

Headache guideline for first aiders

- 20-30% of students will have headache that impacts upon their life.
- 11% of students will have migraine which is likely to continue into adulthood. Migraine is the third highest cause of disability in the world in young people.
- Of students with problematic headache, less than 10% will have sought help.

Exclude a serious headache.

Head injury, child unwell, high temperature, rash?

Yes

Call parent or if concerned ambulance

No

Is this a recurrent problem?

No

Consider simple pain killers

Yes

Could this be migraine?

Some features are: throbbing headache, light or sound makes worse, nausea or vomiting. 20% have an aura, most commonly visual disturbance but any neurological feature.

No

May be a tension type headache. Consider simple pain killers and letter to parent

Yes

Consider simple pain killers. Sit quietly in dark room. Letter to parents

This guidance is part of the Ted Wragg Heads Up initiative to address the unmet need of headache in schools. It is provided by Dr David Kernick of the Exeter Headache Clinic. More information is available on the Headsup web page of the Ted Wragg Trust