Post lumbar puncture headache workup

When did your headache start?
When was your lumbar puncture?
Do you have a postural headache?

Better with laying? Y / N
Standing? Y / N
Sitting? Y / N

Typically, spinal headaches occur the day after a lumbar puncture. This headache is postural. You will notice that when you get out of bed and are upright that you will have a significant headache. When you lie down, that headache should go away. This headache will typically not respond to analgesics.

How long do you need to sit/ stand before getting a HA?
Do you have a dull throbbing headache accompanied by any of the following:

- Dizziness
- Ringing in the ears (tinnitus)
- Hearing loss
- Blurred or double vision
- Sensitivity to light (photophobia)
- Nausea and vomiting
- Neck pain or stiffness

If yes to any of the above follow instructions below:
Conservative treatment:

- Bedrest: Lay down flat with head elevated on a maximum of two pillows for an additional 24 hours
- Hydration: Drink one 8 ounce glass of water every hour while awake to prevent dehydration
- Analgesics: Take Tylenol every 4-6 hours for 24 hours or other prescribed pain medicine, as indicated. Caffeine: Caffeine intake is a therapy to help vasoconstrict the cerebral vessels. Caffeinated beverages can be somewhat effective.

Please document phone encounter in EPIC using smart phrase: SPINALHEADACHE

Please send EPIC CHAT Message to Amanda Jennings, CNP, Jessica Aust, CNP, Brandi Lovejoy, RN, and Dr. Hazenfield for notification. The patient will be called by the following business day. Most patients call to make sure they are doing the right things and need only some reassurance.

<u>Post Epidural or spinal injection workup</u>

- Review the Epic note or Powerscribe note

- Most of the calls will be regarding back pain, likely from muscle spasms or delayed headache, which is likely a steroid side effect if greater than 6 hours, with younger patients more susceptible to side effects.

- **Please send EPIC CHAT Message to Amanda Jennings, CNP, Jessica Aust, CNP, Brandi Lovejoy, RN, and Dr. Hazenfield for notification. The patient will be called by the following business day. Most patients call to make sure they are doing the right things and need only some reassurance.**

- **Only advise trip to ED for development of new focal neurological signs and severe symptoms which might develop in the setting of an epidural hematoma**
    - **New bowl or bladder incontinence**
    - **New leg weakness**
    - **New severe back pain**

- **Please document phone encounter in EPIC using smart phrase: SPINALHEADACHE**