Headache in primary care: how important is diagnosis to management?

Norma O'Flynn and Leone Ridsdale

SUMMARY

Headache is a common presentation in primary care. The classification of headache was overhauled by the international Headache Society (IHS) in 1988, and the past decade has seen rapid growth in the understanding of headache disorders. The BLS places particular importance on precise headache diagnosis. This paper discusses the relevance of such an approach to primary care. A review of the literature revealed a dearth of evidence regarding headache management in primary care settings. The evidence from other settings is considered and gaps in the literature highlighted.

Keywords: headache; literature review; migraine; diagnosis.

N O'Flynn, Ms., Ms., Mncor, NHS R&D National Primary Care Training Fellow, and L Ridsdale, rto. rucer., rucer, reader in general practice and consultant neurologist. Department of General Practice and Primary Care, Guy's, King's and St Thomas' School of Medicine. London.

Address for correspondence

Dr O'Flynn, Department of General Practice and Primary Care, Guy's, King's and St. Thomas' School of Medicine, 5 Lambeth Walk, London SE11 6SP. E-mail: norma.o'flynnelkcl.ac.uk Submitted: 20 July 2000; Editor's response: 3 January 2001; final acceptance: 5 October 2001.

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Introduction

EADACHE is a common symptom, with a spectrum in frequency and severity from mild or rare occurrences that disappear spontaneously to severe and frequent disabling headache. It is a common presentation in primary care, and the overwhelming majority of patients are not referred to secondary care.' In the past decade there have been major developments in the understanding of headache syndromes and in possibilities for treatment. Experts suggest that the treatment of headache needs to be tailored to the diagnosis and, if this is achieved, management will be more effective.2 It has been suggested that precise diagnosis is a patient's right. The Task Force of the International Headache Society (IHS) have suggested a 'Headache Sufferers' Bill of Rights',3 the first point of which is that the headache sufferer has the right to know his/her headache diagnosis as precisely as possible. We have reviewed the literature on headache from a general practice perspective and found a striking lack of evidence on management of headache in primary care settings.*

This paper discusses headache management in the United Kingdom (UK) general practice context, with an emphasis on the place of diagnosis. Initially, there is discussion of the IHS classification of headache, the diagnostic process in primary care, and evidence from other settings on the influence of diagnosis on management. Following this there is discussion of aspects of presentation and management particular to primary care that we believe merit consideration. The questions and gaps in the literature that are identified are necessarily informed by the experience of the authors as general practitioners (GPs).

Literature review

The literature review was initiated as part of a project to inform the creation of quality indicators for use in general practice.* The aim was to provide up-to-date evidence from the literature relevant to the presentation and management of headache in British general practice. Articles were identified using Medline and EMBASEwith searches of the 1991 to 1995 and 1996 to 1999 databases and The Cochrane Library. Keywords used in the search were: 'headache' (headache, vascular headache, tension headache, cluster headache), 'migraine', 'epidemiology', 'sensitivity and specificity", and 'treatment'. Abstracts were scrutinised by the corresponding author and the papers were read by both authors. The review was hindered by the lack of evidence from general practice and community populations and evidence was extrapolated from specialist sources. The quality of evidence was graded according to established criteria.5 Reference lists were scrutinised for further relevant references and neurologists and GPs with an interest in

Headache In Primary Care

Gary W. Jay

Headache In Primary Care:

