

Migraine Prevalence and Productivity Impact in Healthcare Professionals: A MIDAS Assessment

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Abstract

Objective: To detect the frequency of migraine headaches among healthcare professionals and to determine the associated triggering factors and level of functional disability using the Migraine Disability Assessment Score (MIDAS).

Study Design: Descriptive Cross-sectional study design.

Place and Duration of Study: Federal Government Polyclinic Hospital, Islamabad, from 1st July 2023 to 30th December 2023.

Materials and Methods: After obtaining informed consent, 283 healthcare professionals experiencing headaches were included using convenience sampling, regardless of their gender or department. The demographic details were documented on a proforma, and migraine was diagnosed according to the International Classification of Headache Disorders (ICHD-3) criteria. The disability due to migraine was then determined by calculating the migraine disability assessment score (MIDAS) score. The data analysis was done using the Statistical Package for the Social Sciences (SPSS) version 24.0. The descriptive statistics were expressed using frequency/percentage and mean/standard deviation.

Results: Based on the ICHD-3 criteria, 84 (29.7%) respondents were found to have migraine. The most common triggering factor was stress (73.8%) followed by sleep disturbances (56%),

noise (39.3%) and fatigue (35.7%). Most of the respondents with migraine had Grade IV MIDAS score (32.1%) - indicating severe disability followed by Grade III (29.8%), indicating moderate disability.

Conclusion: The prevalence of migraine in healthcare workers is very high, and it is associated with significant disability that negatively impacts our healthcare system. The majority of healthcare workers experience moderate to severe disability due to migraine, with stress and sleep disturbances being the most common triggering factors.

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