

*Pediatrična oftalmologija, Friday, May 16 2025, 14:45-16:00*

*Location: dvorana Grandis*

**Session: Pediatrična oftalmologija / Pediatric ophthalmology**

**Chairs: Manca Tekavčič Pompe and Špela Markelj**

OR-049

### **How often are eyes to blame for the headache in children?**

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**Purpose:** Headache is common in children and they commonly present to an ophthalmologist for suspected underlying ocular problem. The most common ocular causes include refractive error, impairment of accommodation, ocular surface disease, optic neuritis, uveitis and other eye conditions. The purpose of the study was to identify and determine the prevalence ophthalmological disorders that could potentially cause headache.

**Methods:** All children included in the study were referred to the ophthalmologist by the pediatrician or pediatric neurologist due to headache and every child underwent complete ophthalmological examination. Primary outcome was prevalence of one or more ophthalmological findings that might indicate an ocular cause of headache.

**Results:** A total of 155 patients were included in this study (from 4 to 19 years old, mean 11.5 years). A significant ophthalmologic disorder was found in 6.4% children with headache and most common ophthalmologic disorder in the study was refractive error in 4.5 %. Painful eye movements were reported in 1.3% at the examination and 0.6% had elevated optic discs nasally.

**Conclusions:** Most children who were referred to the ophthalmologist by their pediatrician due to the headache had a normal eye examination. Probably, more prevalent underlying reasons for the headache as are migraine, tension-type headache and viral illness, and also more severe reasons such as intracranial processes should first be considered. In addition to that, a full ophthalmologic examination should be available.

### **Kako pogosto so oči krive za glavobol pri otrocih?**

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**Namen:** Glavobol je zelo pogost pri otrocih in mladostnikih, k oftalmologu pa ti otroci pogosto pridejo, ker izbrani pediater ali starši posumijo na težave z očmi. Najpogostejši očesni vzroki glavobola so refraktivna napaka, okvara akomodacije, bolezni očesne površine, optični nevritis, uveitis in druga očesna stanja. Namen študije je bil ugotoviti očesna bolezenska stanja, ki bi lahko povzročila glavobol in analizirati razširjenost očesnih bolezenskih stanj med otroci z glavobolom.

**Metode:** Vsi otroke, ki so bili vključeni v raziskavo, je pediater ali pediater nevrolog napotil k oftalmologu zaradi glavobola in vsak otrok je opravil celovit oftalmološki pregled. Primarni izid je bil ugotavljanje razširjenosti očesnih bolezenskih stanj, ki bi lahko kazala na očesni vzrok glavobola ali bi lahko pojasnila glavobol.

**Rezultati:** V študijo je bilo vključenih skupno 155 bolnikov (starih od 4 do 19 let, povprečje 11,5 let). Očesno bolezensko stanje je bilo ugotovljeno pri 6,4 % otrok z glavobolom, najpogostejša je bila refrakcijska napaka pri 4,5 %. Bolečine pri premikanju zrkel je navajalo pri 1,3 % pacientov, 0,6 % pacientov je imelo nazalno dvignjeno papilo optičnega živca.

**Zaključki:** Pri večini otrok, ki jih je pediater zaradi glavobola napotil k oftalmologu, je bil očesni pregled v mejah normale. Smotno bi bilo verjetno najprej razmisliti o pogostejših osnovnih vzrokih za glavobol, kot so migrena, tenzijski glavobol in virusna obolenja, pa tudi o drugih vzrokih, kot so intrakranialni procesi. Poleg tega mora biti na voljo tudi celosten oftalmološki pregled.