**Case-12: Headache**

**Patient Brief Record / Brief Scenario:**

**(Information for student about the case)**

* **Patient Name: Hanan**
* **Age: 30 years**
* **Occupation: Employee in a bank**
* **Not known to have any chronic illness**
* **Today:**
  + **BP: 120/78 mm Hg**
  + **Temperature: 37.3 0C**

**Hanan is a 30-year old, presented today with the complaint of headache.**

**TASK: (What is expected from a student?)**

* **Take a focus history from this patient, to arrive at the most likely diagnosis.**
* **Perform the relevant clinical examination.**
* **Inform the patient about the diagnosis.**
* **Manage the patient appropriately.**
* **Explain to the patient the management plan.**

**.**

**Case-12: Headache**

Patient Brief Record / Brief Scenario:

(Information for the simulated patient)

* Patient Name: Hanan
* Age: 30 years
* Occupation: Employee in a bank
* Married, with 2 children 1 and 3 Year old.

Opening scenario: doctor I have headache since few weeks..

Tell your doctor about the following information only if specifically asked about:

* You are suffering from the headache past 6-8 weeks.
* The headache comes at least one episode every week.
* The headache is severe and throbbing in nature (pulsatile: like you feel that the headache is pulsating),
* Usually felt over the left side of the head.
* It lasts few hours or even whole day.
* You feel like nauseating (about to vomit), and some time you vomit before the headache. The vomiting is normal, not very forceful (projectile).
* When you have headache you enter a room and make it dark, which helps in reducing the headache.
* You take Brufen tablet which helps but not much.
* Your mother also suffering from such type of headache but not severe like yours.
* No any other problem. Apart from the headache you are healthy.
* Home and work situation is OK, no extra stress.
* Your idea: it could be migraine as your mum is suffering from it.
* Your concern: Why it is so severe, you are worried about brain tumour.
* You are now taking COC pills.
* Your expectations are:
  + That your doctor will give you more strong analgesic than brufen.
  + Do MRI to find possibility of brain tumour.

Asked your doctor about;

* Insist at the idea of brain tumour, possibly.
* Therefore you, you want MRI to exclude the tumour. if he convinced you about it, in appropriate way, agree with him for being not necessary.

The Doctor will examine your eye movements. You will act naturally.

**Case-12: Headache**

1. **Professional behavior**

* Introduces himself, and get the permission to take history and do examination
* Starts with open ended question.
* Develops the rapport with patient.

1. **History Taking Skills:**

* Explore about the problem, by exploring different symptoms to differentiate different cases of primary and secondary headache.
* Ask about some sinister symptoms like early morning projectile vomiting, diplopia, or any other neurological symptoms.
* Family history of headache, or any other problem
* Smoking
* Medications
* Social history (home or work stress…)
* Ongoing problem/past history
* Summarizes to the patient about the history taken from him.
* Explored well patient idea, concern and expectation

1. **Clinical examination:**

* General Examination:
* Vital signs
* Examination of third fourth and sixth cranial nerves.
* Any other related examination, could be included for students’ benefits.

1. **Management**

* Explored the patient understanding about migraine headache and its management.
* Explain the patho-physiology of migraine headache, and the possibility of brain tumor is unlikely.
* No need of MRI and its Pros and Cons.
* Discussion about prophylaxis treatment
* Changing treatment to the Tryptans group.
* Arrive at shared understanding.
* Invite questions from patient
* Summarize at the end of consultation
* Follow up arranged.