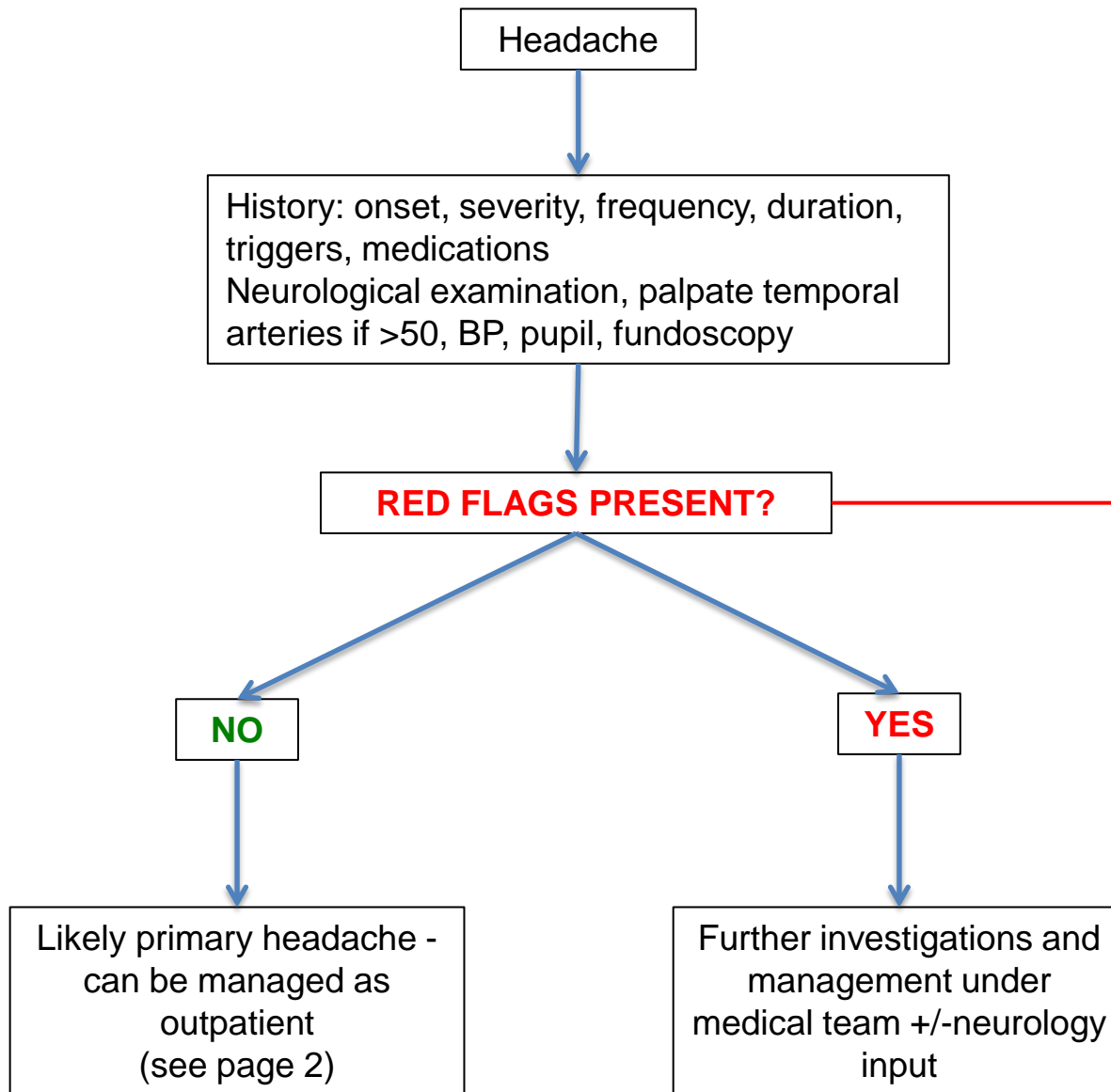


# Adult Headache Pathway BTUH



## SNOOPT

### Systemic features

Fever, weight loss, BP, jaw claudication  
Cancer, HIV, immunosuppression

### Neurological symptoms and signs

Confusion, personality change  
Focal signs, seizure, papilloedema, neck stiffness

