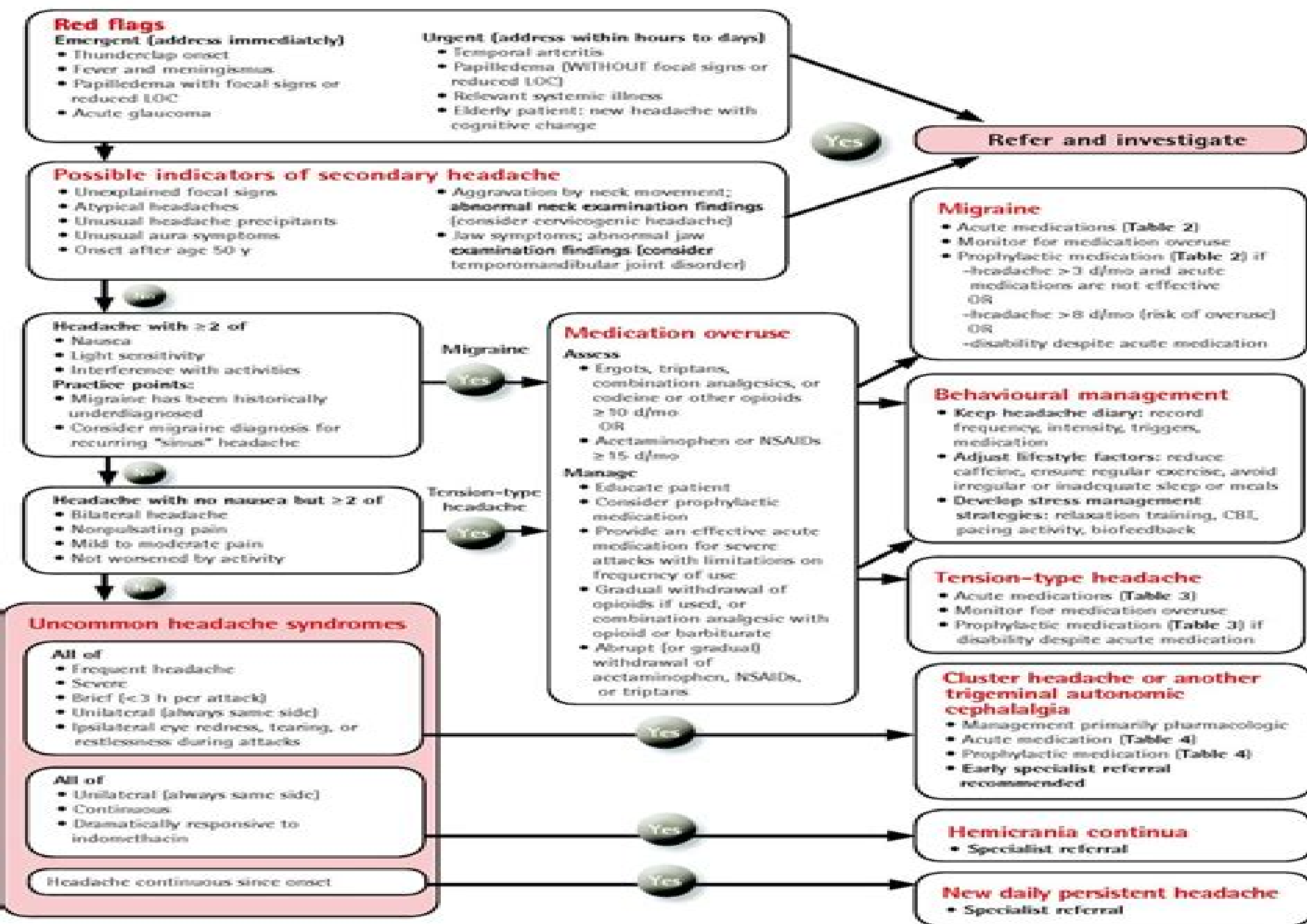


Figure 1. Quick reference algorithm for the Primary Care Management of Headache in Adults



CBT—cognitive behavioural therapy; LOC—level of consciousness; NSAID—nonsteroidal anti-inflammatory drug.  
Adapted from Howard Optimized Practice.<sup>TM</sup>

