Headache Diary

NHS Forth Valley

Month:
Year:
Name:
DOB/CHI:

Date (circle if period)	Severity		Length (hrs) A = all day	Associated features					Painkiller use					Benefit at 2hrs?		
	Headache free all day	If headache, severity?*		Throbbing / pulsating pain	Nausea	Light sensitivity	Sound sensitivity	Worse on physical activity e.g. walking, climbing stairs	Paracetamol	Ibuprofen, Naproxen, Diclofenac	Aspirin	Triptan	Codeine, Dihydro-codeine, Tramadol	None	Partial	Complete
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Severity score*	
0	None
1	Mild
2	Moderate
3	Severe

Please note that painkiller overuse headache may develop if over the course of several months paracetamol or anti-inflammatories (such as ibuprofen, naproxen, diclofenac, or high dose aspirin) are used more often than 14 days each month, or if triptans or opioids (including codeine, dihydrocodeine, tramadol) are used more often than nine days per month. Please be mindful that the active ingredient(s) in branded or combination painkillers could be one or more of the above, e.g. co-codamol, co-dydramol, Migraleve, etc.

PLEASE REMEMBER TO BRING YOUR DIARY ALONG TO EVERY APPOINTMENT