

## Standard Headache Diary – Migraine

### Example Diary

Pain is scored from 0 to 10 where 0 is pain free and 10 is excruciating pain.

On the corresponding day and month, enter:

- **H** for each headache attack you have
- **M** if you feel this was a migraine attack
- **HAScore** record the pain severity 0-10
- **P** on the 1<sup>st</sup> day of your period (if applicable)
- **X** in the treatment row, if you treat your head pain with pain killer medications (detail which on last page)
- If you use a triptan or opioid (codeine/tramadol/morphine) please circle the **X**
- **Medicine change** free text to note any change in regular preventive/prophylactic treatments

If you regularly experience more than one headache episode per day please make a note of how many you experience and how long each episode lasts on a separate sheet or use the short attack diary.

Name: **EXAMPLE**

DOB:

Hospital No:

Month:

	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	Total H+M	Total X	Av HAS	
HAS				5	9	8	7	6	5					8	8	6			3	3						6	5	4			5			5.8	
H/M				H	M	M	M	M	H					M	M	H	P		H	H						H	H	H			H	15			
X/(X)					○ X	○ X	X	X						○ X	X	X											X								8
Medication changes: <sup>^</sup> 6 <sup>th</sup> increased to propranolol 20mg twice a day																																			

Name:

DOB:

Hospital No:



Month:

	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	Total H+M	Total X	Av HAS			
HAS																																					
H/M																																					
X/(X)																																					
Medication change:																																					

Additional notes:

1. a. List any acute painkillers used:
  - b. Change in medications and new treatments:
2. Any associated symptoms with headaches:
3. Possible precipitants/ triggers:

