

Assessment plan : sample1

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This report is to have an informed conversation with your doctor. Do not self medicate, specially the medicines with **Prescription only** tag. It is for your own safety.

User: A 23 year old female from Mumbai, India is suffering from headache since last 3 months. It temporarily improves with paracetamol.

Dr Tori: Can you describe the nature of your headache? For example, is it a dull ache, throbbing, or sharp pain?

User: Dull but sometime throbbing.

Dr Tori: 1. Do you experience nausea or vomiting with your headaches? 2. Are your headaches associated with sensitivity to light or sound? 3. Do your headaches occur on one side of your head or both?

User: 1. No 2. Sometime yes, to light 3. Usually one sided

Dr Tori: Do you experience any warning signs before the headache starts, such as visual disturbances or tingling in your hands or face?

User: Nope

Dr Tori: Have you noticed if your headaches get worse with physical activity or movement?

User: Does not seem so

Dr Tori: 1. How often do you take medication for your headaches? 2. Do your headaches tend to occur at a specific time of day or in relation to certain activities?

User: 1. Occasionally, 2. Usually when I am returning home from office

Dr Tori: Do you often feel stressed or tense at work, or do you notice if your headaches get worse in situations of stress or tension?

User: Yes, but I dont think the headache is directly related to stress.

Dr Tori: Does your headache ever wake you up from sleep or is it present when you wake up in the morning?

User: Nope

Dr Tori: Are there any specific triggers that you suspect might be causing your headaches, such as certain foods, lack of sleep, or strong smells?

User: No, may be staring at screen, because it usually happens in the evening after long hours of work

Dr Tori: Do you have any other medical conditions or take any regular medications?

User: Nope

Dr Tori: Do you have any known allergies to medications?

User: No

Dr Tori: How much can you afford to spend on your headache treatment each month?

User: May be upto 1000 INR, actually its not an issue if the problem is cured.

Dr Tori: Would you be open to making some lifestyle changes, such as taking regular breaks from screen time, practicing relaxation techniques, or adjusting your work environment to reduce stress?

User: Yes, if time permits ..

Dr Tori: Can you describe your daily routine, especially your work hours and any breaks you currently take?

User: Only a lunch break around 1:30.. I also get free time occasionally but the timing for that is not fixed.

Dr Tori: Would you be able to set reminders to take short breaks every hour to rest your eyes and stretch?

User: Hmm, that might be possible.

Assessment It seems like your headaches are primarily tension-type, which are often related to stress and prolonged screen time. These headaches can cause a dull or throbbing pain, usually on one side of the head. By making some changes to your daily routine, such as taking regular breaks and practicing relaxation techniques, you can help reduce the frequency and severity of your headaches. Additionally, over-the-counter pain relievers can be used when necessary.

✔ **First 2 Weeks:**


- **Regular Breaks:** Set reminders to take a 5-minute break every hour to rest your eyes and stretch. Use an app like 'Stand Up!' to remind you.
- **Hydration:** Keep a 1-litre water bottle with you and aim to finish it by the end of your workday.
- **Over-the-Counter Pain Relief:** Take Paracetamol 500 mg **Prescription Only** as needed, but not more than 3 times a week to avoid medication overuse headache.

✔ **Next 2 Weeks:**

- **Eye Care:** Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.
- **Relaxation Techniques:** Practice deep breathing exercises for 5 minutes during your breaks. Use an app like 'Calm' for guided sessions.
- **Posture Check:** Ensure your workstation is ergonomically set up. Adjust your chair and screen height to maintain a neutral posture.

✔ **Ongoing:**

- **Consistent Routine:** Continue with regular breaks, hydration, and relaxation techniques.
- **Monitor Headaches:** Keep a headache diary to track frequency, duration, and triggers. This will help in identifying patterns and effectiveness of interventions.
- **Consultation:** If headaches persist or worsen, consult a neurologist for further evaluation and management.

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