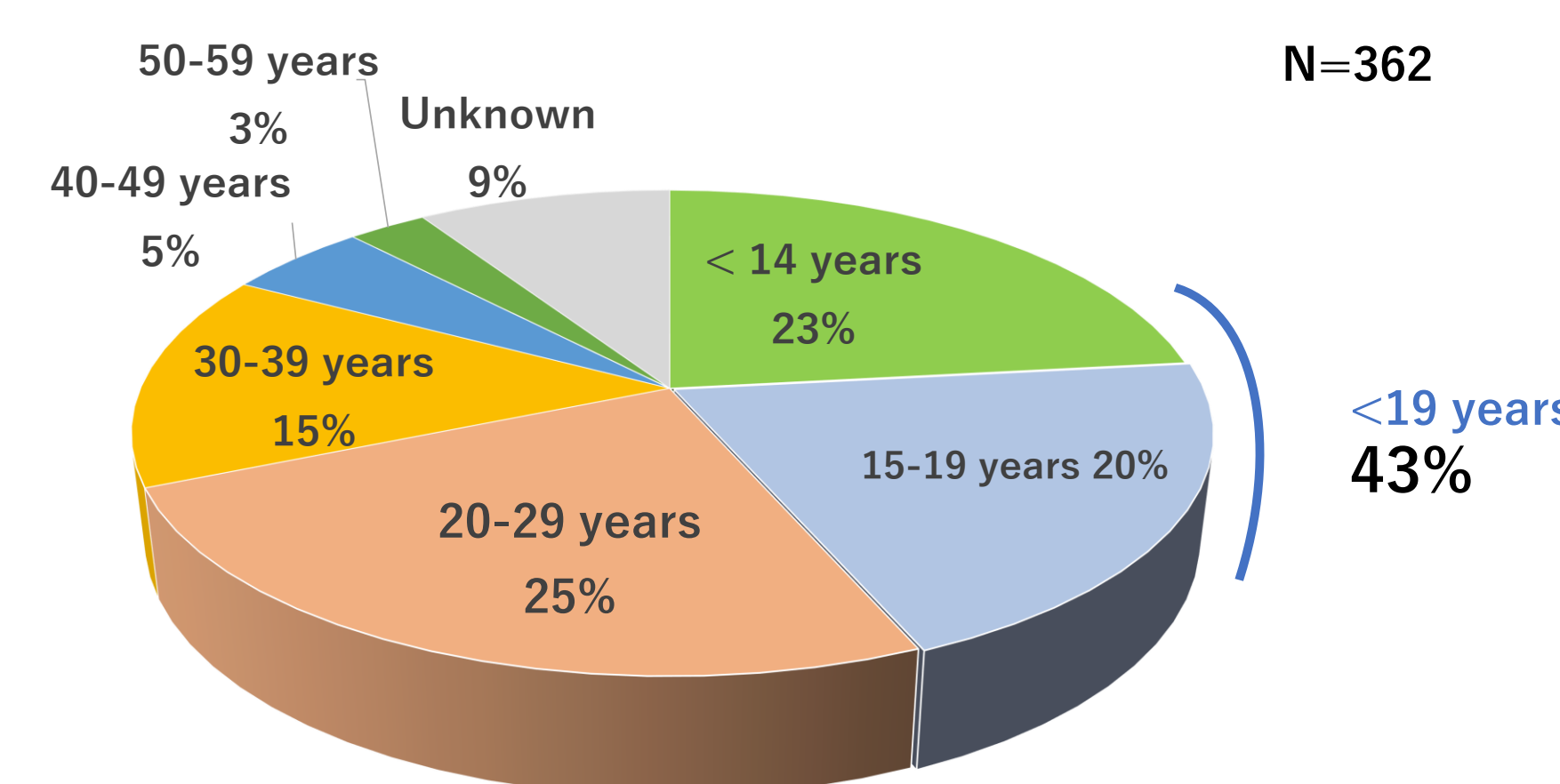


90.8% indicated that it was very useful or useful.

