

Migraine in the university Students: Project of intervention with acupuncture through ankle cuff technique

Gustavo Desouza¹, Simone Rembold²

¹RECI I&D, Piaget Institute of Viseu, Portugal, gustavodesouza@gmail.com

²Universidade Federal Fluminense, Brasil

ABSTRACT

BACKGROUND: Migraine is characterized by improved sensitivity of the nervous system^[1] and is one of the most common neurological disorders^[2]. Migraine is a very common disorder, unfortunately, many are not diagnosed or are subtreated^[3]. This chronic disease is the 19th cause of disability worldwide^[4]. Overall, acupuncture treatment of migraine was associated with slightly better outcomes and less adverse effects than treatment with prophylactic drugs^[5]. **OBJECTIVE:** the aim of this study will be to analyze the effect of acupuncture, more specifically a technique called Ankle cuff, to reduce pain and frequency of headaches and migraine in young adults. **METHODS:** Our sample will consist of a population of about 120 higher education students, belonging to the University Campus of Viseu of the Piaget Institute (Portugal) and the Fluminense Federal University (Brazil), in the healthcare area, between the aged of 18 and 40 years. The study contemplates 3 phases, one of selection of the sample and filling of questionnaires, and two of data collection, and processing of the results. The duration of the study will be approximately 2 (two) months of data collection, which will be divided in 15 (fifteen) days for the from the participant selection process to the personal identification questionnaire fill, in order to verify and categorize the pain felt and the impact of disease on daily life in these students we will use the Visual Analogue Scale (VAS) by the Migraine Disability Assessment Scale (MIDAS) questionnaire, 1 cycle of 4 treatments (1 cycle of one treatment per week with a duration of 30 minutes each) and finally the processing of the results and their conclusion. **CONCLUSIONS:** Following a literature review of the clinical condition of migraine or headache, the approach centered on the hypotheses of possible treatment for this problem demonstrated in a previous study a considerable prevalence (36%) of participants that could resort to acupuncture intervention for the prophylactic or symptomatic treatment of migraine or headache^[3]. These initial results allow us to create a broad approach on the need to conduct a comprehensive study with the application of acupuncture on the clinical condition of migraine or headache in university students.

Keywords: *Migraine, Acupuncture, University students, ankle cuff technique*

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