

Abstract

Background: headache is one of the most common causes of emergency hospitalizations and is one of 10 causes of disability in world that can be primary or secondary. Primary headaches include migraines, tension type headaches, cluster and... which are prevalent in all over the world. These headaches can reduce the quality of life. Different therapies are used in both acute and prophylactic phase of headaches. But some patients do not have great response for pharmaceutical therapies. These patients can benefit from injection of botulinum A toxin or peripheral nerve blocks on head and face depending on the headache type, that includes GON, LON, SON, STN, SPG,...

Aim: To study the effects of nerve blocks in treatment and quality of life in patients with refractory primary headaches in Ardabil Alavi Hospital in 2020-2021

Materials and methods: In this study the patients who come to emergency ward with acute headache and haven't had the response of decrease in severity of headache up to 50% (MIDAS) and have cured with nerve blocks, will receive questionnaire and the severity, frequency and the interval of headaches would be analyzed.

Results: According to the study, 200 patients with primary headaches like migraines, tension type headache, etc. were studied and the severity of headache before blocks was compared with one day, one week and one month after the blocks. With the p-value <0.00001 we got that the severity of pain in both men and women had significantly reduced. And the days with headaches in one month after blocks reduced and we had a significant increase in pain intervals.

Conclusion: Peripheral nerve block in patients with primary headache can reduce the severity of pain in one month after the blockade and in acute phase it can improve symptoms in middle-term. Also it would reduce the frequency of pain and increase the intervals.

Key words: headache, nerve blockade, peripheral nerve blocks, acute headache.