Headache Diary



	Headache ree all day headache, severity?*		Associated features						Painkiller use					efit a <u>t</u>	2hrs?	N 4 a .a + la .
Headache free all day	If headache, severity?*	Length (hrs) A = all day	Throbbing / pulsating pain	Nausea	Light sensitivity	Sound sensitivity	Worse on physical activity e.g. walking, climbing stairs	Paracetamol	lbuprofen, Naproxen, Diclofenac	Aspirin	Triptan	Codeine, Dihydro- codeine, Tramadol	None	Partial	mplete	Month: Year: Name: DOB/CHI:
																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.
	Headache free all day	Headache free all day lif headache severity?*	Headache free all day If headache severity?* Length (hrs	Headache free all day If headache severity?* Length (hrs A = all day pulsating pain	Headache free all day lif headache severity?* Length (hrs A = all day pulsating pain pain	Headache free all day If headache severity?* Length (hrs A = all day pulsating pain pain pain light sensitivity)	Headache free all day life all day life all day life all day and life all day life	Headache free all day life headache severity?* A = all day Throbbing pulsating pulsating pulsating pulsativity Sound sensitivity e.g. walking dimbing stairs	Headache free all day life all	Headache free ail day free ail day severity?* Length (first A = ail day A = ail day and a sensitivity as an and a sensitivity sensitivity as a sensitivity and a sensitivity as a sensitivity as a sensitivity and a sensitivity as a sensitivity and a sensitivity as a sensitivity and	Headache severity?* Length (first all day bain by bling, pulsating pulsating pulsating pulsating by bling, but being by bling, but being being by by being but by by by but by by by but by by by by but by	Headache free all day lift headache severity?* Length (hrs A = all day Disating pulsating pulsa	Headache free ail day the bear of the severity?* Length (hrs A = ail day pulsating pain pain pain pain pain pain pain pain	Headache if rea all day a severity? Leight (first pail and the pail a	Headache free all day life headache geventry? Length (hrs A = all day puisating pulsating pulsa	Headache If headache Pain If headache If headache Pain If headache If