

Migraine among university students, analysis of the demand for acupuncture in its treatment

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Abstract

Migraine is one of the most common neurological disorders (Cayir, et al., 2014). Migraine is a very common disorder, affecting about 18% of women and 6% of men, unfortunately many are undiagnosed or under-treated. There have been a great number of advances in the diagnosis and treatment of migraine as well major advances in understanding its pathogenesis, making it one of the most well-understood neurological disorders. Migraine is characterized by improved sensitivity of the nervous system (Silberstein, 2000). This chronic disease is the 19th cause of disability throughout the world (IHS, 2013) and affects about 10% to 16% of the Portuguese population (SPC, 2014). Overall, acupuncture was associated with slightly better outcomes and fewer adverse effects than prophylactic drug treatment (Linde, et al., 2009). Objective: The aim of the present study is to analyze the prevalence of migraines and headaches complaints in students of polytechnic higher education and to verify the prevalence in the use of acupuncture as a way for the prophylactic or symptomatic treatment of this type of problem that can generate several discomforts in the day-to-day of those who suffer from migraine or headache. Our sample consisted of 309 subjects that are university students, in the healthcare area (physiotherapy, occupational therapy, speech therapy, nursing and dietary therapy), between the aged of 18 and 52 years (22,93 + 7,396) of which 88,6% are women and 11,4% are men, they participated in this first phase of the study. This study have taken one month from the participant selection process to the personal identification questionnaire fill, in order to verify and categorize the pain felt and the impact of disease on daily life in these students we used the Visual Analogue Scale (VAS) by the Migraine Disability Assessment Scale (MIDAS) questionnaire. Results: Headache complaints was presented for 100% of the inquired students in the last year, VAS mean values of maximum pain were 5,49+ 1,77. 58% relates throbbing and pulsatile pain and usually the pain remains for 1.6 days, 72% not resorted to the doctor to treat pain but 71% reported taking medication for referred pain. 43% indicated that migraine disturbs or temporarily stops the daily activity and 36% indicated that they can use acupuncture as a way to treat this health problem. Conclusion: Following a literature review of the clinical condition of migraine or headache, the approach centered on the hypotheses of possible treatment for this problem demonstrated a considerable prevalence (36%) of participants that could resort to acupuncture intervention for the prophylactic or symptomatic treatment of migraine or headache. These initial results allow us to create a broad approach on the need to conduct a comprehensive study with the application of acupuncture on the clinical condition of migraine or headache in university students.

Keywords: migraine, acupuncture, university students, Visual Analogue Scale (VAS)

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