

NR118: Neurological & Mental Health Study Guide

Headaches:

- Most common type of pain experienced by humans
- Primary = Not caused from another disease or medical condition
 - o Tension
 - o Migraine
 - o Cluster
- Secondary = Caused from sinus infection, neck injury, stroke

Tension-Type Headaches:

- Most common type of headache, characterized by bilateral location & pressing/tightening quality
- Mild/moderate intensity
- Episodic or chronic
- Minutes → days
- Abnormal neuronal sensitivity & pain
- Clinical Manifestations
 - o No n/v
 - o Involve sensitivity to light
 - o Intermittently for weeks/months/years
 - o Combination with migraine headaches
- DX = History, EMG (electromyography) to reveal sustained contraction of muscles, increased resistance to passive movement of head & tenderness of head/neck

Migraine Headaches:

- Recurring most frequently characterized by unilateral pain described as throbbing pain, triggering event or factor, strong family history & manifestations associated with neurologic & autonomic nervous system dysfunction
- Usual onset 20-30 years
- More common in females
- Risk Factors
 - o Family history
 - o Low level of education
 - o Low socioeconomic status
 - o High workload
 - o Frequent tension-type headaches
- State of neuronal hyperexcitability in the occipital cortex during the headache has been discovered in people w/migraines
- Associated with seizure disorders, Tourette's Syndrome, ischemic stroke, asthma, depression & anxiety
- Triggers include foods, hormone fluctuation, head trauma, physical exertion, fatigue, stress & drugs

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JE Gale



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