

ANNUAL HEADACHE DIARY (PAGE 1/2)



Patient name:..... NHS number:..... Current year:.....

		Date																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
February	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
March	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
April	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
May	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
June	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															

Key:

Headache **severity:** 1 = very mild, 10 = worst pain ever. Leave empty if headache free

'P' for menstrual period may also be recorded

H' or 'M': if your headache lasts more than 4 hours, write 'H' || If there are also migrainous symptoms (inc. nausea/vomiting, sensitivity to light, sound or movement) write 'M' || Add 'A' for aura.

Acute **treatment:** ✓ = simple painkillers (eg. paracetamol, ibuprofen) O = opioid painkillers (eg. Co-codamol, tramadol) T = triptans (eg. sumatriptan)

Approval date: November 2023 Review date: November 2025 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes. Strictly for use within the NHS



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July	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
August	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
September	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
October	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
November	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
December	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

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