PHYSICIAN APPROACH TO OUTPATIENT CLINICAL ASSESSMENT AND TREATMENT FOR POST-TRAUMATIC HEADACHE

Question 1.
What City and State is your practice located in?

Question 2.
I am a:
- Physiatrist
- Neurologist
- Other (Please Specify Below)

Question 3.
I am a:

Question 4.
Characteristics of your clinic and population treated (Check all that apply):
- Specialty Headache Clinic
- Specialty TBI Clinic
- Generalized Rehabilitation Clinic
- Generalized Neurology Clinic
- Sport Medicine Clinic
- Primary Care Clinic
- Adults 18 years of age or older
- Teenagers 12-17 years age
- Children under 12 years age

Question 5.
Do you use a standardized symptom checklist for head injury symptoms?
- Yes
- No
**Question 6.**
Do you use a standardized form (HIT-6, MIDAS, or another customized questionnaire) to assess disability due to headache?

- Yes
- No

**Question 7.**
Do you ever have your patients complete headache diaries?

- Yes
- No

**Question 8.**
For patients who have headache symptoms after TBI, what percentage have abnormal signs on neurological examination (e.g. sensorimotor impairment, spasticity)?

- 0%-20%
- 21%-40%
- 41%-60%
- 61%-80%
- 81%-100%

**Question 9.**
For patients who have headache symptoms after TBI, and no abnormal signs on neurological examination, how frequently do you order the following?

<table>
<thead>
<tr>
<th>Test</th>
<th>Very Frequently</th>
<th>Frequently</th>
<th>Neither</th>
<th>Infrequently</th>
<th>Very Infrequently</th>
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</thead>
<tbody>
<tr>
<td>plain radiographs of the skull and face</td>
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<td>plain radiographs of the cervical spine</td>
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<td>computed tomography (CT) of the brain</td>
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<td>computed tomography (CT) of the cervical spine</td>
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<tr>
<td>magnetic resonance imaging (MRI) of the brain</td>
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<tr>
<td>magnetic resonance imaging (MRI) of the cervical spine</td>
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<td>electrodiagnostic studies</td>
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**Question 10.**
For patients who have headache symptoms after TBI, and no abnormal signs on neurological examination, are there any other...
diagnostic studies that you would use in an evaluation of the patient? (please describe all)

Question 11.
Do you use IHC criteria (International Headache Classification Committee) to classify headache?

- Yes
- No

Question 12.
Based on your experience, what percentage of your patients with headache after TBI fall into the following classification group?

<table>
<thead>
<tr>
<th>Classification</th>
<th>0%-20%</th>
<th>21%-40%</th>
<th>41%-60%</th>
<th>61%-80%</th>
<th>81%-100%</th>
<th>Unsure</th>
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</thead>
<tbody>
<tr>
<td>migraine headache</td>
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<td>tension-type headache</td>
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<td>migranous or &quot;problem migraine&quot; headache</td>
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<td>chronic daily headache</td>
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<td>cervicogenic headache</td>
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<td>medication overuse or &quot;rebound&quot; headache</td>
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Question 13.
When treating patients with headache after TBI, how often do you use the following?

<table>
<thead>
<tr>
<th>Therapy/Complementary Medicine</th>
<th>Very Frequently</th>
<th>Frequently</th>
<th>Neither</th>
<th>Infrequently</th>
<th>Very Infrequently</th>
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<tbody>
<tr>
<td>traditional physical therapy (e.g. heat/ice, stretching, posture)</td>
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<td>relaxation education including biofeedback (either as part of physical therapy or separately)</td>
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<td>aerobic exercise</td>
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<td>electrical stimulation (e.g. Transcutaneous Electrical Nerve Stimulation/ TENS)</td>
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<td>movement related complementary alternative medicine (e.g. yoga, Tai Chi)</td>
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<td>non-movement related complementary alternative medicine (e.g. acupuncture, herb/supplements)</td>
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<td>counseling</td>
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<td>triptans or other migraine specific medication (e.g. dihydroergotamine)</td>
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<td>NSAIDs</td>
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<td>acetaminophen</td>
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<td>opiate or opiate containing combination drugs</td>
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<td>anti-spasticity medicines (e.g. baclofen, tizanidine)</td>
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<td>antiepileptics (e.g. gabapentin, topiramate)</td>
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<td>anxiolytics</td>
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<td>antidepressants (e.g. tricyclics, SSRIs, SNRIs)</td>
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</table>

**Question 14.**
When treating patients with headache after TBI, how often do you refer them to other physicians for headache consultations (Pain, Neurology, Psychiatry, etc.)?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 15.**
When treating patients with headache after TBI, how often do you refer them to chiropractors or massage therapists?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 16.**
How frequently is headache the primary problem for which you are seeing a TBI patient?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 17.**
In your practice, how frequently is headache after TBI a short-term problem (lasting less than 12 weeks after injury)?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 18.**
In your practice, how frequently is headache after TBI a chronic problem (lasting more than 12 weeks after injury)?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 19.**
In your practice, how frequently is headache after TBI associated with a new sleep disturbance?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 20.**
In your practice, how frequently is headache after TBI associated with a new mood disturbance (adjustment disorder, depression, anxiety)?

- Very Frequently
- Frequently
- Neither
- Infrequently
- Very Infrequently

**Question 21.**
How successful are you in treating headache after TBI?

- Very Successful
- Successful
- Neither
- Unsuccessful
- Very Unsuccessful

Questions or Comments?
Contact University of Washington Traumatic Brain Injury Model System at uwtki@u.washington.edu