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OP 21 Effectiveness of Greater Occipital Nerve Blocks in Chronic Migraine

Esra Acıman Demirel , Burcu Karpuz

Department of Neurology, Faculty of Medicine,. Bulent Ecevit University, Zonguldak, Turkey

Background: Chronic migraine (CM) is defined as headache occurring on 15 or more days per month for more than three months, which, on at least 8 days per month, has the features of migraine headache. Greater occipital nerve (GON) blocks with local anesthetics and steroids are used in CM. GON block is widely used effectively in CM treatment. In this study, our aim was to test the effectiveness of GON blocks in CM.

Method: This retrospective study was conducted in Bulent Ecevit University Faculty of Medicine, Department of Neurology .Data from CM patients who had GON block were collected. CM was diagnosed using International Headache Society (IHS) classification. Data of 44 patients were analyzed. GON blocks were repeated every week in the first month (1st, 2nd, 3rd, 4th week) and repeated monthly for the following 6 months. The injections were performed radially at 2 cm lateral and 2 cm inferior to the protuberantia occipitalis externa with a needle and 2 mL of 0.25% bupivacaine bilaterally. Headache attack frequency and severity were compared between before GON block and after GON block in first month.

Results: Headache attack frequency decreased from $12,8 \pm 8,4$ (pretreatment) to $3,8 \pm 3,5$ (first month) ($p < 0.001$). Headache severity (VAS) decreased from $8,5 \pm 1,2$ to $4,5 \pm 1,8$ (first month) ($p < 0.001$).

Conclusion: This study showed significant decreases in headache parameters in CM. GON block is widely used effectively in CM treatment, and there is a need to standardize the application technique, dose, and frequency.

