

ORIGINAL PAPER

Affected Daily Activities of Hospitalized Children and Teenagers with Headache

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Abstract

Background: Headache is a symptom that can cause discomfort not only to adults but, also, to children. The effects that headaches have in the daily routine of children and teenagers depend on the condition's cause, and its frequency and intensity. Headache leads to a decrease in daily activity during the crisis and during periods of intercritical, with impact on quality of life.

Aim: To determine if the headache of hospitalized children is related to the quality of life and the degree of impact, to the daily life of children of both sexes aged 3-16 years.

Methodology: The sample consisted of 52 children hospitalized in pediatric clinic who came to the hospital with a severe headache. The questionnaire used (Headache Questionnaire- McKenzie Pediatrics 2010) includes questions relating to general information, history and habits of children and the pediatric quality of life (EQ-5D-Y) to record the state of child health days hospitalized and to determine the quality of life. For the statistical analysis used the program SPSS 22.0

Results: The mean age of the children was 6-14 years and the average length of stay 1-5 days. Headache in almost all participants (93%), accompanied by other symptoms with major nausea (19%) and dizziness (29%). Children with headache absent from school, they don't looking after themselves (33%) and not participate in their daily activities-hobby (29%). The quality of life was affected. When children suffering from headache, they feel anxiety, pain and discomfort (67%) and have worse overall, physical and psychosocial quality of life (27%).

Conclusions: Although headache was the cause of absent from school, most of the children who hospitalized with headache, showed or no disability, to the activities of their daily life and their quality of life affected moderately.

Key Words: children, headache, hospitalized, quality of life, teenagers