



Manuele therapie bij hoofdpijn

Auteur

- Dr. Harriët Wittink, Lector Leefstijl en Gezondheid, Kenniscentrum Innovatie van Zorgverlening, Hogeschool Utrecht

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NICE Overzicht hoofdpijn en diagnose

Zie volgende pagina voor dit schema.



NICE Overzicht hoofdpijn en diagnose

Vertaald en aangepast van de Hoofdpijnrichtlijn van NICE: © National Institute for Health and Clinical Excellence, 2012.

Eigenschap hoofdpijn	Spanningshoofdpijn		Migraine (met of zonder aura)		Cluster hoofdpijn	
Pijn locatie ^[1]	Bilateraal		Uni- of bilateraal		Unilateraal (rond het oog, boven het oog en langs het hoofd/gezicht).	
Pijn kwaliteit	Drukkend/knellend (niet pulserend)		Pulserend (kloppend of dreunend in jonge mensen tussen 12-17 jaar)		Variabel (scherp, borend, brandend, kloppend of drukkend)	
Pijn intensiteit	Mild tot matig		Matig – hoog		Hoog, erg hoog	
Andere symptomen	Geen		<ul style="list-style-type: none"> • Gevoeligheid voor licht en/of geluid en/of braken • Aura: met of zonder hoofdpijn, volledig reversibel. Ontwikkelt zich over ten minste 5 minuten, duurt 5-60 minuten. Typische verschijnselen zijn flikkerende lichten, zigzaglijnen of gedeeltelijk verlies van visus (scotomen), sensorische verschijnselen zoals gevoelloosheid en/of parethesieën en/of spraak problemen 		Aan dezelfde kant als de hoofdpijn: <ul style="list-style-type: none"> • rood of waterig oog • nasale verstopping en/of lopende neus • gezwollen ooglid • zweten voorhoofd en gezicht • verkleinde pupil en/of hangend ooglid 	
Duur	30 minuten – constant		4-72 uur in volwassenen, 1-72 uur bij jonge mensen tussen 12-17 jaar		15-180 minuten	
Frequentie	< 15 dagen/maand	≥15 dagen/maand langer dan 3 maanden	< 15 dagen/maand	≥15 dagen/maand langer dan 3 maanden	1 om de dag tot 8/dag ^[3] , dan remissie ^[4] voor langer dan een maand	1 om de dag tot 8/dag ^[3] , dan remissie ^[4] voor minder dan een maand binnen een jaar
	Episodische spanningshoofdpijn	Chronische spanningshoofdpijn ^[2]	Episodische migraine (met of zonder aura)	Chronische migraine met of zonder aura	Episodische cluster hoofdpijn	Chronische cluster hoofdpijn

1 Hoofdpijn kan worden gevoeld in het hoofd, gezicht of nek.

2 chronische migraine en chronische spanningshoofdpijn overlappen vaak. Als er symptomen van migraine zijn, stel dan de diagnose chronische migraine.

3 Frequentie van terugkerende hoofdpijn tijdens een aanval van cluster hoofdpijn.

4 De pijnvrije periode tussen cluster hoofdpijn aanvallen.