Epidemiology and Characteristics of Chronic Daily Headaches in Children

Irfan Nagouri¹ · Dhan Raj Bagri¹ · J. N. Sharma¹

Received: 12 June 2021 / Accepted: 1 September 2021 / Published online: 5 October 2021
© Dr. K C Chaudhuri Foundation 2021

To the Editor: Chronic daily headaches (CDH) is defined by the International Classification of Headache Disorders 3rd edition (ICHD-3) based on adult research. Pediatric issues including age-/gender-wise prevalence, characteristics, and effects of normal developmental continuum have less been studied [1]. This hospital-based, observational, descriptive study done at a tertiary care center over a period of one year included 240 children (M:F = 1:1.7) aged 5–15 y attending the OPD with CDH. Disability due to headache was assessed using the Ped MIDAS scoring system [2] and severity using the Visual Analog Scale (VAS) for children > 6 y and Faces Pain Scale (FPS) for < 6 y [3, 4]. SPSS-22 was used for data analysis. Chronic tension type headache (CTTH - 53%) and chronic migraine (CM - 37%) were most common types with female predominance. Sixty-seven percent patients had bilateral headache. Sixty-three percent had steady pain and 37% had throbbing headache. Seventy percent children had moderate and 25% had severe headache. Precipitating factor was stress in 66% cases of CTTH and 48% cases of CM; sleep deprivation in 11% patients of CTTH and 35% patients of CM, and bright light in 5.26% cases of CTTH and 15% cases of CM. Excessive use of electronic devices was associated with presence of headache in adolescents (>10 y) ($p < 0.05$). Relieving factors were analgesics in 49% patients of CTTH and 38% patients of CM, and dark and quiet environment in 13.3% cases of CTTH and 25% cases CM. Associated symptom was nausea in 8% of patients with CTTH and 55% patients with CM; vomiting in 3% of patients with CTTH and 14% of patients with CM (60% males) and photophobia in 31.8% of patients with CM. CM without aura (33%) was

more common than migraine with aura (3%). Family history was positive in 13.63%. Mean Ped MIDAS score was 20; 72.63% had mild, 33% had moderate, and 5% children had little or no disability.

Declarations

Conflict of Interest None.

References

1. Headache Classification Committee of the International Headache Society (IHS). The international classification of headache disorders, 3rd edition. Cephalalgia. 2018;38:1–211.
2. Hershey AD, Powers SW, Vockell AL, LeCates S, Kabbouche MA, Maynard MK. PedMIDAS: development of a questionnaire to assess disability of migraines in children. Neurology. 2001;11:2034–9.
3. Wewers ME, Lowe NK. A critical review of visual analogue scales in the measurement of clinical phenomena. Res Nurs Health. 1990;13:227–36.
4. Tsze DS, von Baeyer CL, Bulloch B, Dayan PS. Validation of self-report pain scales in children. Pediatrics. 2013;132:e971–9.

Publisher's Note Springer Nature remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

✉ Dhan Raj Bagri
meena.drdhanraj6@gmail.com

¹ Sir Padampat Institute of Neonatology & Pediatric Health (SPINPH), J. K. Lon Hospital SMS Medical College, Jaipur, Rajasthan 302004, India