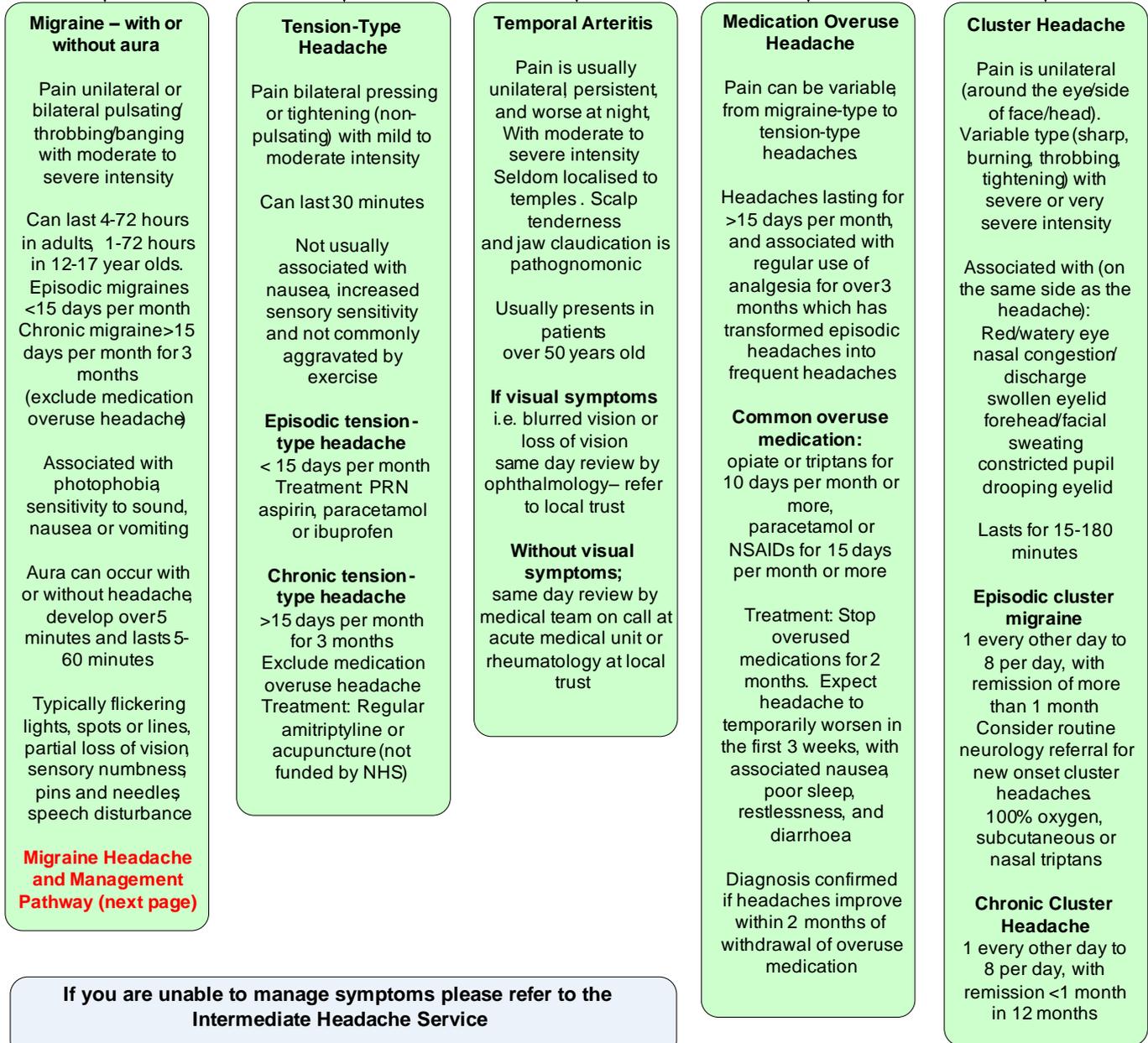


Headache – Determining the Underlying Diagnosis

Patient aged 12 years and over with headache, without red flags symptoms



For information: Red flags

Emergency symptoms consider immediate referral to on call team

Thunderclap onset, meningism, fever, reduced GCS, malignant hypertension, acute red eye (angle closure), acute onset with focal signs, papilloedema, trauma with haemorrhage risk factors or ICP symptoms, 3rd trimester or early post partum.

Suspected Cancer Referral: to be seen within 48 hours

Aged 18-24y and newly abnormal cerebellar or other central neurological function.

Suspected Cancer Referral: to be seen within 2 weeks

Progressive, sub-acute loss of central neurological function (consider)
Incidental finding on MRI/CT scan suggestive of cancer

Migraine Headache and Management for patients 12 years or over

Please see Headache – Determining the Underlying Diagnosis for further information regarding **red flags and urgent referral**.
Doses stated relate to healthy **ADULTS** only. Please refer to children's BNF for dosing regimens in patients aged 12-17 years.

Patient aged 12 years or over, in whom red flags have been excluded and migraine diagnosis made

- Direct all patients towards keeping a **Headache diary** or mobile application "App", detailing potential triggers, symptoms and treatment used
- Lifestyle advice to all patients as lifestyle factors can lower migraine threshold or directly trigger attacks
- Counsel patients regarding stress management, regular sleep and eating patterns, regular exercise and trigger identification
- In addition to standard pharmacological therapy, consider merits of psychological therapy and relaxation techniques
- Riboflavin 400mg daily supplement or acupuncture (not available on NHS)
- Referral to 'Time to Talk' service, if appropriate