# Headache A Guide For Primary Care Physicians

**Dr. Spineanu Eugenia**



## **Headache A Guide For Primary Care Physicians:**

**The Physician Assistant Student's Guide to the Clinical Year: Internal Medicine** David Knechtel, Deborah Opacic, 2019-09-27 A lifesaver not just for PA students but for faculty and administrators trying our best to prepare them Perfect for students to read and use on rotation James Van Rhee MS PA C DFAAPA Program Director Yale Physician Assistant Online Program The first pocket size resource to guide PA students through their internal medicine rotation Prepare for and thrive during your clinical rotations with the quick access pocket guide series The Physician Assistant Student's Guide to the Clinical Year The Internal Medicine edition of this 7 volume series discounted when purchased as a full set delineates the exact duties required in this specialty Written by experienced PA educators this guide details the clinical approach to common presentations such as chest pain dyspnea and fever It also provides a systems based approach to more than 60 of the most frequently encountered disease entities you will see in this rotation including cardiac arrhythmias pneumonia and hepatitis Distinguished by brief bulleted content with handy tables and figures the reference offers all pertinent laboratory and imaging studies needed to confirm a diagnosis with medication and management guidelines This guide also describes the most common procedures you will learn during the internal medicine rotation including bone marrow aspirate and biopsy lumbar puncture and thoracentesis Key Features Provides a pocket size overview of the PA internal medicine rotation Describes common clinical presentations disease entities and procedures Offers a step by step approach to diagnosis and treatment planning Includes clinical pearls throughout Complements the 2019 NCCPA PANCE blueprint Includes two bonus digital chapters Three guided case studies to reinforce clinical reasoning plus 25 rotation exam style questions with remediating rationales Other books in this series The Physician Assistant Student's Guide to the Clinical Year Family Medicine Emergency Medicine Surgery OB GYN Pediatrics Behavioral Health [The Physician Assistant Student's Guide to the Clinical Year Seven-Volume Set](#) Maureen Knechtel, Maureen A. Knechtel, 2019-10-15 A lifesaver not just for PA students but for faculty and administrators trying our best to prepare them Perfect for students to read and use on rotation James Van Rhee MS PA C DFAAPA Program Director Yale Physician Assistant Online Program Everything you ll need for your clinical rotations in one handy and affordable set Hit the ground running as you undertake your required clinical rotations with the quick access 7 volume pocket sized set The Physician Assistant Student's Guide to the Clinical Year Written by PA educators experienced in these specialty areas this first of its kind series covers all 7 clinical rotations including Family Medicine Internal Medicine Emergency Medicine Pediatrics Surgery Obstetrics and Gynecology and Behavioral Health Brimming with pithy information on the precise knowledge and duties required of a physician assistant you will learn about practice settings equipment exam techniques frequently encountered disease entities commonly ordered studies and medications procedures and more Small enough to fit in your lab coat pocket for on the spot reference each consistently organized guide delivers brief bulleted content with handy tables and figures to promote quick learning and retention You ll also find useful examples

of pertinent documentation for each specialty along with clinical pearls that deliver savvy pointers from the experts Key Features Delivers a pocket size overview of the precise knowledge and duties required for each clinical rotation Offers consistently organized quick access bulleted content for all seven rotations Describes common clinical presentations disease entities and procedures Presents key diagnostic studies and their indications Reflects the 2019 NCCPA PANCE blueprint Includes bonus digital chapters with guided case studies to help reinforce clinical reasoning and rotation exam style questions with remediating rationales Set includes The Physician Assistant Student's Guide to the Clinical Year Family Medicine Internal Medicine Emergency Medicine Pediatrics Surgery OB GYN Behavioral Medicine

**Assessing Headache Triggers** Dana P. Turner, 2021-08-20 This book synthesizes the current research on headache triggers and details how improving the measurement properties of trigger assessments can benefit clinical and research efforts The book begins with a detailed exploration of the history of triggers and their use in attempts to assign causes to headache attacks Subsequent chapters then expound on the existing schools of thought on headache triggers with discussions of understudied influences on the causal assignment process such as the role of individual trigger beliefs and perceptions After laying this groundwork the practical application of trigger assessment is thoroughly detailed including assessment design types and methods of analysis Chapters then outline the applications of trigger assessment in research and clinical practice To conclude the book relays descriptions of future directions and evolving theories in the area Concise and comprehensive Assessing Headache Triggers is an invaluable resource for clinicians who treat patients and investigators who aim to improve the lives of individuals with headache through their research

