
Prevalence of propranolol and pizotifen use and their side effects among migraine patients at Teaching Hospital, Jaffna

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Introduction: Migraine is a unilateral headache accompanied by nausea, vomiting, photophobia and phonophobia. Propranolol and pizotifen are widely used in migraine prevention but their side effects (SE) often influence the therapeutic outcomes **Objectives:** To estimate the prevalence of propranolol and pizotifen and its side effects. **Methodology:** Descriptive cross-sectional study with 8 weeks of data collection. Data were collected at neurology clinic as an interviewer-administered validated questionnaire. Participants are identified with migraine and not previously prescribed with the preventive medication and patients were followed for 01 month. Likert scale, 0-4 (0=No effect, 4= Severe), was used to collect data related to severity SEs score and total score for each patients' SEs were calculated. **Results:** Of 270 migraine patients, 104 were selected and used both drugs. Prevalence of propranolol was 22% and 59 patients reported SEs (mean =2) which were palpitation (48%), postural hypotension (42%), dizziness (53%) and sleep disturbances (53%). And pizotifen prevalence was 17 %. 45 patients reported SE (mean=2.5) which were increase appetite (29%), dizziness (53%), drowsiness (27%), dry mouth (53%), nausea (56%), weight gain (7%) fatigue (29%) and prolonged sleep (13%). Pizotifen participants, dry mouth was significantly higher in male ($p=0.025$) and unemployed ($p=0.038$) and fatigue was higher in income below Rs.35,000.00 ($p=0.026$). Pizotifen had a significantly higher mean score (4.58) than propranolol (3.63), ($p = 0.019$). **Conclusions:** Pizotifen's side-effects are more severe than propranolol. Clinical education on pizotifen side effects severity will improve awareness and adherence of the patients.

Keywords: *Migraine-patient, Pizotifen, Propranolol Prevalence, Side effects*

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