What is a Headache?

- A **headache** is when we have pain in our face or head.
- The pain can feel like pressure that is throbbing, constant, sharp, or dull.
- Headaches can differ in pain type, severity, location and frequency.

What Causes a Headache?

- General headaches are often caused by muscle strain, alcohol, nicotine, changes in sleep, poor posture, over-exertion, hunger, and other factors
- More serious causes can be an underlying condition such as head injury, brain bleed, tumor, rise in blood pressure, etc.
- Some headaches may occur without a cause, such as migraines. Headaches can be influenced by triggers that may be within our control (like diet or hydration), or out of our control (like hormones or weather).
- The best way to determine which kind of headache you are experiencing and the cause is to seek medical attention and keep a headache diary.

PAMI®
Pain Assessment and Management Initiative

Contact us

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Scan the QR code to visit our website:

Content adapted from:
National Institute of Neurological Disorders and Stroke, American Migraine Foundation, Cleveland Clinic, and Johns Hopkins Medicine

Updated 11/20/2024

PAMI®
Pain Assessment and Management Initiative

Managing Headaches & Migraines

What is a Migraine?

- A migraine has multiple symptoms, such as a throbbing headache on one side of the head and sometimes they may start with vision symptoms, called an aura.
- Migraines feel different for each person, but can affect many aspects of your life.
- Migraines can last 4-72 hours.

What Triggers a Migraine?

- Stress
- Changes to your sleep
- Hormonal changes
- Caffeine and alcohol
- Diet (missing meals, low blood sugar)
- Dehydration
- Overexertion
- Bright lights, loud noises, and strong odors
- Sudden changes in weather
- Some medications

How Do I Deal with a Migraine?

- Rest in a dark, quiet, and cool room
- Take the recommended dosage of an over-the-counter pain reliever
- Apply a warm or cold compress to your forehead or behind your neck
- Stretch
- Massage your head, neck or back
- Take a walk

*Your doctor may offer migraine treatments that can help when these do not work.

How Do I Deal With a Headache?

- Scalp massage
- Sleep
- Exercise
- Warm or cold compresses
- Hydrate
- Small amounts of caffeine
- Turn off or dim lights and use eye masks
- Avoid loud noise and strong smells
- Acupressure
- Over-the-counter pain relievers such as acetaminophen, ibuprofen, naproxen, or combination products (acetaminophen, aspirin, caffeine)

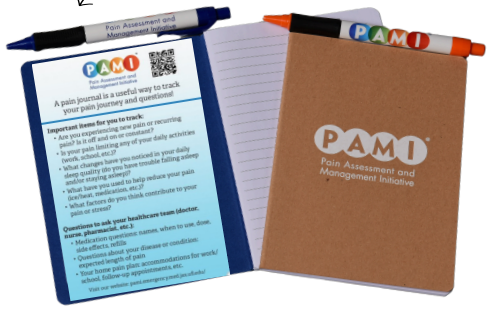
Tracking Symptoms

- Notice what may trigger a headache such as foods, stress, lights
- Use a journal or diary to track:
  - How often you get a headache
  - Symptoms you experience with a headache
  - Activities, foods, or medications which seem to trigger a headache
  - Situations or times of the day the headache occurs
  - Medication names and doses that you have tried
  - Sleep habits
- There are apps and websites that help track your symptoms.

STOP ***Before making lifestyle changes, using therapies, or medications, speak with a healthcare professional.***

Useful PAMI Toolkit Items

PAMI Pain Journal



PAMI Hot/Cold Eye Gel Mask

Acupressure Device
Do not use if pregnant

Additional Resources

UF Health Jacksonville

Visit UF Health Jacksonville's website for more information on treatment options and service locations.

UF Health University of Florida Health

Visit UF Health's website for more information on migraines.

Visit the American Migraine Association's website to get access to free resources and find support.

Headache Diary

Pain Assessment and Management Initiative

Month 1: _____

This tool can be used any way that is helpful to you. You may even show this to a healthcare professional to discuss your symptoms.

Other symptoms & notes:

Some things to consider:

- ❑ Have you experienced any nausea or vomiting?
- ❑ Have you had any vision changes?
- ❑ Have you experienced any dizziness?
- ❑ Has the pain woken you up from sleep?
- ❑ What time of day are your headaches worse?
- ❑ Are you sensitive to lights or sounds?

Are there any other symptoms you notice when a headache starts or is first beginning?

Check factors that cause or worsen headaches:

- ❑ Light
- ❑ Noise
- ❑ Strong smells
- ❑ Weather
- ❑ Stress
- ❑ Food
- ❑ Sleep
- ❑ Hormonal changes
- ❑ Other:

_____
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_____

What treatment methods have helped relieve your pain?

_____
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_____
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Scan the QR to access this brochure on our website to print more:

Content adapted from: *Migraine Pro*

Date	Did you have a headache today?	What time of day was your headache?	How would you rate your headache pain from 0-10 (0=no pain, 10=the worst pain possible)?
1	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
2	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
3	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
4	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
5	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
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7	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
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27	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
28	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
29	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
30	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10
31	Yes No	Morning Afternoon Night	0 1 2 3 4 5 6 7 8 9 10

Headache Diary

Pain Assessment and Management Initiative

Month 2: _____

This tool can be used any way that is helpful to you. You may even show this to a healthcare professional to discuss your symptoms.

Other symptoms & notes:

Some things to consider:

- ❑ Have you experienced any nausea or vomiting?
- ❑ Have you had any vision changes?
- ❑ Have you experienced any dizziness?
- ❑ Has the pain woken you up from sleep?
- ❑ What time of day are your headaches worse?
- ❑ Are you sensitive to lights or sounds?

Are there any other symptoms you notice when a headache starts or is first beginning?

Check factors that cause or worsen headaches:

- ❑ Light
- ❑ Noise
- ❑ Strong smells
- ❑ Weather
- ❑ Stress
- ❑ Food
- ❑ Sleep
- ❑ Hormonal changes
- ❑ Other:

_____
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_____

What treatment methods have helped relieve your pain?

_____
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