

ZDRAVSTVENA ZAŠTITA ODRASLIH OSOBA SA PRIMARNIM GLAVOBOLJAMA U UZORKU STANOVNIKA SEVERNOG DELA KOSOVA I METOHIJE

HEALTH CARE OF ADULTS WITH PRIMARY HEADACHES IN A SAMPLE OF RESIDENTS OF THE NORTHERN PART OF KOSOVO AND METOHIA

Djordje B. Ilić¹, Elma Selimi¹

¹ Medicinski fakultet Univerziteta u Prištini - Kosovska Mitrovica, Srbija

SAŽETAK

Uvod: Glavobolja je jedna od najčešćih indikacija sa kojima se sreću lekari opšte prakse i neurolozi. Trećina svih izveštaja neurologa povezana je sa glavoboljama.

Cilj rada: je da se proceni zdravstvena zaštita odraslih osoba sa primarnim glavoboljama, migrenom i glavoboljom tenzionog tipa (GTT) u uzorku stanovnika severnog dela Kosova i Metohije.

Materijal i metode: Studijom preseka obuhvaćene su odrasle osobe od 18 do 65 godina izabrane metodom slučajnog izbora, a nakon davanja informisanog pristanka. Za studiju je korišćen upitnik dizajniran u skladu sa preporukama. Upitnikom su obuhvaćeni sociodemografski podaci, karakteristike napada glavobolja, kao i podaci o zdravstvenoj zaštiti osoba sa glavoboljama. Podaci su na terenu prikupljeni intervjuom "licem u lice" u tri opštine severno od reke Ibar. Za obradu podataka korišćeni su odgovarajući statistički testovi i softverski program, a kao kriterijum statističke značajnosti uzeta je vrednost $p < 0.05$.

Rezultati: Ukupno je regrutovano 527 (52,7% žena) prosečne starosti 37,85 ($\pm 14,2$). Od tog broja, 227 (43,1%) je imalo glavobolju u godini koja je prethodila studiji. Migrena je utvrđena kod 83 (15,8%), a GTT kod 144 (27,3%). Ispitanici sa migrenom su se češće obraćali lekaru opšte prakse (23%:13,7%) i neurologu (20,5%:8,5%) u odnosu na ispitanike sa GTT ($p < 0.05$). Dijagnozu od ranije imalo je samo 18,6% ispitanika sa migrenom. Najveći broj ispitanika sa migrenom (97,5%) i GTT (84,2%) je za prekid napada glavobolje koristio NSAIL. Najveći broj ispitanika sa migrenom (73,3%) i GTT (91,8%) nije koristio profilaksu.

Zaključak: Naši nalazi pokazuju da je potrebno podizanje svesti lekara opšte prakse i neurologa, kao i edukacija stanovništva, kako bi se podigao kvalitet i povećao obim zdravstvene zaštite osoba sa primarnim glavoboljama, kao značajnog medicinskog i javnozdravstvenog problema.

Glavne reči: Primarne glavobolje, zdravstvena zaštita.

ABSTRACT

Introduction: Headache is one of the most common indications encountered by general practitioners and neurologists. One third of all neurologists' reports are related to headaches.

Objective: to assess the health care of adults with primary headaches, migraine and tension-type headache (TTT) in a sample of residents of northern Kosovo and Metohija.

Material and methods: The cross-sectional study included adults aged 18 to 65 years, selected randomly, after providing informed consent. A questionnaire designed in accordance with the recommendations was used for the study. The questionnaire included sociodemographic data, characteristics of headache attacks, as well as data on health care of people with headaches. Data were collected in the field through face-to-face interviews in three municipalities north of the Ibar River. Appropriate statistical tests and software programs were used for data processing, and the $p < 0.05$ value was used as the criterion for statistical significance.

Results: A total of 527 (52.7% women) were recruited with an average age of 37.85 (± 14.2). Of this number, 227 (43.1%) had a headache in the year preceding the study. Migraine was established in 83 (15.8%), and GTT in 144 (27.3%). Respondents with migraine were more likely to consult a general practitioner (23%:13.7%) and a neurologist (20.5%:8.5%) than respondents with GTT ($p < 0.05$). Only 18.6% of respondents with migraine had a previous diagnosis. The majority of subjects with migraine (97.5%) and GTT (84.2%) used NSAIDs to relieve headache attacks. The majority of subjects with migraine (73.3%) and GTT (91.8%) did not use prophylaxis.

Conclusion: Our findings show that it is necessary to awareness-raising among general practitioners and neurologists, as well as education of the population, is needed to improve the quality and increase the scope of health care for people with primary headaches, as a significant medical and public health problem.

Keywords: Primary headaches, health care.