

The Walton Centre Headache Diary

Name:	NHS Number:
Date of birth:	
MONTH/YEAR:	

Date	Clear Day	Mild Day	Moderate Day	Severe Day	Painkillers used for headache
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
Total					

Monthly HIT-6 Questionnaire	Never	Rarely	Some-times	Very often	Always
<i>Points per question:</i>	6	8	10	11	13
When you have had a headache this month, how often has the pain been severe?					
How often have your headaches limited your ability to do your usual activities (including housework, work, school or social activities) this month?					
When you have had a headache this month, how often have you wished you could lie down?					
In the past 4 weeks, how often have you felt too tired to work or do your daily activities because of your headache?					
In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?					
In the past 4 weeks, how often have the headaches limited your ability to concentrate on work or your daily activities?					
Total HIT-6 score: _____ <i>(add the points for each question to provide a Total HIT-6 score, out of 78)</i>					

INSTRUCTIONS: Please fill in the headache diary by putting a tick-mark in only one of the 4 columns each day. The 'clear' column should only be ticked if you have had an entire day *completely* headache-free; otherwise, you should tick either the 'mild', 'moderate' or 'severe' column based on the overall severity and impact of the headache that day (mild = non-impactful; moderate = significant but can still function; severe = stops you functioning). All painkillers used for headache should be recorded. Please complete a HIT6 questionnaire at the end of each month. **Please have your diaries with you at the time of your next consultation, with the total of headache days and HIT6 scores added up prior to your appointment.** Further diaries are available to download/print at www.thewaltoncentre.nhs.uk> Departments and Services> Neurology> Headache service> Files> Headache diary