

Week 10 iHuman Assignment –

Erin Davis

20-year-old

female 5'6" 115

lbs.

Reason for encounter: Headache

Observations: Appears withdrawn, but a bit on edge. Looks away. Poor eye contact.

Skin is warm and dry.

Questions:

- How can I help you today?
 - I have a bad headache.
- When did your headache start?
 - I don't know, a while ago.
- What are the events surrounding the start of your headache?
 - I don't know, but this morning things got a little stressful...Oh, you know, like my boyfriend was angry that I was taking too long to shower and that I hadn't gotten the cerebral he likes to have (looks away).
- Where more precisely is the pain in your head?
 - Everywhere.
- How severe (1-10 scale) is your headache?
 - I don't know...that's hard to say
- Have you had a headache like this before?
 - Yeah I've had these before.
- Is this the worst headache of your life?
 - No, I've had headaches like this before, and worse ones too.
- What does the pain in your back feel like?
 - It's kind of dull, like a bad pressure. Kind of like if there were a tight circle or cap around my head.
- How often do you have headaches like this?
 - Maybe, like, about 3 times a week.
- How long does your headache last?
 - I don't know
- Does anything make your headache better or worse?
 - No, I don't think so.
- Does the pain in your head someplace else?
 - No, its just a headache. Where would it go?
- Is there a pattern to when your headache occurs?
 - Yeah, no...not really.
- Do you have any symptoms that occur at the same time as your headache?

- Like what?
 - Does your headache come and go?
 - Don't all headaches come and go.
 - Does your headache pulsate?
 - Uh, no, I don't think so.
 - How quickly does your headache come on?
 - They build up pretty slowly.
 - Do you have any awareness or warning symptoms that occur before the headache begins?
 - Sometimes, yes, sometimes no. It's hard to remember each one.
 - Has there been any change in your headache over time?
 - I'm getting them more often I guess.
 - What treatments have you had for your headache?
 - Oh, you know, I've seen doctors before. I take acetaminophen or ibuprofen or both. I haven't taken anything today. I wanted to be checked out without it.
 - Do you have pain/discomfort when you are at rest?
 - Sometimes – it's a headache.
 - Do you tend to get headaches when you are only in one location?
 - You mean, like sitting or lying down...no.
 - Do your headaches improve when your caffeine intake changes?
 - Improve? Hmm...I haven't noticed that.
 - Does the headache keep you from sleeping?
 - Not really.
 - Does the headache awaken you from sleep?
 - I don't think so.
 - Have you had any trauma to your head?
 - I don't remember any. But you know I fell when my boyfriend pushed me. (looks away)
 - Does anyone in your family have a headache?
 - Like more than just occasional headaches like everyone has? No, I don't think so.
 - IS the pain in your head superficial (on the surface) or deep inside?
 - I'm not sure...it's not my scalp that hurts, if that's what you mean...
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- Have you been depressed?
 - Uh...no....I don't think so.
 - Do you feel anxious?
 - No, not really...(looks away).
 - Have you been feeling sad, depressed, or hopeless. If so, how often do you feel this way.
 - No.
 - Have you had any more stress in your life lately?
 - Its been a little bit stressful recently. My mom has kind of disowned me because I moved in with my boyfriend and because I dropped out of college. Sometimes I get into arguments with my boyfriend. (looks away). Its hard sometimes...but he is a good guy.