

Patient Name: ABC

Date of Birth: 12/12/1980

Gender: Female

Date of Visit: 03/05/2025

Patient ID: 123456

Chief Complaint:

Patient reports terrible headache left side of the head since midday and patient saw zigzag line before her vision before the pain started. After the headache starts, patients feels like she need to vomit. Patient face flares up. The pain is throbbing one the left side especially it gets worse when patient lean forward or move the head or neck.

History of Present Illness:

The patient is a 39-year-old female who presents with a two-week history of headache and vomiting. The pain is on the left side of the head and her eyes hurts and gets worse with the head or neck movement. The patient denies any kind of fever, shortness of breath, nausea, or sweating. Family history includes migraine, underactive thyroid in the mother (age 65) of the patient.

Past Medical History:

- Patient mother had underactive thyroid
- Never had the headache until 2 weeks ago
- Patient mother had migraines

Medications

- **SNSAIDs** (e.g., **Ibuprofen 400-600 mg**) for mild-to-moderate pain.
- If the pain is severe then **Triptans** such as **Sumatriptan 50-100 mg** or **Rizatriptan 5-10 mg** (oral or nasal spray).
- **Metoclopramide 10 mg** (oral or intravenous)
- Encourage adequate fluid intake as dehydration can exacerbate migraine symptoms.
- Rest in a dark, quiet room
- Cold compresses

Physical Examination:

- Vital Signs: BP 145/90 mmHg, HR 78 bpm, RR 16 breaths/min
- Temperature: Normal 98.6°F
- General: Alert, oriented, and in no acute distress
- Cardiovascular: Regular rhythm, no murmurs or gallops
- Respiratory: Clear to auscultation bilaterally, no wheezes or rales

Assessment and Plan:

- **Diagnosis: Migraine with Aura**
The patient's symptoms, including the onset of a headache following visual disturbances (zigzag lines), nausea, and throbbing pain that worsens with head movement, are consistent with a

migraine with aura. The characteristic visual disturbances before the headache are often referred to as an "aura," which is a common feature of migraine

- **Plan:**
 1. Continue current medication.
 2. Follow up in one week for re-evaluation or sooner if symptoms worsen.

Follow-up Instructions:

- Rest in dark and cold environment.
- Avoid triggers(bright lights, loud noises, and strong smells.) that can cause migraine
- Continue the medication until follow up
- Stay Hydrated
- Seek immediate medical attention if experiencing severe headache or shortness of breath.