Headache Elizabeth Loder, Vincent T. Martin, 2004 The emphasis of this book falls naturally on the Big Three headache disorders migraine tension type and cluster headaches Other topics include medication overuse and misuse complementary and alternative treatments headache in special populations such as children and adolescents and the difficult headache patient Special features include the headache calendars and diaries headache impact test and the MIDAS questionnaire Recognize the common headache patterns as you learn to perform an efficient screening physical examination in three minutes Identify and separate primary from secondary headache by utilizing the SNOOP mnemonic useful in recalling key features predictive of dangerous headaches Handbook of Cognitive Behavioral Approaches in Primary Care Harry J. Morris, 2010 Print CourseSmart Handbook of Headache Paolo Martelletti, Timothy J. Steiner, 2011-08-14 Headache disorders are among the most common disorders of the nervous system They are pandemic and in many cases they are recurrent and can accompany the patient for the whole life These disorders impose a substantial burden on headache sufferers on their families and on society the individual impact is measured by the frequency and severity of attacks while the societal burden is measured in terms of loss of activity at work and school as well as of costs for the health system As a matter of facts headaches are ranked in the top ten and maybe the top five causes of disability worldwide they are therefore extraordinarily common Population based studies have mostly focused on migraine which even if it is the most frequently studied headache disorder is not the most common Other types of headache such as the more prevalent TTH and sub types of the more disabling chronic daily headache have so far received less attention and need to be better investigated This book will provide a useful tool to a wide medical population who is required specific skills to diagnose and manage these frequent and often disabling disorders Furthermore it could also represents a compendium for medical students who are usually introduced to this topic through multidisciplinary university programmes **Headache in Primary Care** Stephen D Silberstein, Peter J. Goadsby, Richard B. Lipton, 2000-02-01 This guide covers the entire range of current knowledge about the treatment of headache from the point of view of the family doctor and clinical staff The opening chapters cover the classification and diagnosis of headache the epidemiology and impact of headache disorders and diagnostic testing while subsequent chapters each deal with a specific type of headache Essential Primary Care Andrew Blythe, Jessica Buchan, 2016-05-02 Essential Primary Care aims to provide undergraduate students with a comprehensive overview of the clinical problems encountered in primary care It covers the structure of primary care in the UK disease prevention and the management of common and important clinical presentations from infancy to old age Case studies are used in every chapter to illustrate key learning points The book provides practical advice on how to consult with patients make sense of their symptoms explain things to them and manage their problems Essential Primary Care is structured in five sections The building blocks of primary care its structure and connection with secondary care the consultation the process of making a

diagnosis prescribing and ethical issues Health promotion Common and important presenting problems in roughly chronological order Cancer Death and palliative care Gives advice on how to phrase questions when consulting with patients and how to present information to patients Provides advice on how management extends to prescribing often missing from current textbooks Contains case studies within each chapter which reflect the variety of primary care and provide top tips and advice for consulting with patients Supported by a companion website at www wileyessential com primarycare featuring MCQs EMQs cases and OSCE checklists Neurology, An Issue of Primary Care: Clinics in Office Practice, E-Book Kara Wyant, Melissa Elafros, 2024-05-07 In this issue of Primary Care Clinics in Office Practice guest editors Drs Kara Wyant and Melissa Elafros bring their considerable expertise to the topic of Neurology Top experts provide practical approaches to the evaluation diagnosis and management of neurological symptoms found in a primary care setting including headache dizziness seizure epilepsy tremor concussion neuropathy and more Contains 12 relevant practice oriented topics including cognitive impairment stroke TIA insomnia radiculopathy neurological causes of back neck pain autonomic dysfunction and more Provides in depth clinical reviews on neurology offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews Neurology, An Issue of Primary Care: Clinics in Office Practice Paula Gregory, 2015-06-14 This issue of Primary Care Clinics in Office Practice edited by Dr Paula Gregory is devoted to Neurology Articles in this issue include Dementia Guillain Barre Syndrome Multiple Sclerosis Migraine and Migraine Variants Keys to Diagnosis and Management Medication and Toxin Induced Neurological Syndrome Approach to the Patient with Parkinson's Disease Neurootologic Disease Presentation Diagnosis and Management Epilepsy Current Evidence Based Paradigms for Diagnosis and Treatment Vertigo and the Dizzy Patient and Sports related Traumatic Brain Injury Handbook of Psychological Assessment in Primary Care Settings Mark E. Maruish, 2017-04-21 The second edition Handbook of Psychological Assessment in Primary Care Settings offers an overview of the application of psychological screening and assessment instruments in primary care settings This indispensable reference addresses current psychological assessment needs and practices in primary care settings to inform psychologists behavioral health clinicians and primary care providers the clinical benefits that can result from utilizing psychological assessment and other behavioral health care services in primary care settings Clinician's Guide to Chronic Headache and Facial Pain Gary W. Jay, 2016-04-19 As headache and facial pain are two of the most common medical complaints it is essential that clinicians are well equipped to handle these issues Clinician's Guide to Chronic Headache and Facial Pain is designed for all clinicians dealing with these syndromes in daily practice whether in the outpatient emergency or ambulatory setting Features **Primary Care for Paramedics** Georgette Eaton, Alyesha Proctor, Joseph St Leger-Francis, 2023-06-28 As the demand for primary healthcare in the UK increases a growing number of paramedics are taking on roles within

