

## OPTIMIZATION OF MANAGEMENT OF PRIMARY CHRONIC HEADACHE WITH THE USE OF BOTULOTOXIN A

**Nigora Kadyrkhodjayeva and Anna Prokhorova**

Tashkent Medical Academy, Uzbekistan

**Aim:** The aim of the study was to review the quality of life of the patients with daily chronic headache (CDH) and determine the effectiveness of Botulinum toxin type A (BTA) influence on improving the quality of life by reducing the daily headache.

**Material & Methods:** 54 patients, from both sexes, with a minimum age of 18 years old were studied. The inclusion criteria were the presence of primary daily chronic headache with more than 4-hour duration, a frequency of 15 days or more monthly, in the last three months and disease duration of 3 years for the treatment of CDH using BTA. The study involved 54 patients, of whom where 31 women and 23 men with an average age of 42 years. The patient's condition was evaluated on the third day, on the 7th day and on the 15th day after the BTA injection and assessed every 15 days for 3 months. The efficacy of BTA was evaluated by several measurements of VAS (Visual Analog Scale), Headache Intake Questionnaire: HSQoLQ (Headache Specific Quality of Life Questionnaire), HMQ (Headache Management Questionnaire), HDQ (Headache Disability Questionnaire).

**Results:** After 3 months 2 (4%) patients had no changes, 7 (13%) patients with less than 50 percent reduction in pain, 23 (43%) reported 70 to 95 percent pain relief, and 22 (40%) had complete relief.

**Conclusion:** The work presented here has profound implications for future studies of BTA injections for patients with CDH. The obtained results testify to an improvement in the quality of life of patients with CDH against the background of injections of BTA.

### Biography

Kadyrkhodjayeva Nigora has finished her study at the Tashkent Medical Academy in 2006. After that, she was studying Psychiatry and Psychotherapeutics from 2006 till 2007 at the Tashkent Institute of Postgraduate Medical Education. She was trained in Neurology at the Tashkent Institute of Postgraduate Medical Education 2007-2009. She has been practicing as a Neurologist since 2009. She passed Clinical attachment in Neurology Department of Rashid Hospital, Dubai, UAE. She has valid practice license from UAE. She successfully cleared certification course of BLS & ACLS in 2018. From September 2017, she is pursuing her PhD at the Tashkent Medical Academy. She has published 3 articles in reputed journals and several articles, abstracts in local journals.

kadyrkhodjayeva@hotmail.com