

# Heartaches to Happy Bunnies

Sorting out your Headache patients

# Diagnosis

- ▶ History
- ▶ History
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- ▶ History
- ▶ Examination

# Primary Headaches

- ▶ Tension type headache
- ▶ Migraine
- ▶ Cluster and other TACs

# Secondary Headaches

- ▶ Head/neck injury
- ▶ Subarachnoid haemorrhage
- ▶ CSF pressure – high or low
- ▶ Brain tumour
- ▶ Chemical – CO or medication

# Tension Type Headache

- ▶ Featureless
- ▶ Band like ache
- ▶ Mild photo/phonophobia/nausea

# Migraine

- ▶ Throbbing pain
- ▶ Sensitivity to stimuli
- ▶ Exacerbated by activity
- ▶ Associated features
- ▶ Aura?

# HIT 3 (migraine)

- ▶ Nausea
- ▶ Photophobia
- ▶ Disability (functional impairment)
- ▶ 93% predictive for migraine

# Aura

- ▶ Evolving neurological phenomenon
- ▶ Visual
- ▶ Speech
- ▶ Sensory



# Migraine treatment

- ▶ Aspirin
- ▶ Triptans
- ▶ Avoid triggers
  
- ▶ Prophylaxis
- ▶ B Blockers
- ▶ Topiramate
- ▶ Tricyclics
- ▶ (Pizotifen)

# Cluster

- ▶ Very severe 30–120 min
- ▶ Agitation and autonomic features
- ▶ Mainly men
- ▶ Diurnal and seasonal synchronicity

# Cluster autonomic features



Watery eye, drooping eyelid, runny nose

# Cluster Treatment

- ▶ Triptan injections
- ▶ Steroids
- ▶ High flow 100% oxygen
  
- ▶ Prophylaxis
- ▶ Verapamil
- ▶ Lithium

# Scan

- ▶ New onset headache  $> 50$
- ▶ Increased severity +/- frequency
- ▶ Exacerbation with exertion/Valsalva
- ▶ True morning headache
- ▶ Patient pressure

# Case 1

- ▶ Female, 23, on COC
- ▶ Severe L frontotemporal headache on PFW
- ▶ Vomits, takes to bed
- ▶ Sparkles in R eye, mixes up words
- ▶ Diagnosis and management?

# Case 2

- ▶ Male, 46, smokes 30/day
- ▶ Wakes 03.00 severe L frontotemporal pain
- ▶ Eyes waters, nose blocked L
- ▶ Agitated, paces room
- ▶ Several per night for 3 weeks
- ▶ 5 years now, Nov–Feb

# Resources

- ▶ BASH Guidelines
- ▶ [www.bash.org.uk/guidelines/](http://www.bash.org.uk/guidelines/)
- ▶ 3 minute neurological examination
- ▶ [www.youtube.com/watch?v=fgwN1P5PDaA](http://www.youtube.com/watch?v=fgwN1P5PDaA)
- ▶ SIGN Guidelines
- ▶ [www.sign.ac.uk/guidelines/fulltext/107/](http://www.sign.ac.uk/guidelines/fulltext/107/)