Approach to Headaches

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Headache

- One of the most common complaints encountered in family and emergency practices
- 95% women and 91% men experience headache in a 12 month period
- 18% women and 15% men will consult a physician
Activation of pain sensitive structures in or around brain, skull, face, sinuses or teeth
May occur as primary disorder or secondary to another disorder
Classification of headaches

- Primary
  - Migraine with or without aura
  - Tension headache
  - Cluster headache
  - Other (paroxismal hemicrania, cold stimulus headache, cough headache, exertional headache)
Classification of headaches

- Secondary
  - Intracranial (tumors, chiari type I malformation, CSF leak with low pressure headache, hemorrhage, intracranial hypertension, infections, chemical/noninfectious meningitis, obstructive hydrocephalus, vasculitis, venous sinus thrombosis)
  - Extracranial (carotid or vertebral artery dissection, dental disorders, sinusitis, glaucoma)
  - Systemic (hypertension, fever, bacteremia, giant cell arteritis, hypercapnia, hypoxia, viremia, viral infections)
  - Drugs/toxins (analgesics, caffeine, carbon monoxide, hormones, nitrates, PPIs)
Goal is to exclude secondary causes of headache and diagnose primary headache disorders.
History of present illness
- Headache location, duration, severity, onset, quality, exacerbating/relieving factors, associated symptoms
- Response to treatments

Past medical hx
- Previous headaches
- Trauma or strain
- Drugs/toxins/alcohol
- Immunosuppressive disorders
- Hypertension
- Cancer
- Dementia
- Coagulopathy
- Recent lumbar puncture

Family history
Red flags

- Onset after age 50
- Increasing frequency and severity, change in type or pattern
- First or worst headache
- Sudden onset
- Head trauma
- Immunosuppression or cancer
- Systemic symptoms
- Neurologic symptoms or signs
- Papilledema
Review of systems

- Vomiting
- Fever
- Red eye, visual symptoms
- Lacrimation and facial flushing
- Rhinorrhea
- Pulsatile tinnitus
- Preceding aura
- Focal neurologic deficits
- Seizures
- Syncope at onset
- Myalgias
Physical exam

- Vital signs (BP, HR, temp, sats, RR)
- General appearance
- Head and neck exam (including fundoscopy, TMJ, cervical/MSK)
- Neurologic exam
- Cardiovascular exam
Investigations

- Neuroimaging (CT, MRI)
- Lumbar puncture and CSF analysis
- Temporal artery biopsy
- Tonometry
- ESR
Reasons for referral

- Inadequate level of comfort in diagnosing or treating
- Initial diagnosis is in question
- No response to treatment
- Worsening of condition/disability
- Inpatient management required
- Intractable or daily headaches
Migraine

Without aura
- At least 5 attacks:
  - Lasting 4–72 hours
At least 2:
  - Unilateral, pulsating, moderate to severe, aggravated by physical activity
At least 1:
  - Nausea/vomiting, photo and phonophobia

With aura
- At least 2 attacks:
  - At least 3:
    - One or more fully reversible aura symptom
    - At least one aura symptom develops gradually over >4 min, or ≥2 symptoms occur in succession
    - No aura symptom lasts >60 min
    - Headache follows aura within 60 min
Treatment of migraine

- Reassurance
- Removal of triggers (hormonal, food, stress, sleep, medications, weather, light & odours)
- Biofeedback
- Acupuncture
- Rest
- NSAIDs, acetaminophen, codeine
- Triptans
- Ergots
- Prophylactic therapy (anticonvulsants, TCAs, B-blockers, CCB, Botulinum toxin)
Tension headache

- At least 10 headaches:
- Lasting from 30 min to 7 days
- Pressing or tightening quality (not pulsating)
- Mild to moderate
- Bilateral
- Not aggravated by physical activity
- No nausea/vomiting
- No photo or phonophobia or only one
Treatment of tension headache

- Reassurance
- Counseling/education
- Heat
-Massage, stretching, posture
- NSAIDs, acetaminophen
- TCAs
- Trigger point injections
Cluster headache

- 5 attacks:
  - Severe unilateral orbital, supraorbital and/or temporal
  - Lasting 15–180 min

With at least one:
- Conjunctival injection
- Lacrimation
- Nasal congestion
- Rhinorrhea
- Forehead and facial sweating
- Miosis
- Ptosis
- Eyelid edema

- Frequency 1 attack q2day to 8 attack per day
Treatment of cluster headache

- Triptans
- Ergots
- Prophylaxis (CCBs, lithium, prednisone)
Brain Injury: Canadian CT Head Rule

High Risk for Neurological Intervention

- GCS of < 15 at 2 h after injury
- Suspected open or depressed skull #
- Any sign of basal skull # (raccoon eyes, CNS otorrhea/rhinorrhea, hemotympanum)
- Vomiting \( \geq 2 \) episodes
- Age \( \geq 65 \) years
Brain Injury: Canadian CT Head Rule (Cont’)

Medium Risk (for Brain Injury on CT)

- Amnesia of the trauma or before impact $\geq 30$ min
- Dangerous mechanism (pedestrian struck by vehicle, occupant ejected, fall from elevation $\geq 3$ ft or 5 stairs)

Not applicable if: non-trauma, GCS $<13$, age $<16$, coumadin or bleeding d/o, obvious open skull fracture