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Canadian Family Medicine Clinical Card

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Headache

Migraine

Symptoms: throbbing, unilateral, photophobia, nausea, debilitating

Dietary Triggers: EtOH, chocolate, cheese, MSG, aspartame, caffeine, nuts, nitrates

Tx: 1. NSAIDs (ibuprofen 200-800 mg or ASA 1000mg q4h)

2. Triptans (almotriptan+others) } ⚠️ with CAD/CVD/SSRI; **DON'T USE** with MAOI
3. Ergotamines
4. Prochlorperazine 5-10mg IM or IV; Metoclopramide 5-10mg IM or IV

Prevention:

- β-blockers (propranolol 40-240 mg/day, metoprolol 50-200mg/day)
- Calcium channel blockers (verapamil 240-320mg/day, flunarizine 5-10mg/day)
- Anticonvulsants (valproic acid 500-1800mg/day, topiramate (25-100mg/day)
- TCAs (amitriptyline 50-150mg/day)

Cluster

Diagnosis:

- ≥5 episodes lasting 15-180min
- unilateral (orbital/temporal)
- frequency: 8x/d to q2d
- ≥1 ipsilateral sx (autonomic eye, nose or face) or agitation

Acute Tx:

- 100% O₂ ≥7L/min x 15min
- Sumatriptan 6mg SC
- Lidocaine 1mL 4% intranasal
- Octreotide 100 mcg SC

Preventative Tx:

- Prednisone 50mg x 5 day, then taper ↓10 mg/day [bridging prophylaxis]
- Verapamil ≥240mg/day, do ECG to watch for ↑PR; takes 2-3 weeks to kick in
↳ Alternatives: lithium, methysergide, topiramate, melatonin, ergotamine

Dangerous Headaches: Red Flags

		X=Classic Features								
		SAH	Infxn	TA	CVT	Dissxn	BIT	Mass	ACG	
HISTORY	Recent Trauma → consider CT									
	Sudden Onset (exertion)	X				X				X
	New (<5 or >50yrs)	X		X				X		X
	Worst headache of life	X	X			X				
	Progressive over wks-mnths							X		
	↑pain am/supine/bend over				X		X	X		
	Nausea/Vomiting	X	X		X		X	X	X	
	Vision changes			X		X	X	X	X	
PHYSICAL	Jaw claudication			X						
	↓Level of Consciousness		X		X				X	
	Fever		X							
	Focal Neuro Findings	X	X		X	X			X	
	Meningismus	X	X							
	Petechial Rash		X							
	Papilledema				X		X	X		
	Eye red, cloudy cornea									X
	Mid fixed dilated pupil									X
Tender, Ø pulse temp artery			X							

INFXN: infection
SAH: subarachnoid hemorrhage
TA: temp arteritis
CVT: cerebral venous thrombosis
Dissxn: carotid/vert artery
BIT: Benign Intracranial HTN (pseudotumor)
ACG: Angle Closure Glaucoma

