Monthly migraine review: a one-page summary

Blank sheet · fill in by hand · A4, also fits US Letter · dim.arvetechapps.com · organizational worksheet, not a diagnostic test

Month	Days recorded	Headache days	Days with any acute medicine	Days with triptans, combination analgesics, opioids or ergots	Days with simple analgesics or NSAIDs	Reference check	Main change / question

One row per month. Enter day counts from your diary; the check column compares them with ICHD-3 reference levels.

MIDAS-style disability count — last 3 months

Paraphrased items modelled on the MIDAS questionnaire (Stewart et al., Neurology 2001). Enter days; this is not the official form.

1. Days you missed work or school because of headache	
2. Days your work or school productivity was halved or worse (not counted in question 1)	
3. Days you did no household work because of headache	
4. Days your household productivity was halved or worse (not counted in question 3)	
5. Days you missed family, social or leisure activities because of headache	
Total (questions 1–5)	
Grade	
A. Days with headache (not scored)	
B. Average pain of those headaches, 0–10 (not scored)	

0–5: I · little or no disability
6–10: II · mild disability
11–20: III · moderate disability
21+: IV · severe disability

Reference levels from ICHD-3 (1.3 chronic migraine; 8.2 medication-overuse headache) apply to regular use for more than 3 months. A monthly count is a prompt for a conversation, not a diagnosis. Several doses on one date count as one day.