Name:

Migraine & Headache Australia: Personalised Migraine Management Plan

This form is designed to support you and your doctor in creating a clear and practical plan for managing migraine. It helps identify early signs, track treatments, and guide what to do when symptoms escalate. You can bring this form to your next appointment and update it as needed.

Clinician Details

Doctor / Clinic Name:
Phone:
Email or Website:
Date:

Diagnosis

☐ Migraine with aura
☐ Migraine without aura
☐ Chronic migraine
☐ Other: _____

Early Signs of a Migraine (prodrome, aura if any)

☐ Fatigue or low energy ☐ Increased energy
☐ Nausea or vomiting ☐ Yawning
☐ Food cravings ☐ Mood changes
☐ Difficulty balancing ☐ Temporary paralysis
☐ Frequent urination ☐ Memory lapses
☐ Constipation ☐ Diarrhea
☐ Trouble concentrating ☐ Light / sound / smell sensitivity
☐ Visual changes (e.g. shimmering, zigzags)
☐ Tingling or numbness ☐ Neck stiffness or discomfort
☐ Other: _____

Things to Tell My Doctor

☐ Medications taken previously that do not work:_____

☐ Medications that should not be taken (contraindicated or high risk of medication adaptation headache):

_____

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Comorbidities

☐ Depression
☐ Anxiety
☐ Other pain disorders
☐ Obesity
☐ Asthma
☐ Snoring
☐ Other medical conditions: _____
☐ I'm afraid of needles
☐ I need more information about: _____

Preventive Treatment

Medicines: _____

Supplements (if any): _____

Devices or procedures (if any): _____

Other strategies: _____

Acute Treatment

Step 1:

Medicine: _____ Dose: _____
How often: _____

Can combine with: _____

Other: _____

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Step 2 (if Step 1 doesn't work after _____ hours):

Medicine: _____ Dose: _____

How often: _____

Non-oral option (if vomiting): _____ Dose: _____

How often: _____

Rescue Treatment Plan

Step 3 – At home options with prescription:

☐ Medicine (e.g. stronger tablet or nasal spray): _____

☐ Injection / nerve block (if prescribed): _____

☐ Call clinic for advice or visit your GP

Step 4 – When to seek emergency care:

- Sudden, very intense headache (thunderclap)
- Headache not responding to usual medications
- New symptoms (e.g. weakness, slurred speech, confusion)
- Ongoing vomiting or dehydration
- You are pregnant and the migraine is different/severe

Mental Health and Wellbeing

Mental health is closely linked to migraine. Conditions like anxiety, depression, and chronic stress can increase the risk of migraine progression and lower quality of life. Emotional wellbeing is an important part of migraine care.

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Mental health strategies I use or want to try:

☐ Relaxation techniques (e.g. breathing, progressive muscle relaxation)
☐ Mindfulness or meditation
☐ Cognitive behavioural therapy (CBT)
☐ Talking to a psychologist or counsellor
☐ Peer support groups or online communities
☐ Journalling or tracking mood
☐ Other: _____

My mental health support team (if any):
• Psychologist / Counsellor: _____

• Support service or helpline: _____

• Other: _____

Additional Notes

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Additional Notes