

Bebe Babbitt-----alert, seated on table

- How can I help you today?
I have been having these really bad headaches over the last few months. I don't have one now, and haven't had one in about a week, but I thought I would have it checked out anyway.
- Any other symptoms? - with headache, nausea and vomiting.
- How affects the life? Pretty disruptive, call out of work or class, studying is impossible
- Anything I can do right now? Treat headache
- Benadryl for sleep around finals time----take acetaminophen or ibuprofen for headache—per box instruction
- No prescription meds
- **Headache**-----start- gotten worse over the last few months
Last- whole day or 15 hours
Area- behind my left eye
Unbearable—starts with 2 or 3===goes to 8-10
Throbbing-type sensation
Acetaminophen and ibuprofen used to work, but now they don't work—bad headache gives nausea, can't keep anything down
 - In the past, much less frequent headache
 - Patient think it's stress related
 - Reliever- lie down in a dark quiet room and try to sleep it off
 - Aggressor- light and noise make the pain worse.
 - Warning before headache- often my vision in both eyes gets spotty before headache actually comes on. I can still see- it's kind of like a bunch of zig-zaggy flashing lights. My eyes are otherwise okay. It's not like they're swollen or watering or anything. But's that's pretty much it.
 - Having headache every 1-2 months for past ten years, but the past few months they are happening more frequently, every 1-2 weeks — pain is also worse.
- Nausea
Onset- bad headache
Worse or better- headache
No treatment
No weight loss
Diet: regular American diet, junk food, eat chocolate or cheez-its.
History
- Gets 6-8 hours of sleep

History

- **Reason for encounter:** more frequent severe headaches
- **History of present illness**

BB is 26 years old psychology grad school student who presents with worsening headaches over the past few months. She reports a 10 year history of episodic headaches, now occurring every 1-2 weeks with increased severity. Headaches are throbbing with 8-10/10 pain, located behind the left eye, lasting up to 15 hours to a whole day, and associated with nausea, vomiting, and photophobia. OTC acetaminophen or ibuprofen are no longer effective for headache. Headaches disrupt daily activities, and patient believes it is triggered by stress. Relief comes from resting in a dark, quiet room. Takes OTC Benadryl for sleep during finals. Denies fever, trauma, neck stiffness, vision loss, weakness, numbness, recent weight changes, depression, or menstrual irregularities.

- **General-** Denies recent weight changes, weakness or fatigue. Denies fevers.

- **HEENT/Neck-**

Head- reports headaches, denies dizziness, lightheadedness. Denies any head trauma.

Eyes- Reports seeing “flashing zig-zaggy lights” prior to headaches, does not wear glasses. Light sensitivity during headache episodes.

Ears- denies ear pain, hearing difficulty.

Nose- denies nasal stuffiness or discharge.

Throat- denies sore throat

Neck- denies neck stiffness or neck pain, denies any swollen glands. Denies difficulty swallowing.

- **Cardiovascular-** denies chest pain, high blood pressure, palpitations
- **Respiratory-** denies cough or shortness of breath
- **Gastrointestinal-** nausea and vomiting associated with headaches
- **GU-** denies frequency, urgency, incontinence.
- **Musculoskeletal/osteopathic** - denies joint stiffness, muscle pain or tenderness. Denies any changes in posture or recent injury
- **Neurologic-** reports seeing “flashing zig-zaggy lights” prior to headaches, denies changes in orientation, memory. Denies dizziness, weakness, numbness, tingling, seizures.
- **integumentary/breast-** denies any rashes, lumps, sores, or changes in hair or nails. Denies any mole that has changed.
- **psychiatric-** reports feeling stressed and mildly anxious with school and work. Stress triggers the headaches. denies feeling down,