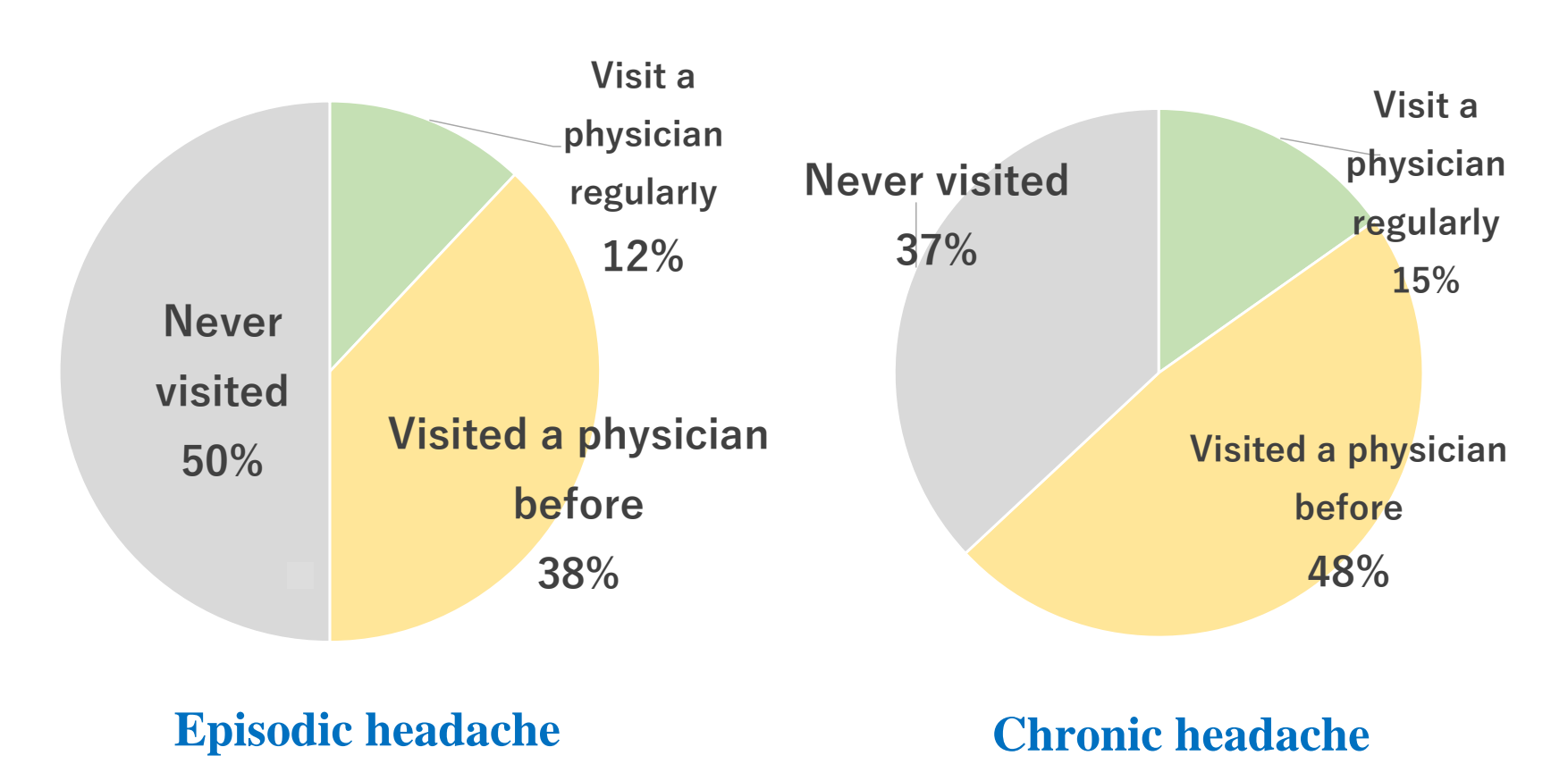
【Results 2】 Multivariate analysis with dependent variable as headache



Age at which similar headache was experienced for the first time



“Have you seen a doctor for headaches?”



【Conclusion】

- 1) E-learning on headaches conducted in the workplace. 90.5% of employees (73,432) took the course and 90.8% indicated that it was very useful or useful.
- 2) In a multiple logistic analysis with headache as the dependent variable, the odds ratios for chronic shoulder pain, chronic eye fatigue, high stress and chronic insomnia were above 2.
- 3) Headache virtual consultation improved headache frequency and severity, especially in the chronic headache group.

【Acknowledgement】

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【COI】

No conflicts of interest.