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OP 17 Comparing the efficiency of treating chronic migraine patients with great occipital nerve (GON) block and GON block and trigger point injection (TPI) combination

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Background: Greater occipital nerve (GON) blocks and trigger point injections (TPI) were found useful for chronic migraine (CM) prophylaxis with varying effect sizes and durations, but there isn't a standard protocol regarding treatment frequency and dosages. In this study, we aimed to compare the efficiency of GON block and GON block and TPI combination for CM prophylaxis.

Methods: This study is conducted between May 2019-January 2020 at SBU İzmir Bozyaka Training and Research Hospital Headache Outpatient Clinic. Ten patients diagnosed as CM according to ICHD-3 criteria included. The patients' demographic data and migraine disease characteristics were noted from medical records and headache diaries retrospectively. Five patients who were treated with GON block (group A) for 3 months and 5 patients who were treated with GON block+ TPI (group B) combination for 3 months were chosen.

Results: There were no statistical differences between the two groups' in average age and disease duration (p:0,908-p:0,935). When we compared Group A and Group B's results before and after blocks according to average headache duration, headache severity and headache frequency both groups showed significant decreases after GON block and TPI (p<0,001). When group A and B compared according to the average VAS score; group B's score was significantly lower than group A. On the other hand, average headache frequency and headache duration were not statistically different between the two groups (p: 0,768-p:0,982).

Conclusion: This study shows GON block and GON block+TPI is effective for CM prophylaxis, combining TPI with GON block may be considered for decreasing the severity of migraine attacks.