

# Chronic Daily Headache *PainChecker™*

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- Headache days:  $\geq 15$  per month for  $\geq 3M$
- Analgesia overuse:  $\geq 10$  days per month for  $\geq 3M$     Triptans    OTC    Opioids →  medication reduction plan
- Precursor headache    Migraine    Tension-type    Cervicogenic    Whiplash    Sinus    Orofacial    Cluster
- Triggers..... →  sleep study
- Sleep apnoea risk
- Red flags (T.I.N.T):    Tumour    Temporal arteritis    Intracranial pressure   →  MRI  
 Infection or inflammation    Neurological deficit    Neurovascular   →  ESR, CRP  
 Trigeminal neuralgia    Trauma (concussion)   →  Neuro deficit = urgent neurological review
- Yellow flags (C.H.A.M.P.S):    Catastrophizing    Hypervigilance    Anxiety  
 Medically-focused    Medication or substance-overuse    Passive-coping    Stress   →  Psychosocial care
- Examination:    Cranial & scalp nerves (GON/LON, periorbital nerves)    Temporal artery    Orofacial (TMJ, sinuses)  
 BP    Fundoscopy (papilloedema)    Ophthalmology review
- Simple pain generators:  
 Neck & shoulder pain (trapezius trigger points)   →  trigger point LA injection/dry needling & physiotherapy  
 Greater/lesser occipital nerve tenderness (GON/LON)   →  GON/LON nerve block with LA/steroid
- Pain education & key messages:    Headache diary    Medication-overuse & reduction    Stress    Functional goals  
 BMI    Exercise    Sleep    Smoking    Alcohol    Caffeine    *painHEALTH* website
- Physical therapies-neck & shoulders:    Posture & ROM    Trigger points    TENS    Manipulation (flare-up)
- Primary interventions:    Cranial TENS (Cefaly®)    Acupuncture    Low-level laser therapy
- Pharmacotherapy (optimise precursor headache):    Vit B2, CoQ, Mg, Vit E (menstrual)    TCA (amitriptyline)  
  $\beta$ -blockers    Topiramate    Pizotifen    Valproate    Sartans or  Ca blocker (verapamil) (migraine or cluster)  
 Clonidine    Pregabalin
- Psychosocial care:    Anxiety    Depression    Sleep    Medication use    Mindfulness    Biofeedback
- Secondary interventions
  - GON/LON block (LA & steroid)   →  pulsed radiofrequency treatment →  cryo-neurotomy
  - C2/3 facet joint injection (LA/steroid)   →  3<sup>rd</sup> occipital nerve branch radiofrequency thermal neurotomy
  - Neck pain → shoulders (C5/6 facet)   →  C5/6 facet joint injection →  radiofrequency thermal neurotomy.
  - Botulinum toxin injection (chronic migraine)
  - Neuromodulation:    transcranial magnetic stimulation    occipital nerve stimulator

## Medication reduction plan

- Optimise precursor headache (Cefaly®, GON blocks, Topiramate, Botox)
- Headache diary
- Manage drug & alcohol issues
- Clinical psychology support (habitual behaviours)
- Outpatient or inpatient management
- Baseline treatment (amitriptyline, metoclopramide, prednisolone)
- 10% medication reduction per week
- Rescue analgesia (Cefaly®, indomethacin PR, clonidine, ondansetron, s/L lorazepam prn)
- Relapse prevention, frequent follow up





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