

Headache Management – Patient Resource List

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GENERAL HEADACHE INFORMATION

[Headache | National Institute of Neurological Disorders and Stroke](#) General information about headache types

[Headache Management: Sleep Strategies](#) MyHealthAlberta Sleep Module

[Relaxation – Dawn C. Buse, PhD \(dawnbuse.com\)](#) Relaxation tracks for headache clients

[Power over Pain Portal](#) Information on cognitive behaviour therapy and pain neuroscience education

HEADACHE DIARIES

[H \(ucalgary.ca\)](#) Chronic Pain Centre Headache Diary

- Refer to Table 1 in the Appendix to learn how to use the pain scale to rate your headaches

MOBILE APPS

Please note that Apps may involve a cost to you.

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Canadian Migraine Tracker. You can monitor headache frequency, triggers, symptoms, and medication response.

Migraine Buddy. Allows you to track the location of pain, triggers, and lifestyle factors - all specific to migraine. It also features a weather tracker and can send you weather alerts.

N1-Headache. Allows you to track and identify your migraine risk factors and protective factors. There is a free version and a paid version.

TENSION HEADACHES

[Tension Headache: What It Is, Causes, Symptoms & Treatment \(clevelandclinic.org\)](#) Cleveland Clinic information about tension headache

[Tension-Type Headache: Symptoms, Types and Treatments \(americanmigrainefoundation.org\)](#) American Migraine Foundation information about tension headache.

MIGRAINES

<http://www.americanmigrainefoundation.org> American Headache Society/American Migraine Foundation

- **[Patient Guides | American Migraine Foundation](#)** The American Migraine Foundation offers patient guides and resources that can be downloaded for free

<https://migrainecanada.org/> Migraine Canada is an alliance of patients and health care providers working together to improve the lives of people living with migraine and other headache disorders in Canada.

- **[The Migraine Tree \(migrainecanada.org\)](#)** Roadmap to managing migraines. Explore different medical treatments and behavioural strategies utilized in the management of migraines
- **[Acute Treatments \(migrainecanada.org\)](#)** Acute Treatment
- **[Preventive Treatments - Migraine Canada](#)** Preventive Treatment

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- [Botox for Migraine: How Does It Work and How Effective Is It? - Migraine Canada](#) Botox
- [CGRP Monoclonal Antibodies \(MABs\): Summary and Effectiveness - Migraine Canada](#) CGRP monoclonal antibodies
- [The Ping Pong Theory of Migraine - Migraine Canada](#) How the migraine brain interacts with the environment, the body, and how triggers can also be symptoms.

[Medication-overuse headache](#) What is medication-overuse headache, and why it is happening?

<https://migraineworldsummit.com/> Yearly conference discussing the latest information and research on migraines. Registration required to access content.

POST-TRAUMATIC HEADACHE

[ABI Information for Patients | St. Joseph's Health Care London](#) Information about an “acquired” brain injury

[Post-Traumatic Headache](#) What is a post-traumatic headache, and how to manage it

[Vision Problems After Concussion](#) Quick summary of vision changes post concussion

[Cognitive Changes After Concussion](#) Quick summary of the changes in thinking, memory, and concentration post concussion

[Healing and Follow-Up \(alberta.ca\)](#) Primarily for clients with early concussion, with additional resources for other groups with brain injuries

[Cognitive Problems after Traumatic Brain Injury](#) Extended article on how traumatic brain injury can affect cognition, and what we can do about it

[Emotional Problems after Traumatic Brain Injury](#) Description of different types of emotional problems that could occur after a traumatic brain injury

CERVICOGENIC HEADACHE

[What Is Cervicogenic Headache?](#) The basics of cervicogenic headache from the American Migraine Foundation

[Deciphering the Link Between Neck Pain, Migraine, and Cervicogenic Headaches - Migraine Canada](#) Cervicogenic Headache

APPENDIX

Table 1. Headache Pain Scale Interpretation.

www.headachenetwork.ca

Headache Pain Scale Interpretation

*Please use this information as a reference when completing your headache diaries.

10	Extreme pain; unable to function; worst pain imaginable; bed rest likely required
9	Very severe pain; may be unable to speak or think clearly; not able to function; likely lying down or sleeping
8	More severe pain; prohibits your activities (i.e., work, child care, self-care, etc.); likely lying down or sleeping
7	Severe pain; pain begins to affect ability to concentrate and very difficult to continue with daily activities
6	Moderate-severe pain; limits your activities; some activities may be less of a priority
5	Moderate pain; you feel the need to slow down; pain is more distracting
4	Mild-moderate pain; usual activities become more difficult
3	Distracting pain; can continue with usual activities, but may be more difficult
2	Mild pain; can continue with daily activities, but may be more difficult
1	Very mild pain; able to carry on with usual activities with no distraction
0	Pain free; <u>no</u> pain at all; <u>no headache</u>