

# Headache Knowledge Among Final-Year Polish Medical Students

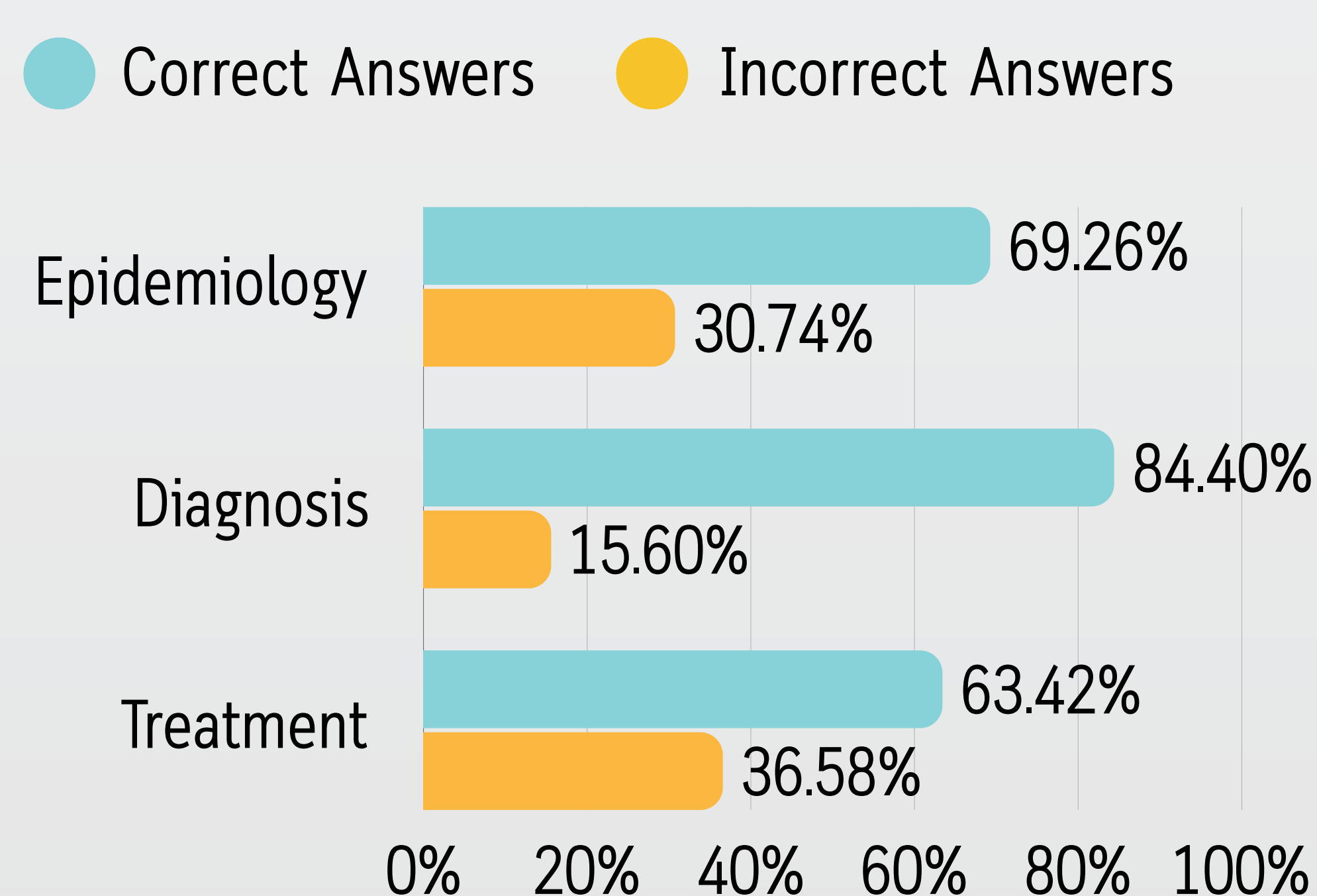
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