

WALTON CENTRE HEADACHE DIARY SUMMARY SHEET

Please use this table when monitoring your headache diary scores over time. When communicating with the secretaries or when giving your doctor / nurse your headache scores, please fill in this table. You can use the “PISBOT” score (see below) if you are commencing a new preventative treatment for your headache disorder.

Month / Year	No of headache- free days	No. of Mild headache days	No. of Moderate days	No of Severe headache days	Monthly HIT 6 score	PISBOT score (percentage improvement since beginning of treatment)

PISBOT Score: This is a score that ranges from 0% (no improvement) to 100% (completely “cured” and back to normal). It is a subjective score and essentially your own feeling as to how much improvement you have made. If you are worse on a new treatment, you can give a minus score (0% down to -100%).

PLEASE NOTE IN THE MONTH / YEAR COLUMN WHEN STARTING OR STOPPING ANY PREVENTATIVE HEADACHE TREATMENT