

頭痛診斷

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Why Are The History And Physical Examination Important ?

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graph TD; A[頭痛] --> B[功能性頭痛]; A --> C[危險的頭痛]; B --> D[偏頭痛]; B --> E[緊縮型頭痛]; B --> F[藥物過度使用頭痛]; B --> G[叢發性頭痛];
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頭痛

功能性頭痛

危險的頭痛

偏頭痛

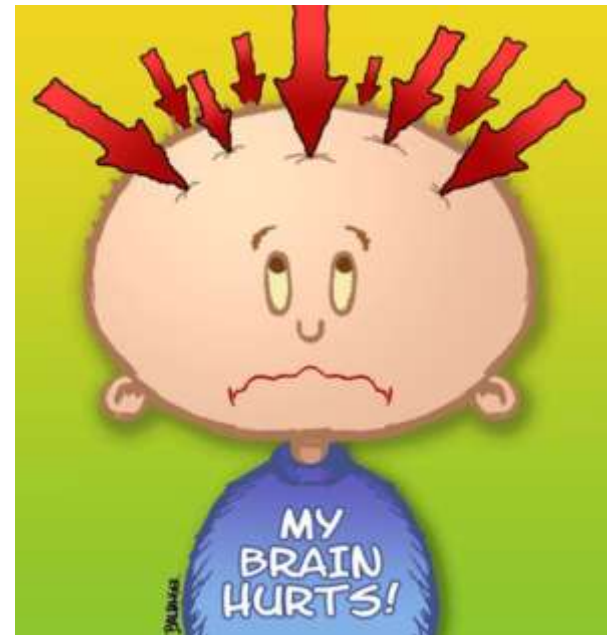
緊縮型
頭痛

藥物過度
使用頭痛

叢發性
頭痛

DMSOAP

- * 1. **D**uration , onset age / time and Frequency
- * 2. **M**ode
- * 3. **S**ite
- * 4. **O**bjective severity
- * 5. **A**ssociated or Aggravating
- * 6. **P**recipitating
- * 7. Relieving



Duration , onset age / time , Frequency

1 從第一次痛到現在有多久了？

2 您每次頭痛大概會持續多久？

3 平均而言,最近您每個月有幾天會頭痛?
發作時間是早中晚?

1 Mode(發作時的感覺):

血管跳動、針刺、緊縮、電擊、暈暈重重、其他

2 頭痛位置:左、右、兩側、不定

前額、頭頂、耳上、後枕、眼眶、其他

3 頭痛程度:0-10

1. 過去三個月中，您有多少天因為頭痛而無法上班或上課？無法做家事？而沒有辦法參加家庭、社交或休閒活動？
2. 每個月有幾天會因頭痛而吃藥或打針來止痛？

1

會誘發您的頭痛，或是使頭痛更嚴重？
天氣變化、月經、上下走動、肚子出力、其他

2

頭痛開始前後會有什麼症狀？
噁心嘔吐、怕光、怕吵、麻木無力、視力模糊
複視閃光、紅眼睛流眼淚流鼻水

3

情況會改善您的頭痛？



1

睡眠情況如何？

2

家族中是否有頭痛之問題？

3

過去病史及用藥史？

SNOOPing Atypical

- * **S**ystemic symptoms or Secondary risk factors (HIV, systemic cancer)
- * **N**eurological symptoms or signs
- * **O**nset: sudden, abrupt, or split-second
- * **O**lder: > 50 y/o new onset and progressive
- * **P**revious history: first headache or different (change in frequency, severity or clinical features)

Worrisome headache

Red Flags “SNOOPE”

- Positional and/or postural
- Papilledema
- Exertion, cough or
 Valsalva-induced



Clinical Question: Does This Patient Have a Migraine Headache?

Patient With Undifferentiated Headache

Yes

At Least 4 Features of the
POUNDing* Mnemonic Present?