general practice Moving into a new area of practice can be daunting but with this manual at your side you will have the knowledge and confidence to approach any patient consultation in primary care Written and edited by over 20 clinicians within paramedicine and primary care this essential reference text sets out the core clinical skills expected for paramedics in primary care Alongside a comprehensive range of topics related to primary care including assessment diagnosis investigations and management of a number of different presentations it also covers aspects of consultation techniques decision making and professional issues Clinical chapters are concluded with case studies to help put theory into the context of the primary care setting and consolidate learning Exploring the scope of the paramedic role and its fundamentals within the world of primary care this is a clinical reference for paramedics already practising in primary care whilst also equipping prospective paramedics with the required theoretical underpinning and context necessary to build meaningful knowledge and understanding in this field Pediatric Primary Care Case Studies Catherine E. Burns, Beth Richardson, Margaret Brady, 2010-10-25 Pediatric Primary Care Case Studies is a collection of pediatric case studies of common health problems of well acutely ill and chronically ill children This text provides students with the opportunity to assess the scenario differential diagnoses treatment and educational plans The cases include history and physical examination data and provide suggested case solutions The cases include developmental behavioral and disease problems written to include family cultural and other contextual issues which must be considered to provide optimal care Current guidelines and evidence based research are used to support the care recommendations Pediatric Primary Care Case Studies provides realistic ambulatory care cases that allows students to develop their critical thinking skills as they work through common situations faced by health care providers 2010 546 pages **Practical Neurology** José Biller, 2009 Thoroughly updated for its Third Edition this practical convenient reference covers a wide spectrum of presenting complaints and neurologic disorders encountered in daily practice The contributing authors are well established clinicians and educators with a talent for making neurologic information accessible and understandable The book is organized into 35 chapters on diagnosis and 23 chapters on treatment including a chapter on ABCs of Neurologic Emergencies Chapters are written in outline format and follow a standard template This edition features a completely updated treatment section an expanded chapter on pediatric office neurology and more illustrations and tables Vignettes have been added to the chapters on approach to the patient with specific disorders

Guide to Chronic Pain Syndromes, Headache, and Facial Pain Gary W. Jay, 2020-11-19 This set provides clinicians with key information on all types of pain pain syndromes that result from specific conditions chronic pain from the neck down and chronic headache and facial pain Why every practicing clinician needs a copy of this comprehensive set EVIDENCE BASED AND CLINICALLY ORIENTED provide pertinent useful data you need to make accurate diagnoses and develop the best treatment plans for your patients COMPREHENSIVE CONTENT with 48 chapters on pain syndromes from head to toe and detailed treatment strategies you ll have all the information you need to improve patient outcomes USER FRIENDLY

FORMAT with data organized by pain type you can easily reference critical information on the go AUTHORITATIVE CLINICAL GUIDANCE over 25 experts in pain management give you the advice you trust to implement in your daily practice Headache in Children and Adolescents Paul Winner, Donald W. Lewis, Winner, Paul, A. David Rothner, 2008 This is a clinically useful book for pediatricians and other primary care providers who take care of children to guide them in the best ways to take care of children and teenagers who have headaches It provides a blend of the best available evidence based data with a ton of experience based information from a team of authors who take care of kids with headache all the time The book includes a CD Rom showing case studies and references The video demonstrations show not only a broad spectrum of cases and types of headache but show an efficient manner for extracting the necessary information This is an exciting area with new indications for adolescents of drugs heretofore approved only for adults **Pain Management for Primary Care** Clinicians Arthur G. Lipman, 2004 This resource created for the primary care clinician provides a practical broad based approach to identifying assessing and managing common types of pain that often go under treated Research and Education Worldwide Jes Olesen, Nabih Ramadan, 2010-05-27 This book brings the theme of a global campaign to the forefront Researchers scientists and respected clinicians from around the world discuss aspects of access to care Psychosocial Factors in Pain Robert J. Gatchel, Dennis C. Turk, 1999-02-12 This individual and societal burden multidisciplinary volume provides the latest information on the role of psychosocial factors in chronic acute and recurrent pain Reporting on significant advances in our understanding of all aspects of pain the volume is designed to help practitioners students and researchers in a wide range of health care disciplines think more comprehensively about the etiologies assessment and management of this prevalent and debilitating symptom Chapters from leading clinical investigators address many of the most frequently encountered pain syndromes focusing on the interplay of somatic and psychosocial factors in the experience maintenance and exacerbation of pain Issues related to evaluation prevention and management are explored in depth with coverage of such topics as the role of pain management in primary care settings the prediction of responses to pain and responses to treatment and the influence of gender Adolescent Medicine, An Issue of Primary Care: Clinics in Office Practice Benjamin Silverberg, 2020-06-21 This issue of Primary Care Clinics in Office Practice quest edited by Dr Benjamin Silverberg is devoted to Adolescent Medicine Articles in this issue include Disorders of Puberty Adolescent Vaccines School based Health Care Musculoskeletal Issues in Adolescents Gender Non conforming Health Care in Adolescents Refugee and Immigrant Health Care in Adolescents Human Trafficking in Adolescents Crisis Counseling for Adolescents Sexual Assault in Adolescents HIV PrEP PEP chronic care in Adolescents Sexually Transmitted Infections in Adolescents Substance Misuse and Addiction in Adolescents and Headaches in Adolescents **Primary Care**

Across the Lifespan Denise L. Robinson, Pamela Stinson Kidd, Karen Mangus Rogers, 2000 A comprehensive text for

students in Family Nurse Practitioner and Adult Nurse Practitioner programs offering guidelines for primary care across the

lifespan The content is divided into two parts Part I is comprised of more than 200 common complaints and conditions covered in depth and organized alphabetically Each chapter is logically formatted using the SOAPE outline subjective and objective findings assessment therapeutic plan and evaluation which mirrors the clinical reasoning process Lifespan content on physical findings and appropriate treatments for children elderly and pregnant women is integrated as appropriate within each chapter and highlighted in boldface Diagnostic tests differential diagnoses and pharmaceutical treatments are organized into tables and treatment plans are accompanied by algorithms for quick visual reference Part II covers client wellness across the lifespan and includes growth and development charts physical examination forms and health promotionrecommendations The extensive Appendices include quick reference data such as drug tables immunization schedules and laboratory values for clients in various age groups making this book a valuable tool for students to use in nurse practitioners andon into practice Presents each condition and complaint in the SOAPE format Subjective findings Objective findings Assessment Plan Evaluation for a logical presentation of the material that mirrors clinical reasoning Includes additional indices that categorize each topic four different ways body system clinical diagnosis presenting symptom and lifespan to assist students in organizing study needs Provides ICD 9 codes for diagnostic classification and for insurance reimbursement Includes algorithms for conditions providing a quick overview of diagnosis and treatment options Presents differential diagnoses and the supporting data in a table format for quick information access Outlines diagnostic and lab tests available for each condition in table format and includes test outcomes and cost ranges to enable logical decision making on low cost high yield test options Presents pharmaceutical treatment plans in table format including essential information on costs pregnancy categories and pediatric and geriatric dosages to facilitate treatment options Includes many client education materials that students may copy and incorporate in their practice The 3P's for Advanced Healthcare Providers -**E-Book** Julia Rogers, Jodi Allen, 2024-11-30 Master the three Ps and provide quality care for the common medical conditions APRNs will encounter in practice A concise full color reference The 3P s for Advanced Healthcare Providers Pathophysiology Physical Assessment and Pharmacology provides an evidence based approach to pathophysiology physical examination findings and pharmacologic treatment Algorithms are included for each diagnosis to help you visualize the link between the three Ps with an emphasis on how these three topics directly impact patient treatment Written by noted NP educators Julia L Rogers and Jodi Allen this resource helps APRNs deliver accurate patient centered care in any setting Concise practical coverage of the 3Ps is provided for 40 of the most common conditions encountered by primary healthcare providers Coverage of each condition includes pathophysiology algorithm clinical manifestations assessment findings diagnostics and differential diagnosis referrals treatment plan including patient education and follow up and billing codes Clinical Manifestations and Assessment Findings guide you through each step of advanced assessment Treatment plans for each condition include common drug interventions pharmacology patient education treatment guidelines and follow up schedules Detailed

algorithms provide guidance for assessment and treatment options Diagnostics and Differential Diagnosis Referrals sections ensure accuracy of the diagnosis and treatment plan Summary boxes in each chapter include Pediatric and Older Adult Lifespan Considerations Diversity Considerations and Acute Care Considerations Full color illustrations and photographs provide accurate assessment findings and represent diversity and inclusion

Headache In Primary Care Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Headache In Primary Care**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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