



ACUTE HEADACHE QUESTIONNAIRE

Applicant Name: _____ **Course Number:** _____

Outward Bound is physically challenging. Activities may include canoeing, kayaking, backpacking, rock climbing, and camping. Skills are taught from a beginner level, and expeditions are conducted in various weather conditions in different environments: ocean, river or forest. The terrain may be steep, muddy, rocky, heavily wooded, swampy and/or buggy.

Acute headaches may slow a participant’s ability to complete all course activities. “Down time” to let a headache pass may not be available. This questionnaire helps us assess our ability to meet the applicant’s needs, should the applicant experience an acute headache during the program.

When did the applicant’s headaches start? _____

Were the headaches originally triggered by an event or accident?

- Yes No

If yes, please explain?

How many headaches does the applicant experience each month? _____

Does the applicant know when a headache is imminent, either by experiencing an aura or other symptoms?

- Yes No

If yes, please explain?

How long do the headaches typically last? _____

When are the headaches most likely to occur?

- Morning
- Afternoon
- Evening
- Right before bed
- When asleep

Are there triggers that cause the headaches or make them worse? (Mark all that apply)

- Hunger or missing a meal
- Particular foods
- Dehydration
- Certain smells
- Stress
- Lack of sleep
- Exercising
- Bending down
- Menstrual cycle
- Weather

Is the applicant able to continue daily activities while suffering from a headache?

- Yes No

If no, please explain.

When the applicant experiences a headache, does he/she experience any of the following:

- Sensitivity to light
- Sensitivity to sound
- Nausea
- Vomiting
- Sensitivity to flickering lights
- Sensitivity to bright lights
- Sensitivity to heat

How does the applicant treat the headache?

- Prescribed pain medication
- OTC medication
- Dark room
- Resting
- Sleeping
- Eating
- Drinking
- Caffeine
- Cold packs
- Other _____

Are the headaches currently:

- Getting better
- Staying the same
- Getting worse