

that had at least five attacks fulfilling criteria for migraine with/or without aura. This disorder affects 1,4-2,2% of the population and is associated with a higher headache impact in comparison with the episodic migraine. Medication overuse of acute analgesics often occurs with chronic migraine. In patients with migraine frequent intake of acute headache medication can increase the frequency and intensity of headache, causing a vicious circle of further intake of medication and increased attack frequency. Here is how the treatment can become the cause of another separate condition, known as medication-overuse headache.

Aim of the study. To determine medication overuse of acute treatment in patients with chronic migraine and its impact to the severity of the disease.

Materials and methods. In this study were included 36 patients with confirmed clinical diagnosis of chronic migraine who requested a consultation of a neurologist at the Institute of Neurology and Neurosurgery in Chisinau. The study was based on survey: self-report questionnaire with references to the medicamentous migraine treatment and Migraine patient assessment questionnaire from the National Clinical Protocol. A clinical analysis of the disease and medication intake were performed. The patients were separated in two groups: with and without medication overuse of acute treatment (medication overuse is diagnosed if a limit medication days per month is exceeded for ergotamines, triptans, opioids and combination drugs ≥ 10 days per month, and for simple analgesics ≥ 15 days per month, both for longer than 3 months), based on the results of two questionnaires. Student-T test was chosen as statistical criteria for this research.

Results. We found that patients with medication overuse of acute treatment have a significantly more severe clinical signs of the disease. We compared the following clinical outcomes: number of days with headache per month and intensity of headache. In case of medication abuse we found higher values on two parameters: frequency ($p < 0.0001$) and intensity ($p = 0.0016$) of headache per month.

Conclusions. On conclusion, the analysis of our data support the concept that medication overuse is the reason for the development of more severe clinical signs in patients with existing primary headache disorder. Patients who managed correctly their migraine attacks have moderated clinical signs.

Key words: headache, chronic migraine, acute treatment, medication overuse.

309. PHARMACOLOGICAL ASPECTS OF METHYLPHENIDATE USAGE

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Introduction. Numerous recent studies show that misuse of stimulants by individuals without ADHD (Attention Deficit Hyperactivity Disorder) has increased over last years, in order to enhance cognitive performance. This is especially popular among students. Hence, the need to assess the effects of methylphenidate on healthy brain (without ADHD), as well as the associated adverse reactions, arises.

Aim of the study. To evaluate the prevalence of methylphenidate (MPH) usage among medical students, to emphasize pharmacological effects and adverse reactions.

Materials and methods. A self-administered, anonymous questionnaire was distributed in online and sheet forms to students of the ungraduated medical programme. The literature

review on stimulants misuse has been performed, including search of following databases: PubMed, ResearchGate, neurology.com, etc.

Results. 114 questionnaires have been completed, including: 34 – online and 80 – on sheets. Approximately 14,0% (16 of 114) of surveyed students have used MPH for non-medical purposes. Most of them used it to enhance their ability to concentrate 63,64 % (7 of 11). Next adverse reactions were mentioned: tachycardia/High Blood Pressure (8 of 13); anxiety/fear (5 of 13); headache (5 of 13); seizures/convulsions (2 of 13); sleep disorders (9 of 14). Recent studies put college students' nonprescription use of stimulant drugs — Ritalin and amphetamines such as Adderall and Dexedrine — at rates anywhere between 14 and 38 percent, depending on the type of college and age of student. Main purpose of usage is enhancing the ability to concentrate and memorize. Most frequent adverse reactions (>10%) are: psychiatric disorders, insomnia, irritability, decreased appetite, headache, infections.

Conclusions. The prevalence of MPH usage among medical students fits in general statistics. The primary reason of usage also coincides. Some respondents have not mentioned the emergence or absence of adverse reactions. This may be due to refusal to answer or unawareness of the adverse reactions. The literature review revealed that benefic effects of MPH are observed in individuals with lower ability of concentration/memorization, showing that the drug is more effective at correcting deficits than “enhancing performance”. In individuals with good ability of concentration/memorization enhanced motivation has been observed, although associated with higher incidence of adverse reactions.

Key words: methylphenidate, stimulants misuse, ADHD, performance, cognition.

310. PARACETAMOL - BENEFITS AND DAMAGES

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Introduction. Paracetamol and the combined drugs, which belong to the OTC list that are released without a prescription, are most commonly used in the symptomatic treatment or self-treatment of acute respiratory infections. The diversity of trade names often misleads patients who resort to their administration without consulting a doctor. For these reasons, there is an increase in the incidence of acute intoxication and fatal adverse reactions (fulminant hepatic necrosis, etc.).

Aim of the study. The aim of the study consisted in analyzing the presence on the pharmaceutical market of mono- and combined drugs containing paracetamol and estimating possible risk of side effects in self-treatment with them.

Materials and methods. Based on the study of the State Drug Nomenclature, were selected drugs containing paracetamol with analysis of single dose and combination diversity.

Results. In the Republic of Moldova there are 95 mono- or combined drugs containing paracetamol (acetaminophen), including producers from: Moldova - 22, Romania - 20, Ukraine 13, Belarus - 12, Turcia - 5, Russia - 5, Slovenia - 6, Georgia - 4, India - 4, Bosnia and Herzegovina - 2, United Kingdom -1, Germany - 1. The presence of single-dose mono drugs containing paracetamol of 50-250 mg for children and 500-600 mg for adults was found. There is a wide range of combined drugs including: paracetamol + decongestant adrenomimetics (phenylephrine, pseudoephedrine), paracetamol + H1-antihistamines (pheniramine,