

Ch. 11 Headaches

Migraine & Cluster Headaches

Triggers; allergies, intense odors, bright lights, fatigue, stress, alcohol, anxiety, menstrual cycle, **foods w/ tyramine, msg, nitrites, milk products**

Migraine

s/s: Photophobia and phonophobia (sensitivity to light and sound), N/V, stress and anxiety, unilateral pain (behind eye or ear), family hx, alterations in ADLS 4-72hrs

Stages

- **Aura** (classic); numbness and tingling of mouth and lips, visual disturbances (light flashes, bright spots), physical activity worsens pain
- **W/O Aura** (common); pain aggravated by physical activity, unilateral pulsating pain, one or more of photophobia, phonophobia, N/V; occurs early AM, periods of stress

Meds

- **Abortive therapy;** for pain during aura or soon after start of headache
 - Mild; NSAIDS, acetaminophen, antiemetics
 - Severe; triptan, sumatriptan to vasoconstrict, ergotamine to narrow blood vessels & ↓ inflam
- **Preventative therapy;** for frequent headaches or when others ineffective

→**NURSING;** cool dark quiet environment, meds PRN, **elevate HOB 30 degrees**

Cluster Headache; common during spring and fall, men 20-50,

s/s: Brief episode of intense, unilateral, non-throbbing pain lasting 15min-3hr can radiate to forehead/temple/check; occur 1-8x/day, no warning signs, less common than migraine, tearing of eye w/ runny nose and nasal congestion, facial sweating, drooping eyelid, miosis (constrict), facial pallor or flushing, N/V, bradycardia, pacing/walking/rocking

Meds; Same as migraines (triptans, ergotamine, antiepileptic, CCB, corticosteroids, capsaicin, melatonin, glucosamine)

TX; home O2 TX 12L/min 15-20 min at onset (remain sitting, relief w/in 15 min); cool dark, quiet place w/head elevate, avoid tyramine/MSG/nitrates;

Ch. 12 Disorders of Eye

Macular Degeneration; central loss of vision, no cure, common cause of vision loss in older adult

Risk Factors; DRY (smoking, HTN, female, short, family hx, diet w/o carotene & vit E); WET (any age)

2 Types

- **Dry;** most common, gradual block retinal capillary arteries
- **Wet;** new growth of blood vessels w/ thin walls that leak

s/s: Blurred vision, lack of depth perception, loss of central vision, **blindness**

Cataracts; opacity in lens of eye impairs vision

Risk Factors; Age, trauma, toxins (long term corticosteroids, bb, miotics), DM, Hypoparathyroidism, downs, chronic sunlight exposure, glaucoma, retinal detachment

Cms Study Guide

David Holgate, Rachel Starr



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