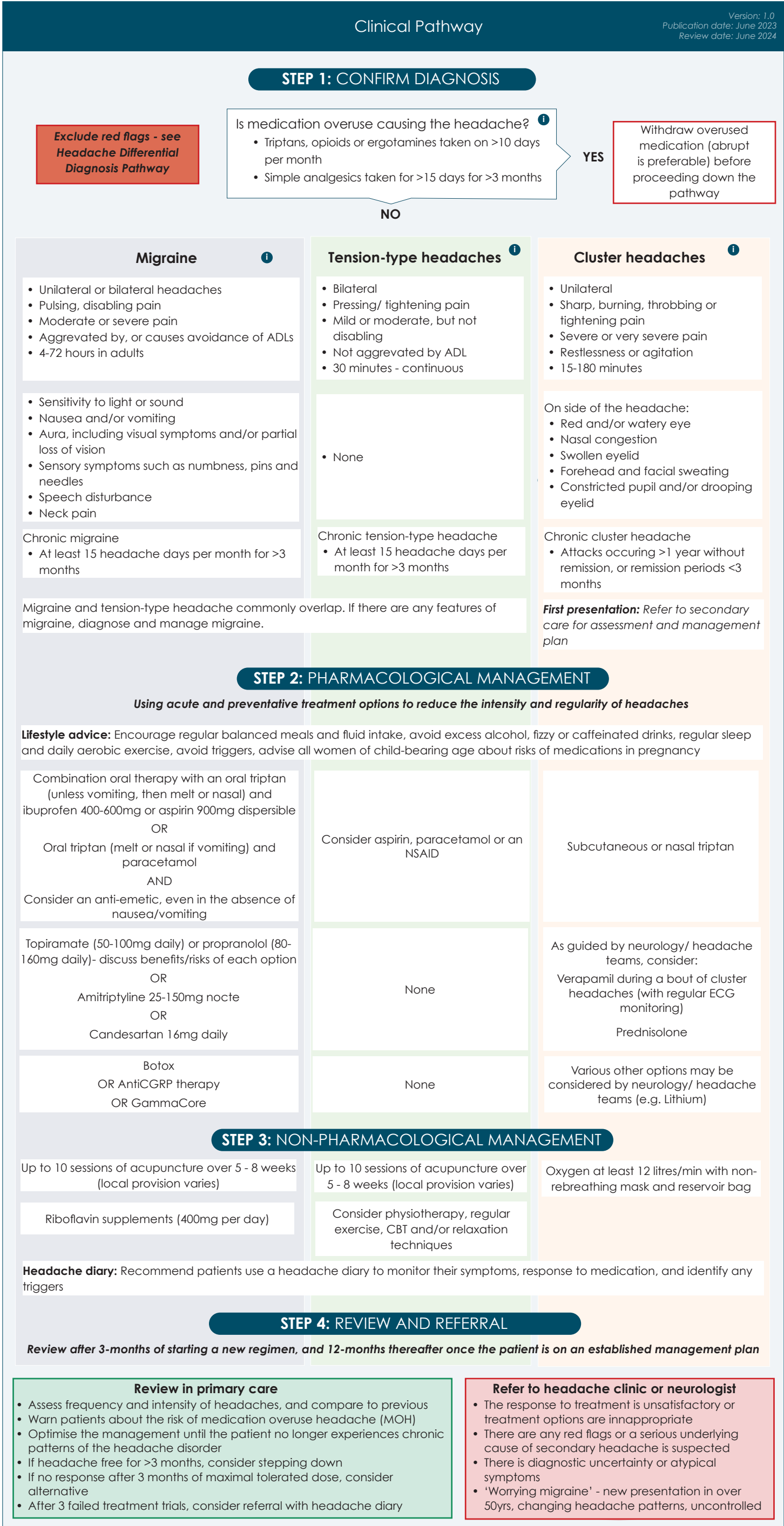


All-Wales Management of Primary Headache Disorders in Adults  
This is a guideline for the primary care management of the most common headache disorders, aligned with NICE Clinical Guideline CG150

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](#)

