

**PREVALENCIA DE MIGRAÑA EN RESIDENTES DE
ESPECIALIDADES MEDICO QUIRÚRGICAS DE UNA
UNIVERSIDAD DE LA CIUDAD DE BARRANQUILLA
DURANTE LA PANDEMIA POR COVID-19. AGOSTO DE
2020**

**Nayla Choles Benítez
Vierys Zarate Carrillo**

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**Asesores:
Dra. Floralinda García.
Dr. José Vargas Manota**

RESUMEN

Antecedentes: La migraña es un trastorno caracterizado por episodios de dolor de cabeza y otros síntomas neurológicos, es una patología de consulta muy común en medicina general y neurología, sin embargo, su abordaje y tratamiento no suele ser el mejor, ya que se generaliza los tipos de migraña y no se indaga correctamente en la historia clínica del paciente y su examen físico dando énfasis en la parte neurológica.

La migraña es una de las más viejas dolencias conocidas en la humanidad, algunos de los casos más tempranos se encuentran registrados por los antiguos egipcios y datan hasta 1200 A.C. Más adelante, alrededor de 400 A.C, Hipócrates refirió las perturbaciones visuales que puede preceder una migraña, tal como luces a las que actualmente se le denomina "aura". El porqué de la importancia de dicha patología se debe a su elevada incidencia en la población, no solo la costarricense si no a nivel mundial, de manera que el adecuado abordaje del paciente desde una correcta

anamnesis y examen físico hasta la terapéutica ideal la cual debe ser siempre individualizada para cada paciente llevará a una correcta resolución del cuadro clínico, además de conocer el momento en el cual se debe referir a un especialista en neurología.

Objetivo: Determinar la prevalencia de migraña en residentes de especialidades medico quirúrgicas de una Universidad de la ciudad de Barranquilla, durante la pandemia por covid-19 (agosto de 2020).

Materiales y métodos: Estudio descriptivo, transversal. Se aplicaron los tests: Migraine ID y MIDAS para determinar presencia de migraña y discapacidad producida por la misma, en 89 estudiantes de especialidades medico quirúrgicas.

Resultados: 53,9% hombres, promedio de edad: 31,6 años. 28,1% refirieron antecedente personal de migraña (41,5% en hombres y 16,7% en mujeres). 51,7% indicaron migraña en los últimos tres meses, con un porcentaje significativamente mayor en mujeres ($p < 0,05$); 39,1% tuvieron grados III o IV de discapacidad por migraña.

Conclusión: Se encontró una alta prevalencia de migraña durante meses de la pandemia por Covid-19 en estudiantes de especialidades médicas y un porcentaje importante tuvieron altos grados de discapacidad por esta condición.

Palabras clave: Migraña, discapacidad, estudiantes médicos.

ABSTRACT

Background: Migraine is a disorder characterized by episodes of headache and other neurological symptoms, it is a pathology of consultation very common in general medicine and neurology, however, its approach and treatment is not usually the best, since it generalizes the types of migraine and does not properly research the patient's medical history and physical examination with an emphasis on the neurological part.

Migraine is one of the oldest known ailments in mankind, some of the earliest cases are recorded by the ancient Egyptians and date back to 1200 BC. Later, around 400 BC, Hippocrates referred to the visual disturbances that a migraine can precede, such as lights that are now called "aura". The reason for the importance of this pathology is due to its high incidence in the population, not only the Costa Rican but also worldwide, so that the proper approach of the patient from a correct anamnesis and physical examination to the ideal therapeutic which must always be individualized for each patient will lead to a correct resolution of the clinical picture, in addition to knowing when to refer to a neurology specialist.

Objective: To determine the prevalence of migraine in residents of surgical medical specialties of a University of the city of Barranquilla, during the covid-19 pandemic (August 2020).

Materials and methods: Descriptive, cross-sectional study. The tests were titled: Migraine ID and MIDAS to determine the presence of migraine and the disability caused by it, in 89 students from medical-surgical specialties.

Results: 53.9% men, average age: 31.6 years. 28.1% reported a personal history of migraine (41.5% in men and 16.7% in men). 51.7% indicated migraine in the last

three months, with a significantly higher percentage in women ($p < 0.05$); 39.1% had grades III or IV of migraine disability.

Conclusion: A high prevalence of migraine was found during months of the Covid-19 pandemic in students of medical specialties and a significant percentage had high degrees of disability due to this condition.

Keywords: Migraine, disability, medical students

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