

**Patient Name:** John Doe  
**Age:** 34  
**Gender:** Male  
**Occupation:** IT Professional  
**Date:** [Insert Date]

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### Chief Complaint:

The patient reports recurring **severe migraines** over the past 6 months, accompanied by nausea, light sensitivity, and difficulty concentrating. Episodes occur 3–4 times per week, lasting 6–8 hours.

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### History of Present Illness:

- **Onset:** Gradual onset of migraines starting approximately 6 months ago.
  - **Frequency:** 3–4 episodes per week.
  - **Triggers:** Stressful work deadlines, prolonged screen time, and lack of sleep.
  - **Symptoms:**
    - Intense throbbing pain, localized on one side of the head.
    - Nausea and occasional vomiting.
    - Sensitivity to light and sound (photophobia and phonophobia).
    - Cognitive difficulties during episodes.
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### Medical History:

- **Past Conditions:** No significant history of chronic illness.
  - **Medications:** Occasionally uses over-the-counter painkillers (ibuprofen, paracetamol).
  - **Family History:** No known family history of migraines.
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### Lifestyle and Occupational History:

- **Occupation:** Works as a software developer in a high-pressure IT environment.
- **Workplace Factors:** Reports **toxic work culture**, including unrealistic deadlines, lack of work-life balance, and inadequate support.
- **Sleep Patterns:** Sleeps 4–5 hours on average due to workload and stress.
- **Dietary Habits:** Irregular meals, heavy caffeine consumption (4–5 cups daily).
- **Physical Activity:** Minimal exercise.

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### Examination Findings:

- **Vital Signs:**
    - Blood Pressure: 130/85 mmHg (elevated).
    - Heart Rate: 88 bpm.
  - **Neurological Examination:** No focal deficits noted.
  - **General Appearance:** Appears fatigued and stressed.
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### Assessment:

- **Diagnosis:** Chronic Migraine with probable stress-induced exacerbation.
  - **Contributing Factors:**
    1. Occupational stress and toxic work environment.
    2. Poor sleep hygiene and irregular dietary habits.
    3. Excessive caffeine intake.
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### Plan and Recommendations:

1. **Medical Treatment:**
    - Prescribe **triptans** (e.g., Sumatriptan) for acute migraine relief.
    - Preventative medication: **Propranolol** (beta-blocker) or **Topiramate** if migraines persist.
  2. **Lifestyle Modifications:**
    - Implement regular sleep schedule (7–8 hours).
    - Limit screen exposure by taking regular breaks (20-20-20 rule).
    - Incorporate moderate physical activity (e.g., 30 minutes of walking 5 times per week).
    - Maintain a balanced diet with reduced caffeine consumption.
  3. **Stress Management:**
    - Explore relaxation techniques such as **meditation, yoga, or deep-breathing exercises**.
    - Refer to a mental health professional for workplace stress counseling.
    - Encourage seeking a supportive work environment or considering a career change.
  4. **Follow-Up:**
    - Schedule a follow-up appointment in 4 weeks to assess response to treatment and adjust as needed.
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**Doctor's Notes:**

Patient education is critical to understanding the impact of stress and lifestyle on migraines. Long-term management should focus on reducing occupational stress and fostering better self-care practices.

**Signed:**

[Dr, Vijay Joseph], MD

[Neurologist]

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