No

Migraine Headache

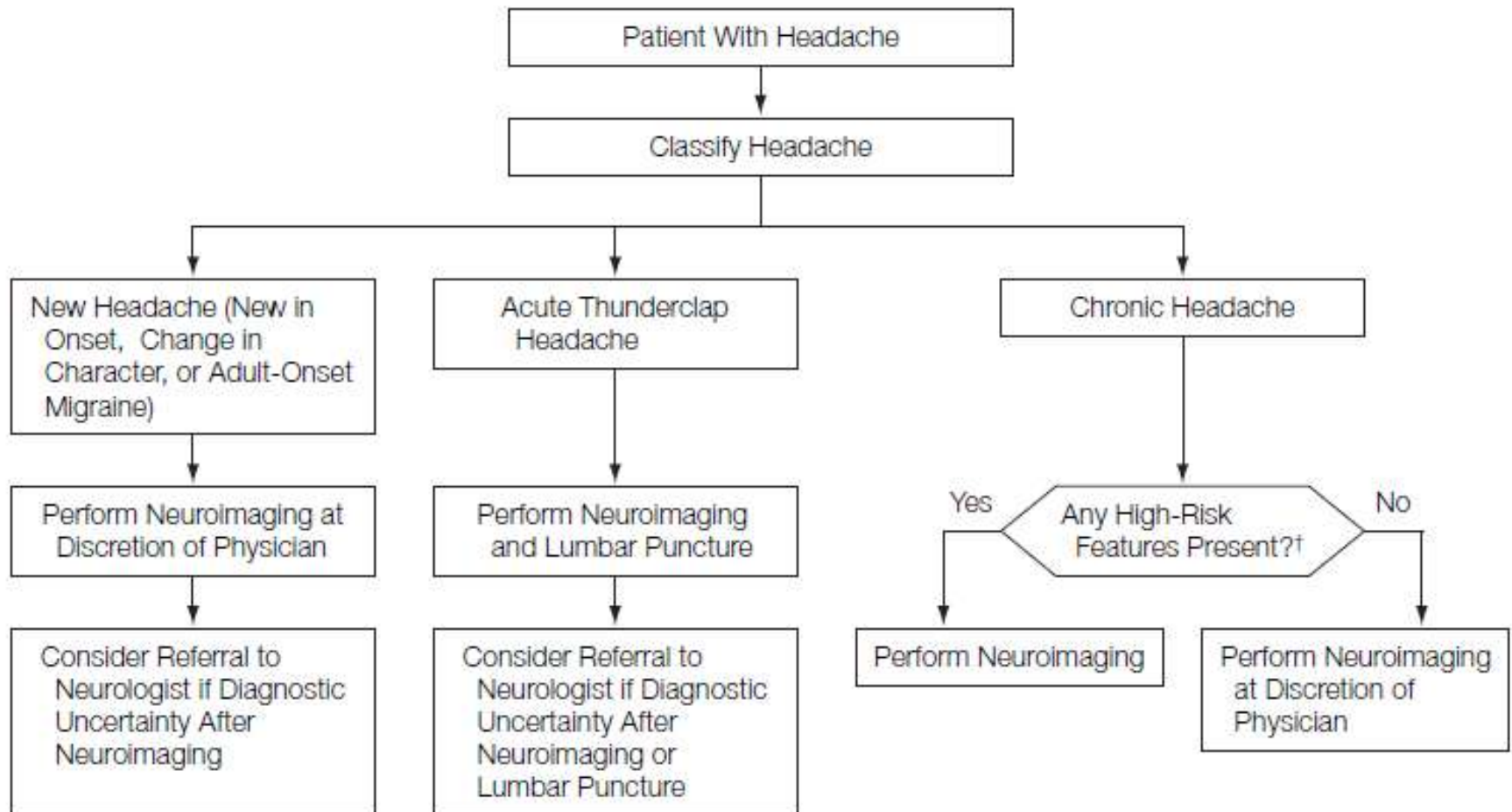
Nonmigraine Headache

Consider Referral
to Neurologist or
Neuroimaging if
Diagnosis Uncertain

POUNDing:
Pulsatile quality;
Duration 4-72 hrs ;
Unilateral location;
Nausea and vomiting;
Disabling intensity

Clinical Question: Does This Patient Need Neuroimaging?

Clinical Question: Does This Patient Need Neuroimaging?



CLINICAL SCENARIOS

Case 1

- * 38-year-old woman
- * pulsatile, unilateral headaches , twice a month
- * last between 4 and 14 hours
- * disabling to have to lie down and go to sleep
- * no visual auras
- * entirely normal neurologic examination

Does this patient have migraines?

1

是

2

否

CLINICAL SCENARIOS

Case 2

- * A 27-year-old man
- * severe, rapid-onset headache and mild neck stiffness while performing pushups
- * no prior illness
- * NE: no abnormal findings
- * symptoms persist 2 hours after onset

Should you request neuroimaging ?

1

是

2

否

CLINICAL SCENARIOS

Case 3

- * A 45-year-old man
- * 10-year, intermittent unilateral headache
- * severity: 5/10 ; duration: 4 to 5 hours
- * aura does not herald the onset
- * no vomiting or photophobia
- * NE: R't hemiparesis MP 4 /5 with increased reflexes



Thanks!