**TREATMENT GuidelineS FOR HEALTH STAFF**

**HEADACHE**

Authorized health and wellness staff may treat headache as follows:

1. Obtain a careful history and vital signs.
2. Tension (stress) is the most common origin of headache in teenagers and adults. Offer the student with frequent headaches a referral for counseling regarding stress management.
3. Provide ibuprofen 400-600 mg po every 6 hours [MDD 2400 mg] or acetaminophen 650-1000 mg [MDD 4 g] po every 4 hours as needed for headache.
4. Offer bed rest for 2-4 hours until headache medication takes effect.

# WHEN TO REFER TO CENTER PHYSICIAN

* If trauma, migraine, hypertension, sinus infection, fever, or other specific problems exist
* If the headache is associated with visual disturbances, nausea and/or vomiting, sensitivity to light or sound, or does not respond to the treatment recommendations
* If the headache persists for more than 24 hours or frequently recurs
* If a student is taking ibuprofen more than 3 days a week for consideration of rebound headache
* If the headache is severe enough to interfere with routine activities even after the treatment prescribed above
* If the headache is asymmetrical in its location