

00106 Study of Clinical Spectrum and Disability Assessment of Childhood Migraine

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Aims: To study the demographic data of children with migraine.

Methodology: A prospective study was conducted to evaluate the demographic data, clinical spectrum and grading the children with migraine by using paediatric migraine disability assessment questionnaire and to start the prophylactic treatment for those with higher grades in paediatric department of tertiary care hospital. All children with migraine from age 5 to 18 years were included while all other headache cases were excluded.

Result: Total 112 children with migraine were studied. Approximately 80% children complained of bilateral frontotemporal headache in which 69.64% presented with throbbing type. Other associated features were photophobia, phonophobia, nausea, vomiting. 75% had skipped meal, followed by altered sleep and exam stress as aggravating factors. 94.6 % required medication for headache relief. Headache duration and frequency was approximately 17 days and 9 days/month. 57.1 % cases were diagnosed migraine without aura and 42.9% cases were diagnosed as migraine with aura. Loss of full school days due to headache was approximately 2 days for period of 3 months. Based on Ped - MIDAS score , 50 % of children with migraine had grade 1 disability while 42.9% and 7.10 % cases had grade 2 and grade 3 disability respectively. Correlation of Ped-MIDAS score with frequency and severity were significant (p value < 0.001) while with duration of headache was insignificant (p value 0.245).

Conclusion: All patients with higher Ped-MIDAS grade are warranted prophylactic treatment. Both Ped-MIDAS scores and grading can be successfully used for assessing the migraine disability and its easier, less time consuming, bedside diagnostic tool, can be used widely in routine clinical evaluation and management.