

## HISTORY FINDINGS

### TENSION HEADACHE

- **Pain location:** Bilateral
- **Pain quality:** Pressing / tightening - non pulsating
- **Pain intensity:** Mild - moderate
- **Duration:** 30mins - continuous
- **Frequency:** Variable
- **Other symptoms:** None

### MIGRAINE +/- Aura

- **Pain location:** Unilateral / Bilateral
- **Pain quality:** Pulsating
- **Pain intensity:** Moderate - severe
- **Duration:** 4-72 hours
- **Frequency:** Variable
- **Other symptoms:**
  - Photophobia
  - Nausea & Vomiting
  - Aura (Flickering lights / Visual loss / Sensory symptoms i.e. pins and needles / Speech disturbance)

### CLUSTER HEADACHE

- **Pain location:** Unilateral - around eye / side of head
- **Pain quality:** Variable
- **Pain intensity:** Severe
- **Duration:** 15mins - 180mins
- **Frequency:**
  - Cluster of 1 every alt day up to 8 per day
  - With remission between clusters
- **Other symptoms:** On same side of headache:
  - Red / watery eye
  - Nasal congestion
  - Swollen eyelid
  - Forehead / facial sweating
  - Constricted pupil / drooping eyelid

## EXAMINATION FINDINGS

- Tension / Migraine: Nil specific
- Cluster headache: +/- other symptoms as listed above

## INVESTIGATION FINDINGS

- Nil specific

## MANAGEMENT

### TENSION HEADACHE

#### Analgesics:

- Aspirin
- Paracetamol
- NSAIDs

Avoid Opioids

### MIGRAINE +/- Aura

#### Combination therapy:

- Oral Triptan + NSAID

- Oral Triptan + Paracetamol

#### Monotherapy:

- Oral Triptan

- Aspirin (900mg)

- Paracetamol

- NSAIDs

#### Adjuncts:

- Anti-emetic

Avoid Opioids

### CLUSTER HEADACHE

#### Oxygen:

- High flow oxygen

- Non-rebreathing mask

#### Medication:

- Subcutaneous / Nasal Triptan

Avoid Paracetamol  
NSAIDS  
Oral Triptans  
Opioids

Always consult BNF for dose / administration and contraindications for all above medications

## CONTACT SENIOR

- No improvement / worsening of symptoms despite initial management