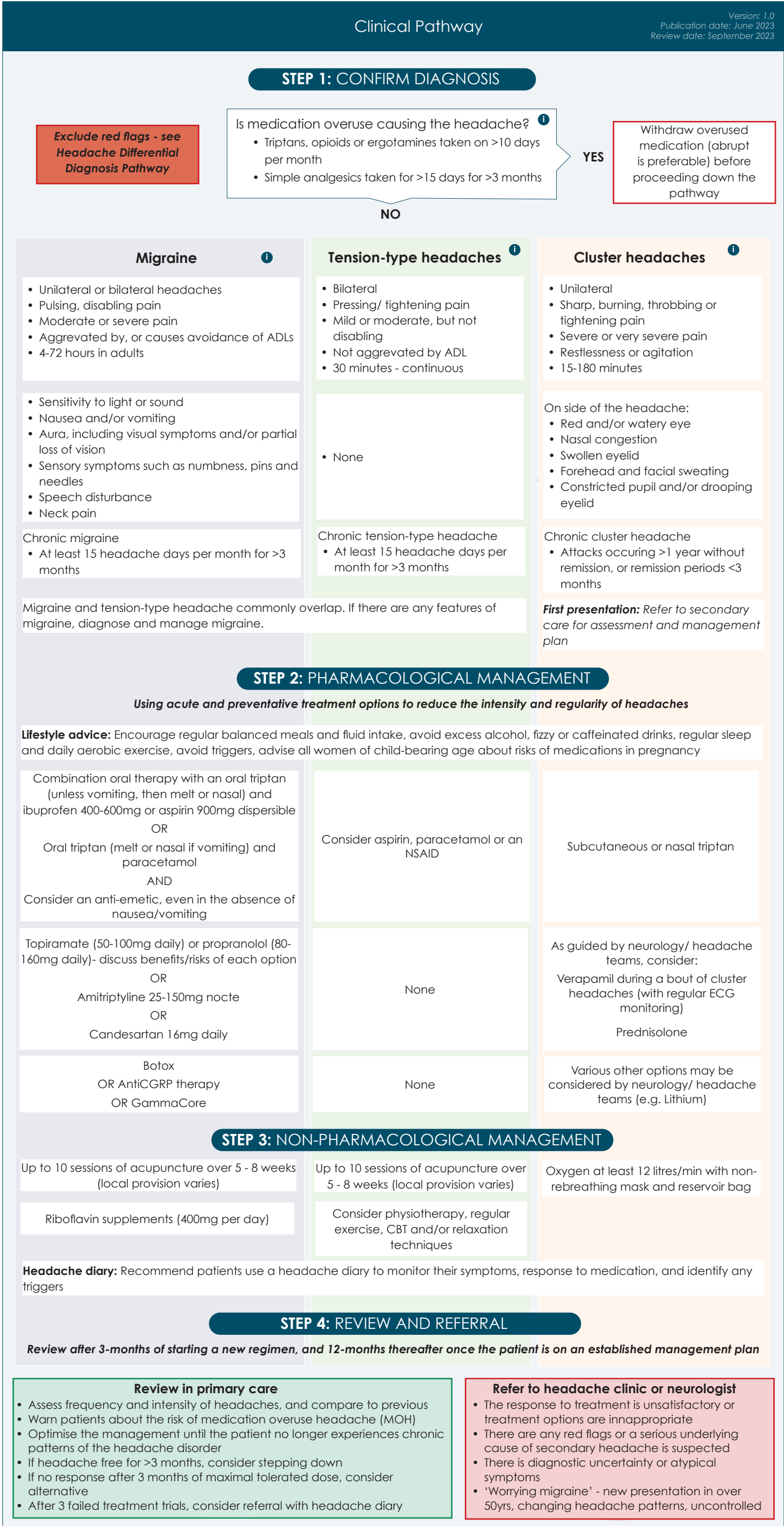


All-Wales Management of Primary Headache Disorders in Adults
This is a guideline for the primary care management of the most common headache disorders, aligned with NICE Clinical Guideline CG150

See the toolkit



Medication Overuse Headache

- Frequently masking the underlying headache disorder is the overuse of acute treatments
- Support the patient to withdraw the overused medication (abrupt is preferable, being mindful of opiate dependence), and start preventative treatment immediately
- Review after 4-8 weeks and proceed down the pathway

[Find out more here](#)



Differential diagnosis

- Described as the primary headache disorders, migraine, tension-type headaches and cluster headaches are the most common causes of headache
- Any headache which is not characteristic of these, or an abnormal neurological examination, should be reviewed by Specialist Headache clinic or neurologists.

See Red flag features in All Wales Headache Differential Diagnosis Pathway

[Find out more here](#)



Pharmacological management

- Trial several therapy options to find the most effective for the patient
- Dual therapy, as outlined in the pathway, often potentiates effect (i.e. 1+1=3)
- Explain to the patient the risk of 'medication overuse headache' with the overuse of acute treatments
- Consider quicker onset preparations (e.g. melt, nasal spray or injection)

[Find out more here](#)



Non-pharma management

[Find out more here](#)



Review and referral

[Find out more here](#)