[Medifocus Guidebook On: Migraine Headache](#) , 2012-01-25 The MediFocus Guidebook on Migraine Headache is the most comprehensive up to date source of information available You will get answers to your questions including risk factors of Migraine Headache standard and alternative treatment options leading doctors hospitals and medical centers that specialize in Migraine Headache results of the latest clinical trials support groups and additional resources and promising new treatments on the horizon This one of a kind Guidebook offers answers to your critical health questions including the latest treatments clinical trials and expert research high quality professional level information you can trust and understand culled from the latest peer reviewed journals and a unique resource to find leading experts institutions and support organizations including contact information and hyperlinks This Guidebook was updated on January 25 2012

**Handbook of Headache** Randolph W. Evans, Ninan T. Mathew, 2005 Thoroughly updated for its Second Edition this handbook is a practical easily accessible guide to the diagnosis and management of headache patients Geared to both primary care physicians and neurologists the book presents a systematic approach to diagnosis and offers expert recommendations for treating all types of headaches including migraine chronic daily headache tension and cluster headaches post traumatic headaches headache during pregnancy headache in children headaches with onset after age 50 and headaches caused by HEENT disorders This edition includes new drug treatments such as topiramate almotriptan

frovatriptan eletriptan botulinum toxin and tizanidine Also included are 42 case studies patient education materials alternative treatments and a medicolegal section *Headache* Elizabeth Loder, Vincent T. Martin, 2004 The emphasis of this book falls naturally on the Big Three headache disorders migraine tension type and cluster headaches Other topics include medication overuse and misuse complementary and alternative treatments headache in special populations such as children and adolescents and the difficult headache patient Special features include the headache calendars and diaries headache impact test and the MIDAS questionnaire Recognize the common headache patterns as you learn to perform an efficient screening physical examination in three minutes Identify and separate primary from secondary headache by utilizing the SNOOP mnemonic useful in recalling key features predictive of dangerous headaches **Mayeaux's Essential Guide to Primary Care Procedures** E. J. Mayeaux, Jr., Peter H. Seidenberg, Paul Bornemann, 2025-06-09 With step by step highly illustrated instructions for 136 of the most commonly performed outpatient procedures Mayeaux's Essential Guide to Primary Care Procedures 3rd Edition is your go to guide to the vast majority of procedures performed in everyday practice From the basic cerumen removal and simple interrupted sutures to the complex colonoscopy and chest tube placement Drs E J Mayeaux Jr Peter H Seidenberg and Paul H Bornemann along with dozens of expert contributing authors cover every aspect of what you need to know including indications contraindications pearls and pitfalls and more Whether it's your first time or you need a refresher this is the book you want in the room with you when performing these procedures **Handbook of Cognitive Behavioral Approaches in Primary Care** Robert A. DiTomasso, 2010 Print CourseSmart *Neurology, An Issue of Primary Care: Clinics in Office Practice, E-Book* Kara Wyant, Melissa Elafros, 2024-05-07 In this issue of Primary Care Clinics in Office Practice guest editors Drs Kara Wyant and Melissa Elafros bring their considerable expertise to the topic of Neurology Top experts provide practical approaches to the evaluation diagnosis and management of neurological symptoms found in a primary care setting including headache dizziness seizure epilepsy tremor concussion neuropathy and more Contains 12 relevant practice oriented topics including cognitive impairment stroke TIA insomnia radiculopathy neurological causes of back neck pain autonomic dysfunction and more Provides in depth clinical reviews on neurology offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews Chronic Headaches Jonathan M. Borkum, 2007-02-13 This is the first new book in many years to provide a comprehensive review of the latest theory research and treatment of chronic headaches from a biopsychological perspective It is designed to make the tools of assessment and therapy widely accessible while placing them in the context of how the disorders arise The physiology and psychology of Clinician's Manual on Migraine Todd A Smitherman, 2016-05-25 This handbook is a clinically focused guide on the diagnosis and evidence based treatment of migraine the third most common medical condition on the planet It is a concise yet thorough guide for management of migraine in clinical practice

settings as informed by current scientific literature and clinical guidelines This handbook incorporates diagnostic criteria from the most recent edition of the International Classification of Headache Disorders ICHD 3 The first half of the handbook provides information on assessment of migraine including headache red flags and indications for neuroimaging screening for common comorbid conditions and essential lifestyle recommendations for all migraine patients The second half covers both acute and preventive headache medications and relevant treatment algorithms and indications as well as other medical therapies and behavioral interventions for migraine This clinician s manual is easy to read and includes numerous tables and other content valuable to all providers wanting a go to resource on clinical management of migraine It is an ideal companion for busy general practitioners and neurologists nurses and mid level providers neurology trainees and residents as well as patients wishing to gain a better understanding of their condition

