

Headache Guideline

Use this protocol to help guide you when evaluating a headache.

Assessment Script:

- **Talk to the student to gather information:**
 - **Can you tell me where your head hurts?**
 - **General, localized, sinus**
 - **What does the pain feel like?**
 - **Ache, stabbing, comes and goes, pressure**
 - **How long have you had the headache?**
 - **Do you feel sick or hurting anywhere else?**
 - **Think about neck stiffness/pain, rigidity**
 - **Do you get headaches a lot?**
 - **Do you wear contacts or glasses? Vision changes or difficulty?**
 - **Did you eat breakfast, lunch?**
 - **How did you sleep last night?**
 - **Are you sensitive to light, sounds?**
 - **Have you hit or hurt your head in any way recently?**
 - **Have you taken any medication for your symptoms?**
- **Perform Assessment:**
 - **Temperature: over 100.0= home**
 - **Consider meningitis: check for rash, neck ROM (pain, stiffness, rigidity)**
 - **Consider sinus: sinus pressure, pain with palpation, congestion.**
 - **Consider influenza, Covid: do they have any respiratory symptoms, evaluate lung sounds.**
 - **Recent head injury: refer to head injury protocol/script.**

Recommendation/Script:

- **Cleared to remain in school:**
 - Based on my assessment it is ok for you to stay in school today.
 - May not be your best day, but try to power through.
 - Return if symptoms worsen or new symptoms develop.
 - Recommend rest, water, snack if they have not eaten, OTC medication if available, and/or cold pack for symptom relief.
 - Tell assisting staff you will call to notify parent student was seen but can remain in school.
- **If student can stay in school but should follow up with provider for things like vision exam, sinus pain/pressure without fever, etc.:**
 - Let assisting staff know you will notify parent of this.
 - Call parent and summarize findings and recommendation for appointment as soon as able (today, tomorrow, whatever is acceptable.)
 - Student needs to go home, or go home and be seen by provider ASAP:
 - Let school staff know your plan to~
 - Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.
 - Call school back to let them know who is coming and when. If you are not able to reach anyone, ask school staff for suggestions/help.
 - Student needs to go to ER:
 - Keep student on camera
 - Let school staff know your plan to~
 - Call until you reach someone (parent, guardian, emergency contact) and inform them of what is needed.
 - If you are unable to reach anyone, ask school staff for suggestions/help.
 - Call 911 if situation warrants that level of care.