Patient Presentation

Tension Type

Acute

GP

• Life-style advice and simple analgesia (aspirin and paracetamol).
• Caution patient at risk of medication overuse and restrict analgesic use to no more than 2 days a week.

Chronic

GP

Treat any associated medication overuse headache (see medication overuse treatment):
• Tricyclic antidepressants, particularly amitriptyline 10–150mg two hours before bed, titrating dose depending on effect and tolerability.
• Clinical psychology and stress counselling.
• Encouraging exercise, relaxation, yoga and/or massage.

This information is available online at: http://www.18weeks.scot.nhs.uk/how-to-achieve-and-maintain-18-weeks/patient-pathways-1/