*Clinical Practice* American College of Physicians (2003-),2005 Nearly 25 years ago the American College of Physicians ACP established an exciting program called the Clinical Efficacy Assessment Project CEAP Its goals were threefold to assemble and review the clinical literature on a specified topic to identify the best scientific papers and to analyze reformulate and present such information so that practitioners could readily determine the usefulness of diagnostic tests procedures and treatments CEAP has been so successful that ACP has become a premier source of quality evidence based guidelines The current U S Preventive Services Task Force USPSTF an independent panel of experts in primary care and prevention convened by the Agency for Healthcare Research and Quality AHRQ has been issuing evidence based recommendations in clinical prevention since 2001 The relationship between CEAP and AHRQ has prospered through the establishment and implementation of the latter s Evidence based Practice Centers EPC program Whenever possible ACP guidelines are being developed based on EPC reports

Headache Giuseppe Nappi,Michael A. Moskowitz,2016-02-16 Handbook of Clinical Neurology Headache covers various aspects of headaches It covers up to date information about the cultural developments and the scientific advances in the field of neurological science One of the most frequent symptoms that people encounter is migraine or other type of headaches At least 40% of neurological consultations are headache related With this significant advances in basic and applied brain sciences have emerged in the field of headache related problems Divided into six sections the book discusses the socioeconomic aspects of headaches the contribution of biological sciences to the study of the pathophysiology of headache and the management of headache and other related problems It also deals with headache related issues such as pathogenic chronobiological endocrinological and neuroimaging correlates nosographic i e migraine vertigo and headache in children and treatment related issues The book will serve as a reference for researchers clinical physicians and other readers who want additional knowledge about the clinical features of headaches A comprehensive guide to the advancements made in headache research and medicine including the role of genetics and genomics An exhaustive accounting of cultural developments and scientific advances in headache medicine Critical information on primary and secondary headaches including new therapies prevention

techniques and management protocols      **Migraine** Shalini Shah,2021-08-16 This book covers proper migraine diagnostic tools and treatment options It addresses the complex nature of treating this pain condition and underscores the intricacies of diagnosis and management Succinct yet thorough the book opens with information on migraine diagnosis symptomology and pathophysiology Subsequent chapters examine various current and emerging evidence based treatment options including immune modulation stem cell regenerative therapy and new potential applications of therapeutics for use in pediatric migraine Following this the chapters discuss the processes of neuro modulation dietary modifications and surgical treatment for chronic migraine disorders The book concludes with a handy set of reference guides of commonly prescribed drugs and doses Written by experts in the field Migraine provides the headache or pain practitioner with a comprehensive yet quick reference that fills a current gap in the literature for treating migraines and emerging therapeutic options      **Handbook of Psychological Assessment in Primary Care Settings** Mark E. Maruish,2017-04-21 The second edition Handbook of Psychological Assessment in Primary Care Settings offers an overview of the application of psychological screening and assessment instruments in primary care settings This indispensable reference addresses current psychological assessment needs and practices in primary care settings to inform psychologists behavioral health clinicians and primary care providers the clinical benefits that can result from utilizing psychological assessment and other behavioral health care services in primary care settings      **A Holistic Approach to Understanding and Managing Dehydration Headaches** Dr. Spineanu Eugenia,2025-03-12 Cultivating Hydration A Holistic Approach to Understanding and Managing Dehydration Headaches delves into the intricate relationship between hydration status and headache occurrence offering a comprehensive exploration of the multifaceted factors influencing both physical and mental well being Through a holistic lens this treatise elucidates the interconnectedness of lifestyle choices dietary habits stress management techniques and environmental considerations in maintaining optimal hydration and mitigating dehydration related headaches Drawing on scientific evidence and traditional wisdom it provides insights into the physiological mechanisms underlying dehydration headaches while also emphasizing the importance of mind body practices in promoting fluid balance and headache prevention With practical recommendations and actionable strategies this treatise empowers individuals to cultivate resilience balance and vitality in their pursuit of hydration and headache management fostering a holistic approach to wellness that encompasses body mind and spirit      **The Veteran'S Guide to Psychiatry** Deborah Y. Liggan MD,2015-12-19 The Veterans Administration continues to play a central role in providing mental health services but everyone in the field can do a better job helping those who've served our country Deborah Y Liggan MD who has succeeded in both civilian and Air Force military service explores the spectrum of mental health illnesses that affect veterans and how each disorder impacts their lives and the lives of their loved ones Topics focus specifically on veterans and include psychiatric interviewing mood disorders anxiety disorders psychotic disorders disorders of cognition recovery from mental illness and psychiatric emergencies With clear and concise

