Differential diagnosis of headaches

Red Flags	Your actions
☐ New headache after age 50 ☐ Very sudden onset headache ☐ Headache with signs of total body illness (fever, stiff neck, rash) ☐ Severe headache following head trauma	1. Question the client in detail about the progressive deterioration of client's general condition over the last couple of days 2. Monitor the client's condition. 3. Advise to see a family doctor.

Do you have any chronic diseases that are associated with headaches? ☐Yes / ☐No

If YES which ones exactly?_____

Check the connection between the disease and headache. If the underlying disease worsens, then the headache worsens too.

1. Ask questions from the left table, mark the checkboxes with the correct answers. 2. Transfer the answers to the right table - column A. Then check the additional characteristics, marking the YES column if the characteristic is present and NO if it is absent.

Is the pain typically located unilaterally, bilaterally, or both?	☐ UL – M and C ☐ BL – T ☐ Both UL+BL – M
Is the pain usually noticeably pulsating	☐ Pulsating – M ☐ Non Puls – T and C
Do you have nausea and vomiting during pain attacks?	☐ Nausea/Womit - M ☐ No Nausea/Womit - T and C
Does physical activi make pain worse or not?	☐ Aggravate - M ☐ No changes – T and C

A		YES	NO
☐	TENSION HA	☐ No Family	☐
☐		☐ Radiating Pain – neck/back	☐
☐	T	☐ Scalp tenderness	☐
☐		☐ Stress related	☐
		☐ Mild – Moderate intens.	☐

☐	MIGRAINE	☐ Aura	☐
☐		☐ Photophobia/Sound/Smell	☐
☐	M	☐ Fatigue/Depression/Tinnitus	☐
☐		☐ Family History	☐
		☐ Prodrome/Postdrome	☐

☐	CLUSTER HA	☐ No Family	☐
☐		☐ Loc: Eye	☐
☐		☐ Tears/Runny Nose	☐
☐	C	☐ Burn,stab, drilly	☐
		☐ Dur:short but in series.	☐

The more NO answers, the lower the probability of this HA type

If you cannot identify one type of HA, consider the two that are most suitable. Ask the client about existing diagnoses.

Your actions and recommendations depending on the identified dominant types of HA

For all types of HA

- Ask if HA is being adequately treated.
- In cases of doubt about the adequacy of treatment, recommend doctor's assessment.
- Ask how massage affects HA (you need to figure out what manipulations aggravate HA).
- Ask if the prone position is tolerated?
- Ask if there is pain right now? How bad?

For specific types of HA

HA type	Your actions
TENSION HA	Find tense muscles in the neck and back. Work on relaxing them. Neck and Shoulder ROM, Joint play and Stretching Scalp work Stress relives technics Water
MIGRAINE	Ask what manipulations help Relaxation, Relaxation, Relaxation, Relaxation!!! Hydro, Hot Stones, warm towels and so on (Ask if OK). Recommend: Active Lifestyle + Exercises
CLUSTER HA	No specific treatment. Ask what manipulations help Relaxation technics