### Onset

**Thunderclap headache** (severe, peak intensity seconds to 5min)  
Onset from sleep

### Older patient

New headache >50

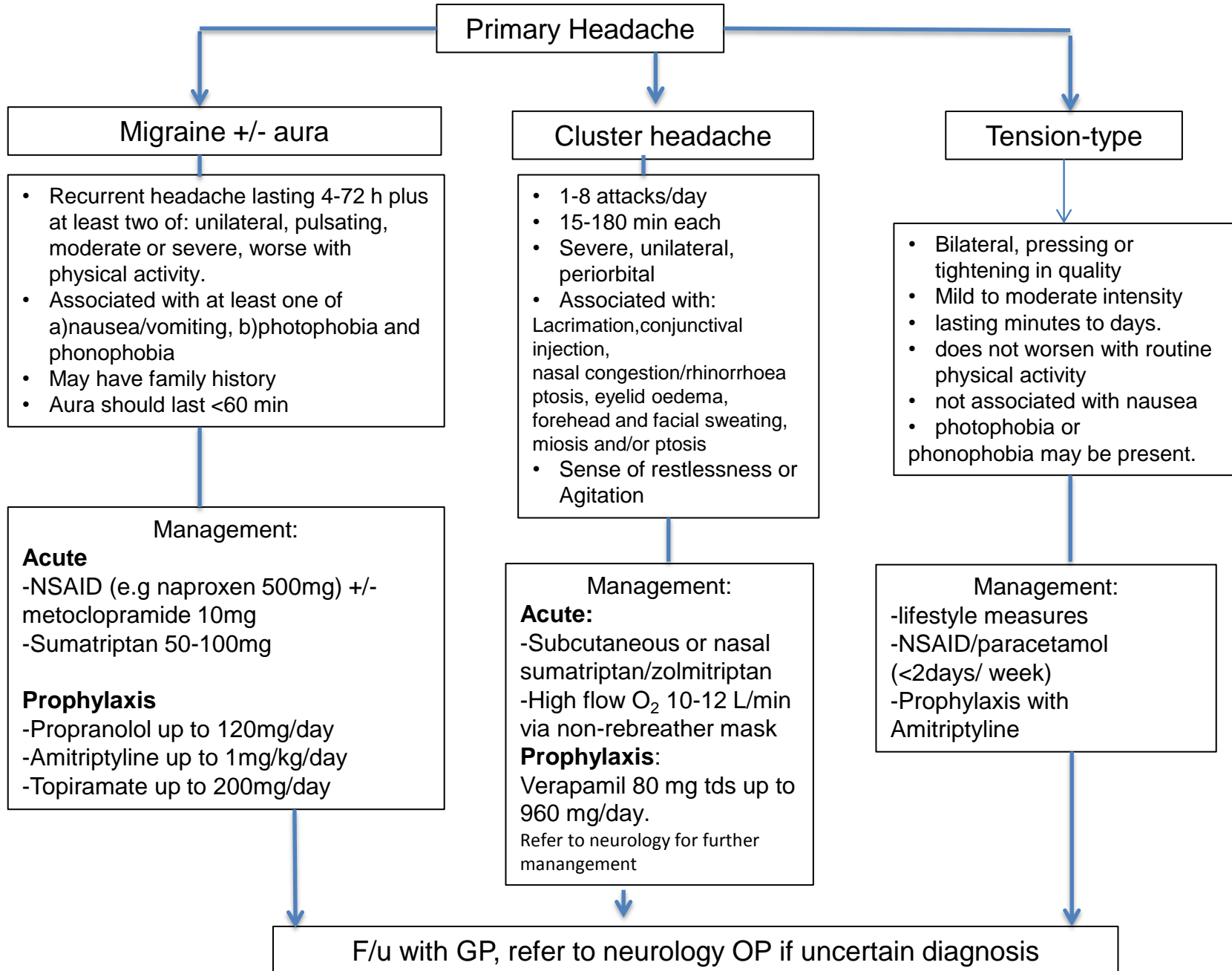
### Previous headache different

Change in headache type or frequency

### Triggered headache

Valsalva, sexual, exertion  
Lying down or standing up

# Adult Headache Pathway BTUH



## Medication overuse

```
graph TD; A[Medication overuse] --> B["• Headache occurring on 15 days/month<br/>• In a patient with pre-existing headache disorder<br/>• Regular overuse for >3 months of one or more drugs taken for acute/symptomatic headache"]; B --> C["Management:<br/>-Identify and stop causative analgesics<br/>-May get worse before improvement"]; style A fill:#fff,stroke:#000; style B fill:#fff,stroke:#000; style C fill:#fff,stroke:#000;
```

- Headache occurring on 15 days/month
- In a patient with pre-existing headache disorder
- Regular overuse for >3 months of one or more drugs taken for acute/symptomatic headache

Management:  
-Identify and stop causative analgesics  
-May get worse before improvement

# Lumbar Puncture for headache

## Indications

**Thunderclap headache** – severe with maximal intensity usually within seconds (<5min)

**Suspected meningitis/encephalitis** – headache with fever, meningism, immunosuppression

**Suspected idiopathic intracranial pressure** – papilloedema/female/raised BMI/Normal brain imaging

## Contraindications

Absolute

-Skin infection at puncture site  
-Deranged clotting (see LP pro forma)  
-Suspected spinal epidural abscess

Relative

-Raised intracranial pressure  
-Known Arnold-Chiari malformation

## References:

1. Headache Classification Committee of the International Headache Society (IHS) , The International Classification of Headache Disorders, 3rd edition. Cephalalgia.2018 Jan;38(1):1-211
2. British Association for the Study of Headache guideline  
[http://www.bash.org.uk/wp-content/uploads/2012/07/10102-BASH-Guidelines-update-2\\_v5-1-indd.pdf](http://www.bash.org.uk/wp-content/uploads/2012/07/10102-BASH-Guidelines-update-2_v5-1-indd.pdf)