

Patient name:..... NHS number:..... Current year:.....

		Date																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
February	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
March	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
April	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
May	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
June	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Key:
 Headache **severity:** 1 = very mild, 10 = worst pain ever. Leave empty if headache free (if multiple attacks in one day select an average severity score for the day) || 'P' for menstrual period

H' or 'M': if your headache lasts more than 4 hours, write 'H' || If there are also migrainous symptoms (inc. nausea/vomiting, sensitivity to light, sound or movement) write 'M' || Add 'A' for aura.

 Acute **treatment:** ✓ = simple painkillers (eg. paracetamol, ibuprofen) O = opioid painkillers (eg. Co-codamol, tramadol) T = triptans (eg. sumatriptan) R = rimegepant

Original approval date: November 2023

Last reviewed and updated: October 2025

Review date: October 2027 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: SEL Integrated Care Board (covering the boroughs of Bexley/Bromley/Greenwich/Lambeth/Lewisham and Southwark) and GSTFT/KCH/SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

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July	Severity 1-10																															
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August	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
September	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
October	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
November	Severity 1-10																															
	'H' or 'M'																															
	Treatment																															
December	Severity 1-10																															
	'H' or 'M'																															
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