

HISTORY FINDINGS

TENSION HEADACHE	<ul style="list-style-type: none">• Pain location: Bilateral• Pain quality: Pressing / tightening - non pulsating• Pain intensity: Mild - moderate• Duration: 30mins - continuous• Frequency: Variable• Other symptoms: None
MIGRAINE +/- Aura	<ul style="list-style-type: none">• Pain location: Unilateral / Bilateral• Pain quality: Pulsating• Pain intensity: Moderate - severe• Duration: 4-72 hours• Frequency: Variable• Other symptoms:<ul style="list-style-type: none">◦ Photophobia◦ Nausea & Vomiting◦ Aura (Flickering lights / Visual loss / Sensory symptoms i.e. pins and needles / Speech disturbance)
CLUSTER HEADACHE	<ul style="list-style-type: none">• Pain location: Unilateral - around eye / side of head• Pain quality: Variable• Pain intensity: Severe• Duration: 15mins - 180mins• Frequency:<ul style="list-style-type: none">◦ Cluster of 1 every alt day up to 8 per day◦ With remission between clusters• Other symptoms: On same side of headache:<ul style="list-style-type: none">◦ Red / watery eye◦ Nasal congestion◦ Swollen eyelid◦ Forehead / facial sweating◦ Constricted pupil / drooping eyelid

EXAMINATION FINDINGS

<ul style="list-style-type: none">• Tension / Migraine: Nil specific• Cluster headache: +/- other symptoms as listed above

INVESTIGATION FINDINGS

<ul style="list-style-type: none">• Nil specific
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MANAGEMENT

TENSION HEADACHE	Analgesics: <ul style="list-style-type: none">• Aspirin• Paracetamol• NSAIDs	Avoid Opioids
MIGRAINE +/- Aura	Combination therapy: <ul style="list-style-type: none">• Oral Triptan + NSAID• Oral Triptan + Paracetamol Monotherapy: <ul style="list-style-type: none">• Oral Triptan• Aspirin (900mg)• Paracetamol• NSAIDs Adjuncts: <ul style="list-style-type: none">• Anti-emetic	Avoid Opioids
CLUSTER HEADACHE	Oxygen: <ul style="list-style-type: none">• High flow oxygen• Non-rebreathing mask Medication: <ul style="list-style-type: none">• Subcutaneous / Nasal Triptan	Avoid Paracetamol NSAIDS Oral Triptans Opioids

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

CONTACT SENIOR

<ul style="list-style-type: none">• No improvement / worsening of symptoms despite initial management