language the guide explores how to respond to complaints such as depression suicide and psychotic thought processes At the conclusion of each chapter are ten study questions of self examination for review The Veterans Guide to Psychiatry is the definitive guide for psychiatrist residents psychologists psychiatric social workers and anyone involved in diagnosing and treating emotional illnesses

**Primary Care of Women** Barbara Hackley, Jan M. Kriebs, Mary Ellen Rousseau, 2007 This text presents primary care information for the nurse midwifery scope of practice including management of primary care problems in essentially healthy women and the management coordination of primary care for pregnant women with significant established medical conditions The text covers prevention including lifestyle changes and immunizations screening management of common health problems appropriate to nurse midwifery practice and the presentation and management of common health problems in pregnancy

**Family Practice Guidelines** Jill C. Cash, Cheryl A. Glass, 2010-11-18 Named a 2013 Doody's Core Title This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody's Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy to read format and contains invaluable step by step instructions for evaluating and managing primary care patients It belongs in every NP and PA's reference library I highly recommend this wonderful textbook Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc Family Practice Guidelines is an excellent resource for the busy clinician It offers succinct comprehensive information in an easy format that is particularly useful for quick reference This text is useful for general practice settings as well as specialty care Anne Moore APN WHNP ANP BC FAANP Vanderbilt University The second edition of Family Practice Guidelines is a comprehensive resource for clinicians presenting current national standard of care guidelines for practice in addition to select 2011 guidelines This clinical reference features detailed physical examination and diagnostic testing information on health promotion guidelines of care dietary information national resources for patient use and patient education handouts all in one resource This revised edition features guidelines for 246 disorders each containing clearly outlined considerations for pediatric pregnant and geriatric patients It also presents 18 procedures commonly performed in the clinical setting including bedside cystometry hernia reduction neurological examination and more Patient Teaching Guides are also provided and are designed to be given directly to patients as take home teaching supplements Additionally the book contains four appendices with guidelines on normal lab values procedures sexual maturity stages and teeth New to this Edition Select 2011 guidelines Over 17 new protocols including ADD ADHD Menopause Migraine Chronic Kidney Disease in Adults Obesity Gastric Bypass and more Completely updated Patient Teaching Guides including a new entry on Anticoagulation Therapy for Patients with AFib to tear out and send home with patients Addition of consultation and referral recommendations New chapter presenting Pain Management Guidelines for acute and chronic pain Completely updated national treatment guidelines

**Behavioral Medicine: A Guide for Clinical Practice, Third Edition** Mitchell



Feldman, John Christensen, 2007-11-27 5 STAR DOODY S REVIEW This is an extraordinarily thorough useful book It manages to summarize numerous topics many of which are not a part of a traditional medical curriculum in concise relevant chapters Physicians who do not understand the dynamics behind the doctor patient relationship usually end up being poor doctors and this book reviews the many behavioral issues that patients have that can affect this relationship This is a very welcome addition to the medical education literature and should be required reading for all practicing clinicians Doody s Review Service Behavioral Medicine delivers practical coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice You will learn how to deliver bad news how to conduct an effective patient interview how to clinically manage behavioral issues in the dying patient the principles of medical professionalism behavioral issues in men s and women s health and much more Features Thorough but practical discussion of the scope of the physician patient relationship Includes extensive use of cases and clinical vignettes Complete coverage of medical disorders that influence both physician and patient behavior in clinical practice

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