

The eligibility decision by the occupational physician about the primary headache

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Background

Primary headaches represent the 90% of all the forms of headache. This disease occurs mostly in the working-age population, having a significant impact in countries with high economic and social development. These aspects carry important economic costs calculated as loss of working days due to illness and loss of labour productivity. In occupational setting, several circumstances are known to be able to cause cephalalgic attacks in workers who already suffer from primary headache, for example the interruption of the circadian sleep-wake rhythm, physical/mental distress, not ergonomic postures, prolonged use of display screen, acoustic discomfort and among chemicals, the olfactory characteristics.

Conclusions

Primary headaches are "social" diseases; the physicians have to consider their impact on work, and can formulate a true judgement of suitability only after a right evaluation of their characteristics, that can be made with simple but basic steps.

Materials and Methods

We identify three critical factors: the form of primary headache, the characteristics of the work and the effects due to pharmacological therapy. On the basis of these considerations we suggest guidelines for a flow chart aimed to understand worker's suitability and to guarantee safety and health of workers.

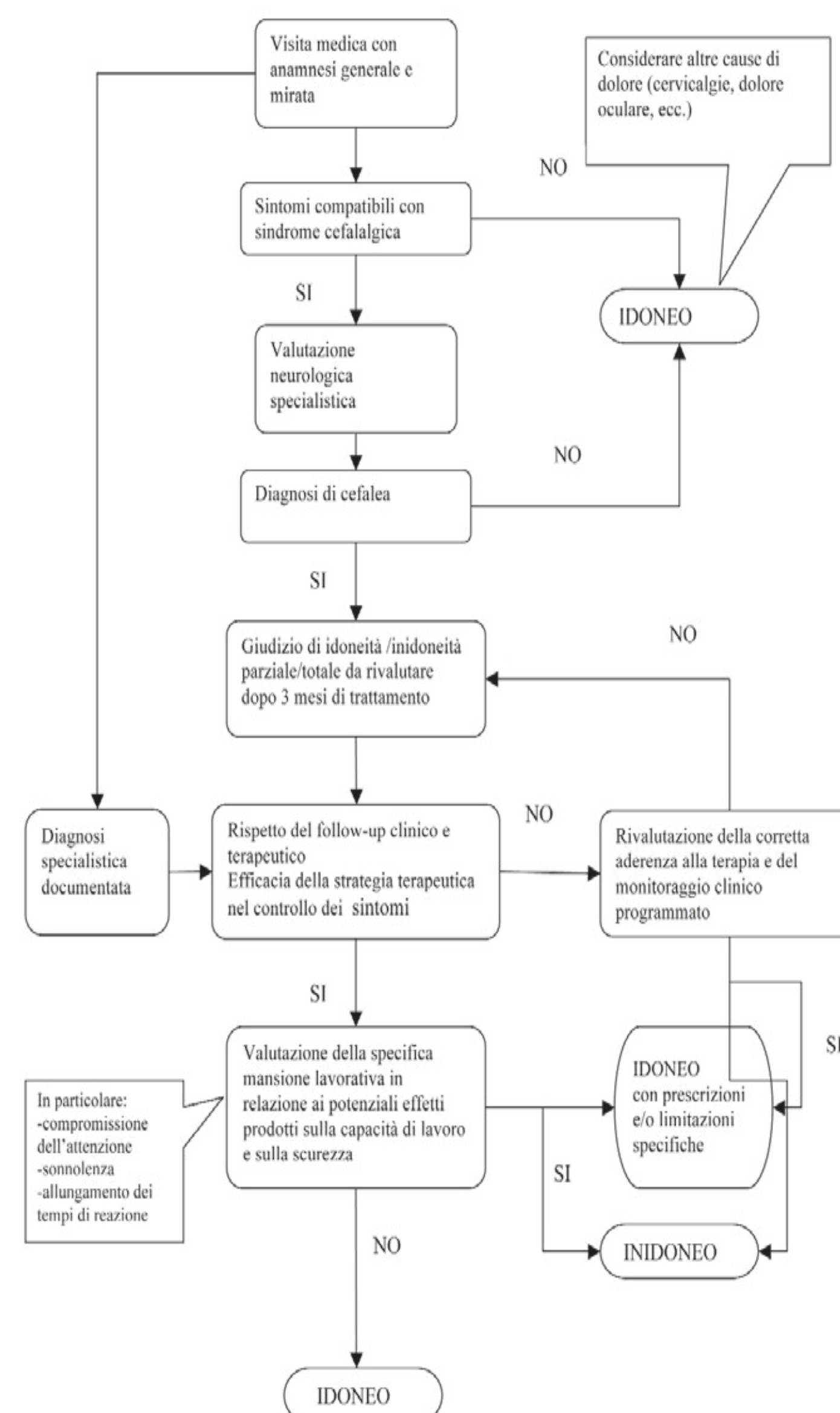
Objectives

The aims of this study are: to provide useful information to occupational physicians on the management of workers suffering from primary headaches, to the formulation of the judgement of suitability and to the planning of the work; to identify the preventive measures in order to reduce the probability of recurrence of headache attacks and to ensure workers efficiency.

Results

A decision process for judgement formulation articulated in different steps (history, neurological examination and the periodic verification of the adherence to treatment prescribed) can guide the physician to identify the characteristics of the headache and the appropriate measures to make this disease less invalidating.

Percorso per l'elaborazione del giudizio di idoneità alla mansione



▪ Pucci E et Al. Fattori di rischio lavorativo e cefalee primarie: ruolo del medico competente.

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▪ Taino G et al. Cefalea primaria e lavoro: nozioni di fisiopatologia, fattori occupazionali di rischio, sorveglianza sanitaria e criteri per la formulazione del giudizio di idoneità. G Ital Med Lav Erg 2014; 36:2, 78-94.