

CORE PRESENTATION: HEADACHE

Important causes not to miss:

- Migraine
- Tension
- Cluster
- Meningitis
- Subarachnoid Haemorrhage (SAH)

SITE/RADIATION

"Where does it hurt?"
"Do you feel the pain anywhere else?"

"Its not that bad, I just wanted to get it checked"
"It's the worst pain ever"
"This is really bad and it won't stop, I really need some help"

QUALITY

"What does it feel like"?

"It came on really suddenly"
"It built up slowly over time"
"It has been about the same since it started"
"It has been gradually worse"
"It has gradually been getting better"
"No this is the first one"
"Yeah I have had one every day for a week"
"I have one of these once a month"
"I had a similar headache last week but it went away"

CONTEXT

"Is there anything you think might have caused this?"

"Sitting in a quiet, dark room helps"
"Taking panadol, has taken the edge off"
"No, nothing helps and I'm frustrated"
"Looking at the light really hurts my eyes"

ASSOCIATED FEATURES

"Have you noticed anything else with the headache?"

"It hurts all around my head"
"It hurts one side, behind my eye"
"It hurts just at the back"

SEVERITY

"How bad does it hurt?"
"Can you rate it from 0-10?"

"It feels like a band around my head"
"It feels like I got hit by a bat"
"It feels like being stabbed in the eye"

TIME COURSE

"When did it start?"
"Has this happened before?"
"Is it getting worse?"
"Did it come on suddenly or gradually?"

"Yes, I've had a cold recently"
"Yeah I've have been really stressed recently"
"No it came on out of nowhere"

RELIEVING/ AGGRAVATING FACTORS

"Have noticed anything that makes it better?"
"Have you noticed anything that makes it worse?"

"Light hurts my eyes"
"My neck feels really stiff"
"I've been feeling hot and cold"
"My eye and nose have been runny on one side"
"I've been hearing and seeing things before the headache"
"I want to throw up"
"No, I haven't noticed much"