HEADACHE CLINIC INITIAL VISIT NOTE

CC: Headache

Referred by:

HPI:

HAs began:

Location:

Quality:

Severity:

Duration:

Frequency:

Onset:

Time of day:

Aura:

Ass'd Symptoms:

Nausea:

Vomiting:

Photophobia:

Phonophobia:

Osmophobia:

Allodynia:

Blurred Vision:

Double Vision:

Vertigo/dizziness:

Neck pain:

Autonomic features:

Eye tearing:

Eye redness:

Ptosis:

Nose running:

Nasal congestion:

Foreign body sensation:

Associated with menses:

Contraception:

Triggers:

Relieving factors:

Exacerbating factors:

Positional:

History of Head Trauma:

Treatment present:

Preventive:

Acute:

Treatment in past:

Preventive:

Acute:

Testing:

MRI:

Ophthalmologic:

Current Non-Headache Medications:

PMH:

PSH:

Fhx:

Social/Work History:

Occupation:

Tobacco: -

ETOH: -

Drugs: -

Caffeine: \_\_ cups coffee daily

Hydration: \_\_\_oz water daily

Diet: does not skip meals

Exercise:

Sleep: \_\_ hours per night, does/does not snore

Mood: denies depression/anxiety

Neuro exam:

HEENT: normal neck ROM, no ttp of neck, no ttp of b/l SO, AT or GON areas

MS: alert, oriented to person, place, time, situation, follows simple and complex commands, speech fluent with no dysarthria

CN: PERRL, optic discs sharp b/l, no nystagmus, EOMI, visual fields intact, facial sensation intact, no facial droop or asymmetry, tongue protrudes midline, uvula and palate elevate symmetrically, trap symmetric strength bilaterally

Motor: Normal bulk/tone, no pronator drift RUE 5/5 throughout, LUE 5/5 throughout, RLE 5/5 throughout, LLE 5/5 throughout

Reflexes: 2+ bilat biceps, brachioradialis, triceps, 2+ bilat patella, achilles, toes downgoing

Sensation: intact to pinprick and vibration

Coordination: intact finger nose finger

Gait: normal gait, normal tandem gait

Assessment:

Plan:

Workup:

Prevention:

Lifestyle Modifications:

- Headache Diary

- discussed good sleep hygiene

- discussed eating regular meals at consistent times and avoiding skipping meals, proper nutrition

- encouraged maintaining adequate hydration (at least 2 L of non-caffeinated beverages) and regular exercise

- discussed the strong link between headache and mood

Pharmacologic Preventives:

Abortive:

RTC

Discussed/seen with attending, Dr. Choueka