

Alberta Ambassador Guideline Adaptation Program

Guideline for Primary Care Management of Headache in Adults, 2nd edition, 2016

The guideline, companion documents, and links to other resources for clinicians and patients are available on the TOP website (<http://www.topalbertadoctors.org/cpgs/10065>) and on the Ambassador Program website, hosted by the IHE (<http://www.ihe.ca/research-programs/hta/aagap/headache>).

For Clinicians

1. Guideline. Available at: <http://www.topalbertadoctors.org/cpgs/10065>
 - a. *Guideline for Primary Care Management of Headache in Adults*, 2nd edition
 - b. *Quick Reference* (algorithm and medication tables), 2nd edition
2. Practice tools
 - a. *Headache History Guide* (in *Appendix F: Resources and Tools of guideline*, 2nd edition)
 - b. *Headache Diary Sheets* (long and short form). Available at: <http://www.ihe.ca/research-programs/hta/aagap/headache>
 - c. Headache disability measurement tools
 - *Headache Impact Test (HIT-6)*. Available at: <http://www.headaches.org/2007/11/16/headache-management-tools-hit/>
 - *Migraine Disability Assessment Scale (MIDAS)*. Available at: <http://www.headaches.org/wp-content/uploads/2015/01/MIDAS.pdf?7a7d37>
3. *Canadian guideline for safe and effective use of opioids for chronic non-cancer pain*. National Opioid Use Guideline Group (NOUGG) endorsed by the College of Physicians and Surgeons of Alberta (CPSA); 2010. Available at: <http://nationalpaincentre.mcmaster.ca/opioid/>
4. Instructional YouTube videos: *Temporomandibular and neck exam* and *Neurological exam*. Links available at: <http://www.ihe.ca/research-programs/hta/aagap/headache>
5. *HeadachePro pathway tool*, app developed by Alberta Health Services and based on the guideline
6. Guideline supporting documents and process description for 2nd edition: *Ambassador Program Guideline for Management of Primary Headache in Adults, 2nd Edition – Background document (supporting documents and process*

- description*); 2017. Available at: <http://www.ihe.ca/research-programs/hta/aagap/headache>
7. Guideline supporting documents and process description for 1st edition: *Ambassador Program Guideline for Management of Primary Headache in Adults – Background document (supporting documents and process description)*; 2013. Available at: <http://www.ihe.ca/research-programs/hta/aagap/headache>

For Patients

1. Patient information sheets (updated for 2nd edition). Available at: <http://www.ihe.ca/research-programs/hta/aagap/headache>
 - a. *What you should know about headache*
 - b. *What you should know about headache self-management*
 - c. *What you should know about migraine headache*
 - d. *What you should know about migraine preventive medications*
 - e. *What you should know about tension-type headache*
 - f. *What you should know about medication-overuse headache*
 - g. *What you should know about your headache during pregnancy and breastfeeding* (new for 2nd edition)
2. Patient information brochure (new for 2nd edition): *What you should know about your headache – Learn more about headache types, triggers, and treatments, when to get help, and how to help yourself*
3. *Food Triggers, Caffeine, and Migraine Attacks* information sheet. Available at: <http://www.topalbertadoctors.org/cpgs/10065>
4. Website resources for more information on migraines:
 - a. Canadian Headache Society: <http://www.migrainecanada.org>
 - b. American Migraine Foundation: <http://americanmigrainefoundation.org>

Other Documents

- Summary of the 1st edition of the guideline (2012), hosted by the National Guideline Clearinghouse (summary of the 2nd edition coming soon). Available at: <http://www.guideline.gov/content.aspx?id=47060>
- Publications of the Ambassador Program. Available at: <http://www.ihe.ca/research-programs/hta/aagap/ambassador-program-publications>