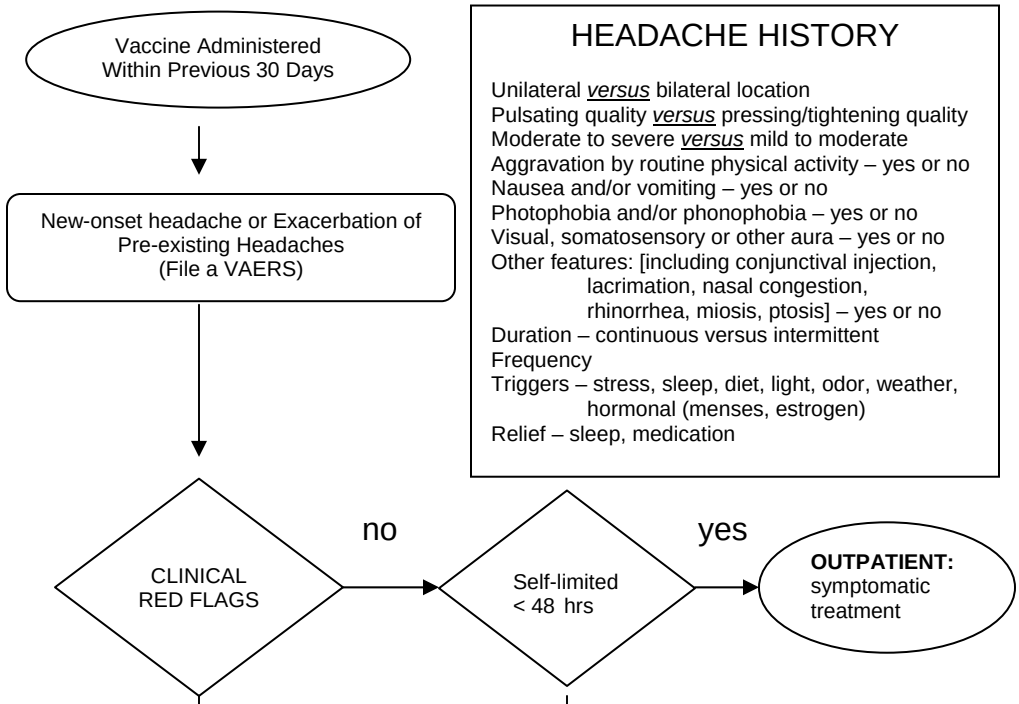
POST-VACCINATION HEADACHE



HEADACHE HISTORY

Unilateral *versus* bilateral location
Pulsating quality *versus* pressing/tightening quality
Moderate to severe *versus* mild to moderate
Aggravation by routine physical activity – yes or no
Nausea and/or vomiting – yes or no
Photophobia and/or phonophobia – yes or no
Visual, somatosensory or other aura – yes or no
Other features: [including conjunctival injection, lacrimation, nasal congestion, rhinorrhea, miosis, ptosis] – yes or no
Duration – continuous versus intermittent
Frequency
Triggers – stress, sleep, diet, light, odor, weather, hormonal (menses, estrogen)
Relief – sleep, medication

CLINICAL RED FLAGS

Systemic manifestations (fever, weight loss etc)
Systemic disease (malignancy, HIV)
Worst headache ever
Onset with exertion
Decreased alertness or cognition
Neck not perfectly supple
Any abnormality on examination
Worsening under observation
Loss of consciousness, seizure
Onset after age 40

LABORATORY / RADIOLOGY

Lab: cbc, esr, cmp, pt/ptt, u/a
Imaging: CT with contrast *and/or* MRI with contrast

*Lumbar puncture: opening pressure, cell count, protein, glucose, culture, IgG, viral culture

* LP only If (worse HA of life; confusion; altered level of consciousness; meningeal signs, fever, elevated peripheral WBC)

DIFFERENTIAL DIAGNOSIS

Meningitis
Encephalitis
Encephalomyelitis
Infarction
Hemorrhage

SYMPTOMATIC TREATMENT

ABORTIVE:
NSAIDS, simple analgesics, anti-emetics
Ergotamine preparations, combination analgesics
Triptans, DHE-45
Rescue medication

PREVENTIVE:
Beta-blockers, antidepressants, anticonvulsants, anti-depressants, serotonin antagonists, riboflavin, magnesium

NONPHARMACOLOGIC:
Hygiene (sleep, diet, exercise), biofeedback, relaxation therapy, cognitive stress reduction, accupuncture