

DIRECTIONS FOR HEAD PAIN DIARY

Keeping a head pain diary is extremely useful to aid diagnosis, recognise triggers/aggravating factors and monitor response to treatment.

Please be sure to record:

1. Date & day of week.
2. For women – day of menstrual cycle.
3. When the head pain starts & how long it lasts.
4. Severity on scale 0-5 (0 = no pain. 5 = very severe pain)
5. Description of pain including location & nature (throbbing, piercing, dull etc).
6. Description of associated symptoms (sickness, visual disturbances, mood etc).
7. Medication taken including amounts & time taken.
8. Any suspected triggers/aspects of life that may be relevant such as:
 - a) Environmental (weather etc).
 - b) Food/drink.
 - c) Missed meals.
 - d) Poor sleep/or morning “lie ins”
 - e) Stress/anxiety/mood/fatigue/excitement.
 - f) Unaccustomed exercise/activity.

This leaflet provides information only. Cheyham Lodge Headache & Migraine Clinic can accept no responsibility for any loss, howsoever caused, to any person acting or refraining from action as a result of any material in this leaflet or any information given. Medical advice should be obtained on any specific matter.

<http://www.headpainrelief.co.uk>