

Headache/Migraine

Follow-up Advice	Consider supply, but patient should be advised to make an appointment to see a GP if: <ul style="list-style-type: none">• New symptoms develop, headache gets worse or does not go away seek further advice from NHS 111 or GP• Headaches become more and more frequent.• Headache prevents sleep or wakes patient.• Headache is worse on coughing, straining, bending, lying flat or laughing.• Symptoms such as muscle pains, pain on chewing, a tender scalp, or feel unwell.
Counselling Points	<ul style="list-style-type: none">• Avoid any aggravating factors if possible.• Warm towel around the neck can help tension headaches• Cold flannel can help soothe pain• Drink plenty of fluids – will help if patient is dehydrated e.g. after excessive alcohol intake• Lifestyle - Try to get plenty of rest and sleep, and use every opportunity to relax.• Advise against overuse of analgesics/NSAIDs