

Chronic Headache Action Plan

Patient Name:	Date:
DOB:	Medical Record #:
Primary Care Provider (PCP):	PCP Phone #:
Provider at time of visit:	

QUICK GUIDE



PREVENTION
Follow a S.M.A.R.T. lifestyle.



HOME TREATMENT
Add rescue medicine.



SEVERE SYMPTOMS
Get help from a doctor.

PREVENTION

Take these preventative medications or supplements every day.

<p>Even when you feel well:</p> <ul style="list-style-type: none"> Take S.M.A.R.T steps to avoid triggers, outlined on the next page Take prescribed daily preventative medications and/or supplements 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">MEDICINE/SUPPLEMENT</th> <th style="width: 25%;">HOW MUCH</th> <th style="width: 25%;">HOW OFTEN/WHEN</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	MEDICINE/SUPPLEMENT	HOW MUCH	HOW OFTEN/WHEN									
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HOME TREATMENT

Continue to avoid triggers, take preventative medications, and add:

<p>If your symptoms are significant enough to treat:</p> <ul style="list-style-type: none"> Take the medicine advised by your PCP within 20-30 mins of the headache starting (<i>early treatment relieves symptoms better</i>) Avoid triggers Seek a quiet, dark space 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">MEDICINE</th> <th style="width: 33%;">HOW MUCH</th> <th style="width: 34%;">HOW OFTEN/WHEN</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">Schedule an appointment with your PCP if you need to take these rescue medications more than 2 times per week.</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN									
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SEVERE SYMPTOMS

Take prescribed medications and contact your healthcare provider.

<p>If your headache or migraine becomes severe:</p> <ul style="list-style-type: none"> Take medication for severe symptoms prescribed by your healthcare provider Contact your PCP if your headache does not improve or lasts longer than usual 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">MEDICINE</th> <th style="width: 33%;">HOW MUCH</th> <th style="width: 34%;">HOW OFTEN/WHEN</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">GO TO THE EMERGENCY ROOM: If you have new or different symptoms including loss of vision, the inability to move one side of your face or body, difficulty walking or talking, or confusion.</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN						
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Notes:

S.M.A.R.T. Ways to Prevent Headaches & Migraines

Following a S.M.A.R.T. lifestyle can help you avoid triggers that may cause headaches and migraines. It's important to learn what triggers your headaches. A headache log can be helpful to identify triggers that may contribute to your headaches. Here are several lifestyle recommendations that, when followed, usually help reduce headaches/migraines.

SLEEP

- Be consistent about when you go to bed and wake up each day
- Get 8-10 hours of sleep each night
- Avoid electronics and screen time for 30-60 minutes before bed
- Avoid taking naps during the day



MEALS & HYDRATION

- Eat a healthy diet
- Avoid packaged foods and fast food whenever possible
- Eat something every 3-4 hours and include a healthy snack at bedtime
- Avoid skipping meals, which can make your blood sugar low and leave your body tired
- Drink 8 glasses (64 ounces) of water a day
- Avoid becoming dehydrated, which can make pain signals stronger
- Avoid caffeine



ACTIVITY

- Exercise for 30-60 minutes each day
- Exercise causes your body to release anti-pain and anti-inflammatory signals. These can be long-lasting if you exercise regularly
- Too much or too little exercise can trigger headaches



RELAX

- Learn relaxation techniques
- Deep breathing can help bring and keep pain down
- Meditation, yoga, massage, counseling, and writing in a journal are examples of activities to help you feel calm



TRIGGERS

- When you get a migraine, write down what may have triggered it
- Common triggers and possible solutions include:

Temperature | Wear layers to avoid becoming too hot or too cold

Noise | Avoid loud music or other sounds

Light | Limit screen time

Smells | Avoid fragrances in lotions and perfumes

Caffeine | Avoid food and drinks with caffeine

Not drinking enough water | Drink enough water so that urine is clear or very light in color

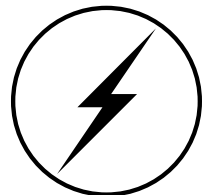
Skipping meals | Schedule regular meal and snack times

Food or food additives | Avoid trigger foods such as processed foods, fried foods, and artificial sweeteners

Feeling stressed | Try relaxation techniques or talk to a counselor

Traveling | Plan ahead and have snacks available

Having a menstrual period | Talk to your provider about treatment options



ADDITIONAL RESOURCES:



[Seattle Children's Headache Log](#)



[Migraine Buddy App](#)



[Pediatric Migraine Parents Guide](#)