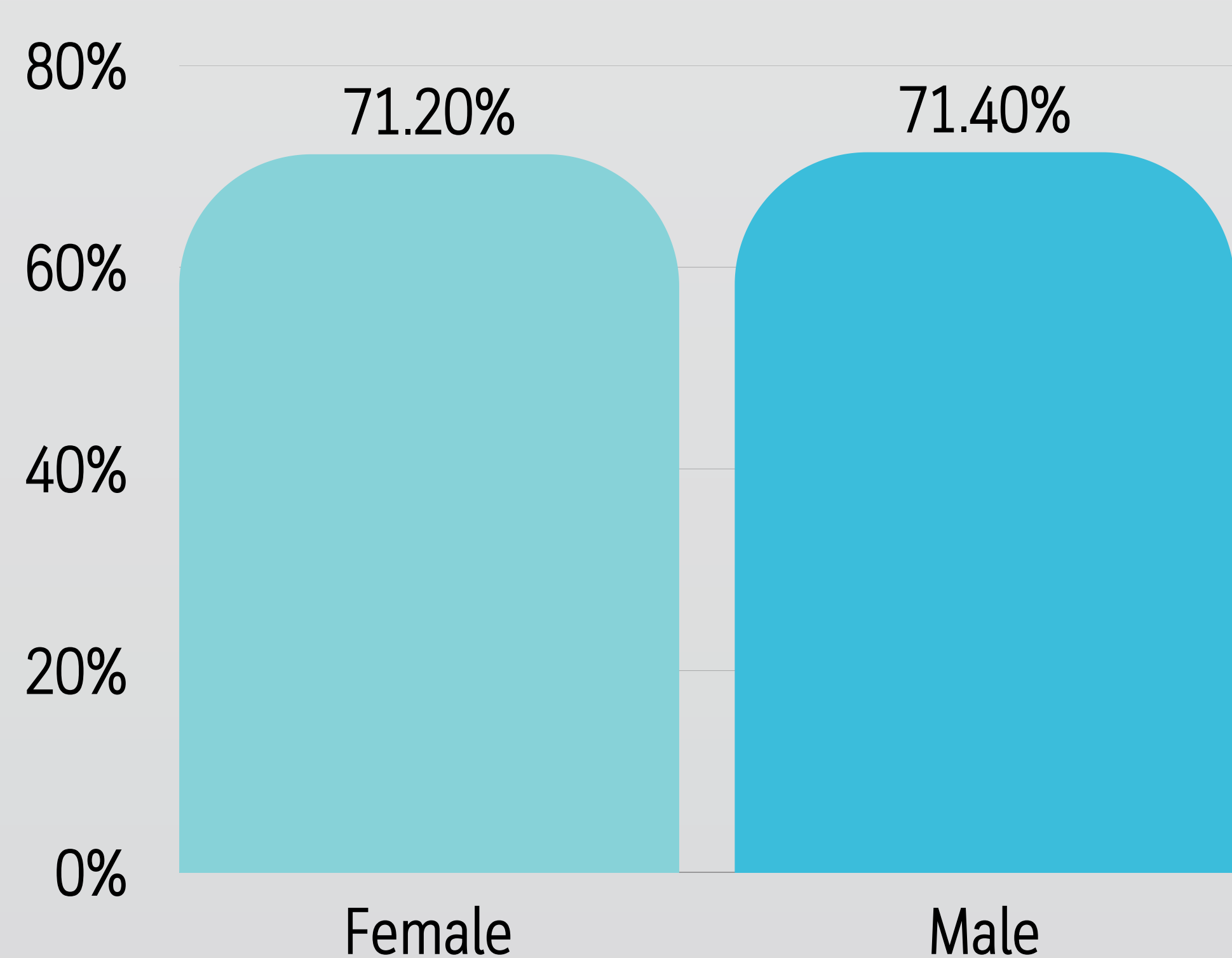
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## Introduction

Headaches affect almost half of people worldwide. The most common types are tension-type headaches and migraine, which is highly disabling, especially for young women, yet often underdiagnosed and undertreated.



The aspect students completed with the highest score was headache diagnosis, reaching 84.4%. Worse results were observed for two other domains, epidemiology and treatment, with 69.26% and 63.42%, respectively. (Fig.2)



The average score was 71.30%, with no statistical difference between females and males ( $p < 0.05$ ). (Fig.1)

## Methods

- Survey addressed to 12th-semester medical students from 5 different Medical Universities
- Included three main categories of headache knowledge: epidemiology, diagnosis and treatment
- Questions prepared by a neurology specialist with a professor's degree and a neurology resident
- Questionnaire completed by two neurology specialists with a 100% result
- 82 randomised replies received, including 47 females and 35 males.
- GraphPad Prism 10 used for statistical analysis

## Results

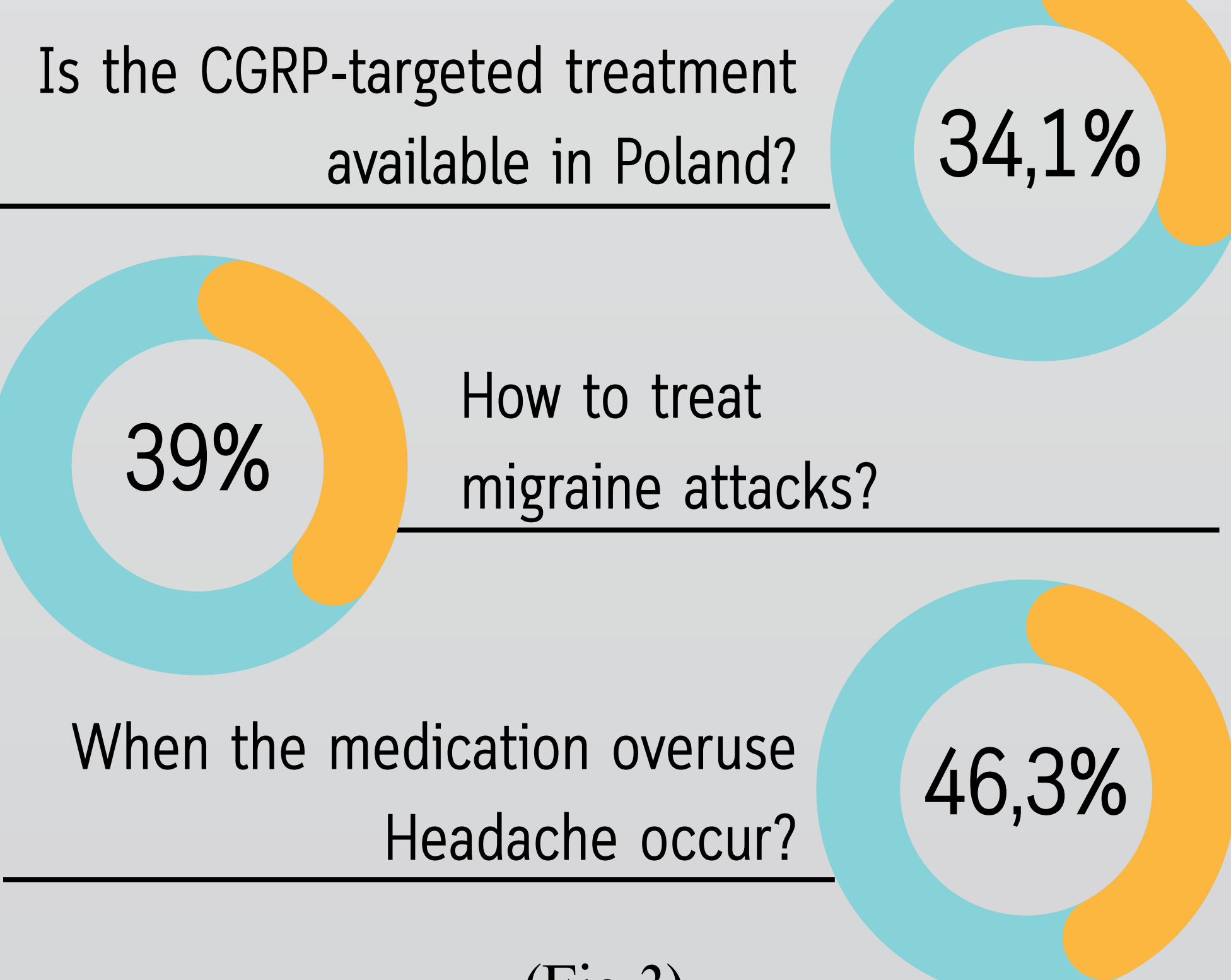
The average score was 71.30%, with no statistical difference between females and males ( $p < 0.05$ ) (Fig.1). The aspect students completed with the highest score was headache diagnosis, reaching 84.4%. Worse results were observed for two other domains, epidemiology and treatment, with 69.26% and 63.42%, respectively (Fig.2).

What can be considered worrying is that 39% did not know how to treat migraine attacks, and 46.3% when medication overuse headaches occur, with 17.1% selecting the answer that the diagnosis of medication overuse headaches did not exist. Finally, as many as 34.1% of students were unaware that CGRP-targeted treatment is available in Poland (Fig.3)

## Conclusions

The results showed that Polish students' knowledge about headaches upon completing their medical education is lacking, particularly in terms of treatment. This highlights an urgent need to enhance headache education in the medical curriculum, ensuring future doctors are better prepared to diagnose and manage headache disorders effectively.

Correct Answers Incorrect Answers



(Fig.3).