

# User Guide for the Managing Headaches Interactive Brochure

## Administration Procedure Quick Reference

- > Ensure Veteran is part of target audience
- > Administer pre-intervention symptom assessment
- > Deliver the interactive brochure
- > Establish follow-up date
- > Document intervention including the symptom assessment results
- > Complete the post-intervention symptom assessment 4 weeks later
- > Determine if further intervention is needed

### General Description

- > Headaches are exceedingly common in returning Veterans with histories of polytrauma<sup>1</sup>
- > Headaches can significantly interfere with everyday functioning
- > Evidenced-based behavioral strategies can be effective ways of managing headaches in addition to traditional medical interventions<sup>2</sup>

### Target Audience

- > Behavioral strategies for headache management can be effective for clients with a variety of headache conditions<sup>2</sup>
- > If headaches are part of a more general chronic pain condition, focus on general pain management strategies first.

### Pre- and Post-Intervention Symptom Assessment and Administration

- > After the need for headache management education has been established, administer the pre-intervention symptom assessment (Headache Impact Test-6 or HIT-6)<sup>3</sup>
- > Administer the entire Team Up to Facilitate Functioning Managing Headaches brochure with emphasis on the Team Up points
- > Contact clients after 4 weeks to administer the post-intervention symptom assessment (HIT-6)

## References

1. Lew et al. (2009). Prevalence of pain, posttraumatic stress disorder, and persistent post-concussive symptoms in OIF/OEF veterans: Polytrauma clinical triad. *J Rehabil Res Dev*, 46, 697-702.
2. Penzien et al. (2002). Behavioral management of recurrent headache: three decades of experience and empiricism. *Appl Psychophysiol Biofeedback*, 27, 163-181.
3. Kosinski et al. (2003). A six-item short-form survey for measuring headache impact: the HIT-6. *Qual Life Res*, 12, 963-974.

## Administering the Managing Headache Interactive Brochure: Expanding on the 'Team Up' Points

### Team Up: Fill out a journal entry for your most recent headache. Can you identify possible headache triggers?

This interaction is designed to help build rapport with the Veteran while also collecting information that will help tailor the remainder of the intervention to the Veteran's specific needs. Pay special attention to what was going on around the time of the headache, as stressors are one of the major causes of headaches.

### Team Up: Practice Taking a few deep breaths now.

Practice diaphragmatic breathing with the Veteran as described under step 1. To further illustrate this technique, place your hands on your abdomen with your fingertips barely touching at midline. With each breath, your fingertips should separate slightly.

### Team Up: Try these steps for managing pain interference.

*Goal:* Identify a specific activity that the Veteran has stopped doing because of headache pain.

*Steps:* Work with the Veteran to establish small, manageable steps that will help him/her achieve the long-term goal.

*Friend/Family:* Identify an individual who will hold the Veteran accountable to the plan.