

Two patients to be interviewed in the “How to take history” session

- 1) The first patient is interviewed by Dr. Dodick (20 min) and discussed by Dr. Ferrari. (10 minutes). The patient speaks English and no interpreter. Please summarize in the last 3 minutes.**

A 37 y/o lady is suffering from bad headaches since the age of 15 years. Despite her occasional severe headaches she had never visited a physician for her headache. This interview by Dr. Dodick is her first experience to seek advice from a physician. She seems to have thought that headache is something an individual has to tolerate and overcome.

Pre-interview questionnaire revealed:

- 37 y/o lady working as a translator. She has two children of 3 and 1 year of age.
- Her mother has (had?) even worse headaches.
- Patient’s worst headaches come only occasionally with nausea, vomiting.
- She had missed school and work occasionally.
- She has moderate headaches for two days almost every week.
- OTC sometimes helps.
- She thinks her life has been tough with headaches, but her fear disappears after headache is over.
- Still, she wants to seek advice from the headache specialist if there is any.

- 2) Second patient is interviewed by Dr. MacGregor and discussed by Dr. Goadsby**

A 34y/o lady has suffered from bad headache for the past 12 years. She was thinking that all her problems were due to gynecological disorder. She was told of the diagnosis of migraine only 2 years ago. She was then put on many drugs. Her headaches and related symptoms became better, but she is now concerned about too much medication. She likes to know the most appropriate medicines for her. (Interpreter helps the interview)

Pre-interview questionnaire revealed ;

- 34 y/o lady hospital nurse, married, has one child of 7 y/o.
- Began suffering from bad headaches since the age of 22 years old
- Headache comes and stays during pre-menstruation, late menstruation, ovulation period. Uncomfortable tingling sensation with headache occurs during the ovulation period but disappears when menstrual headache begins.

- She thought all the problems of her headaches are gynecological and was taking a lot of analgesics.
- She was diagnosed as migraine last year, almost 10 years after initial suffering.
- She was put on various medicines such as naratriptan with domperidone every day during headache (15 days a month). Diclophenac or loxoprofen almost every day, pregabalin 875 mg), amytriptylin (10 mg), valpuroic acid 400mg (changed to topiramate 50mg) every day.
- Headache days and severity became better in the past several months, but she is beginning to worry about too much medicine.
- She is becoming skeptical about the prescribed medication and now wants to know the most optimal treatment for her.