Optimising the 10 minute headache consultation

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Disclosures:
Lectures for Pfizer, Berlin-Chemie, Allergan, Merck
Member of advisory boards in: ATI, Medotech, Neurocore, and Linde Gas ltd. Director in LTB, EHMTIC and Vicepresident in EHF
"My doctor's great, but I'm just not getting better!!
"He's just too busy!"
How many headache patients are there?

• Every general practise has per 1000 patients:
  – 90 adults and 10 children with frequent migraine
  – 30 adults and 4 children with daily headaches
  – 600 adults and 75 children with episodic milder headaches
International Headache Classification, (ICHD- II)

IHCD-II
14 subgroups

Group 1– 4
Primary headaches
- Migraine
- Tension-type headache, Cluster headache

Group 5–12
Secondary headaches
- Medication
- Trauma, stroke, Neoplastic and systemic disorders

Group 13–14
Cranial neuralgias, etc
- Trigeminal neuralgia, Other cranial neuralgia and Facial pain disorders
A case

• 46 year-old lady
• Referred for a chronic refractory headache
• Diagnostic strategy?
• Differential diagnosis?
• Treatment strategy?
• Prognosis?
# The 8 most important questions to ask a headache patient

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you one or several different types of headache?</td>
<td></td>
</tr>
<tr>
<td>How long does your headaches last? (seconds, minutes, hours, days)</td>
<td></td>
</tr>
<tr>
<td>How frequent are your headaches?</td>
<td></td>
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<tr>
<td>What is the intensity of pain?</td>
<td></td>
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<tr>
<td>What do you do during a headache attack?</td>
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<td>Where is the pain located?</td>
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# The 8 Most Important Questions to Ask a Headache Patient

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<tr>
<td>Have you one or several different types of headache? Describe them one by one</td>
<td>One type, I think, vary in intensity</td>
</tr>
<tr>
<td>How long do your headaches last? (seconds, minutes, hours, days)</td>
<td>Constant, all day</td>
</tr>
<tr>
<td>How frequent are your headaches?</td>
<td>Constant, and had lasted for more than 40 years, started as episodic at the age of 4</td>
</tr>
<tr>
<td>What is the intensity of pain?</td>
<td>Moderate to severe</td>
</tr>
<tr>
<td>What do you do during a headache attack?</td>
<td>Try to function, but have to lie down during severe pain</td>
</tr>
<tr>
<td>Where is the pain located?</td>
<td>Holocranial</td>
</tr>
<tr>
<td>Are there any associated symptoms?</td>
<td>Photophobia, phonophobia, sometimes nausea</td>
</tr>
<tr>
<td>Do you take medication?</td>
<td>Yes, I have to, on a daily basis</td>
</tr>
</tbody>
</table>
TIME LINE FOR HEADACHE DURATION and MOST LIKELY DIAGNOSIS

- SUNCT or TN
- CPH
- Cluster Headache
- Migraine
- TTH
- MOH

Seconds | Minutes | ½-3 Hours | 4-72 Hours | Days/weeks | Months
**Minimum 2 of the following:**

1. Unilateral
2. Pulsating
3. Moderate to severe
4. Agravation by physical activity

**Accompanying symptoms**

min 1 of the following:

1. Nausea and/or vomiting
2. Photo- and Phonophobia

ICHDI-2 2004
MIGRAINE

Hunger
Restlessness
Agitation
Yawning
Depression

Threshold

Trigger factors

Aura

Premonitory symptoms

Headache

Postmonitory symptoms

Attack stopped
**Treatment**

- **Patient education**
  - Non-pharmacological treatment
- **Acute pharmacological treatment**
- **Prophylactic pharmacological treatment**
Management

- Medications
- Information
- Psychology
- Patient education
# Background

- **Questionnaires**
- **Structured interviews**
- **Diagnostic Diaries**
- **Education of the patient**
- **Information to the doctor**
- **Prospective recording**

## For your migraine attacks indicate the severity as:

1. **mild**
2. **medium**
3. **severe**

1) A mild attack does not inhibit work or other activities.
2) A medium attack inhibits but does not prohibit work or other activities.
3) A severe attack prohibits work and/or other activities.

## For your tension-type headache use one or more crosses to indicate severity as defined above:

- **x**, mild
- **xx**, medium
- **xxx**, severe

## For attacks of cluster headache use letters a, b, and c for severity as defined above:

- **a**, mild
- **b**, medium
- **c**, severe

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**HEADACHE CALENDAR**

The headache calendar is used to record all episodes of headache during an entire year. This information will greatly assist your doctor in selecting the best treatment, and it may help yourself to identify factors in your life, which worsen or improve your headache condition.

Bring this calendar to each consultation with your doctor.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Social Security No.:</th>
<th>Address:</th>
<th>Telephone:</th>
</tr>
</thead>
</table>

The owner of this card is being treated for headache/migraine by Dr.:
Patients’ evaluation of usefulness of the basic diagnostic headache diary
Medians (0= not at all to 10= very useful) Jensen et al Cephalalgia 2011

Most negative ratings in Germany and very positive ratings in Latin America and Georgia
Physicians evaluation of the usefulness of the basic headache diary (Medians 0= not at all to 10= very useful) Jensen et al Cephalalgia 2011

Least useful in Germany and most positive ratings in Latin America and Georgia
Treatment - Patient education

- Use headache calendar to monitor
  - Treatment effect
  - Use of analgesics
Take Home Message?

- A systematic interview maybe helpful
- Use of diaries/calendars can be recommended
- A patient may have more than one headache
- Sinister headaches are very rare
- Headache treatment is rewarding

Generally I'm very brave, only today I happen to have a headache!