## Lifting The Burden

in official relations with the World Health Organization

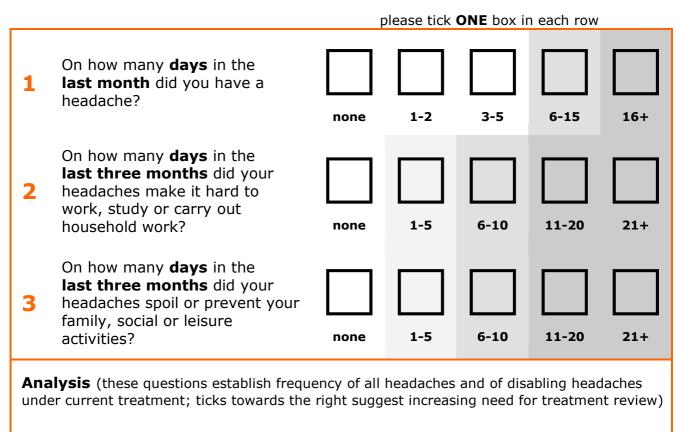
## The Global Campaign against Headache

## **HURT Questionnaire**

(Headache Under-Response to Treatment)

Your medical treatment for your headaches may not be as good as it can be. By completing this short questionnaire, you will help your doctor or nurse improve it.

## Please answer these questions carefully



All ticks in white area	Headache control is good: no review needed.			
One or more ticks in lightly-shaded area	Better acute headache management is needed; review Qs 4-8 for guidance; prophylaxis may not be required.			
One or more ticks in middle-shaded area	Headache control is not good; review Qs 4-8 to optimise acute medication; consider ways of reducing frequency (trigger avoidance and prophylactic medication).			
One or more ticks in dark-shaded area	Disabling headache, poorly treated; possibly chronic daily headache (acute medication should be avoided); review Qs 4-8 and consider ways of reducing frequency.			

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4	On how many <b>days</b> in the <b>last month</b> did you take medication to <b>relieve</b> a headache? (Do not count preventative medication.)	none	1-4	5-9	10-15	16+
5	When you take your headache medication, does one dose get rid of your headache and keep it away?	always	often	sometimes	rarely	never
6	Do you feel in control of your headaches?	always	often	sometimes	rarely	never
7	Do you <b>avoid</b> or <b>delay</b> taking your headache medication because you do not like its side- effects?	never	rarely	sometimes	often	always
8	What have you been told is your headache diagnosis? Do you feel you understand this diagnosis? [tick one box]	please wri	te your dia	gnosis here:	yes	no

Analysis (these questions suggest how current management might be improved)

**Q4:** Response should accord with Q1. When medication days are 5-9 there is potential risk of medication overuse. When medication days are >10 there is high risk of medication-overuse headache.

**Q5:** Ticks towards the **right** increasingly suggest poor efficacy

**Q6:** This question relates to self-efficacy and to satisfaction.

The response should be concordant with previous responses.

**Q7:** Ticks towards the **right** increasingly suggest poor tolerability.

**Q8:** This question relates to education.

Advise patient about the risk and dangers of medication overuse. Give written information leaflet.

Consider ways to reduce frequency (trigger avoidance and prophylactic medication).

Consider treating earlier, changing medication, dose or route of administration, or using combination therapy, according to local guidelines.

When the response is in the shaded area, look for the reason(s) in responses to Qs 1-6. If it is not evident, consider the possibility of co-morbidities.

When the response is not concordant, consider cognitive interventions and expectation management.

Consider changing medication or dose according to local guidelines.

Always hand out the appropriate information leaflet. When the diagnosis is wrongly stated, or the answer "no" is given, further explanation may be necessary.