



UNIVERSITY of  
**ROCHESTER**  
MEDICAL CENTER

**GOLISANO**  
CHILDREN'S HOSPITAL

Today's date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Patient's Name: \_\_\_\_\_

Appointment Date & Time : \_\_\_\_\_

Your appointment on that day is with : \_\_\_\_\_ MD / PNP

### ***Welcome to Child Neurology's Headache Clinic!***

We are very happy that you have chosen to have your child evaluated and followed in our neurology practice. We take pride in the care that we give children and families and seek to establish a partnership with patients and their parents to minimize disability related to frequent or severe headache. We feel that your observations and your child's input and participation are a very important part of evaluating and managing all types of headache that occur during childhood and adolescence. To accomplish that we ask you to help us learn about what has been going for you in a couple different ways. First, we ask that you **complete the enclosed questionnaire and bring it to your first appointment**. Though quite detailed, it is limited to information that we need to determine our starting point in providing care to your child. Second, please **obtain copies of any previous head MRI's on computer disc and reports of other testing done** at other institutions and either bring them to the appointment or have them sent directly to our office. We will have a pediatric neurologists review the films personally if there is any question of abnormal findings. Thirdly, we will be asking many, very specific questions about the headaches. To help with being able to describe all aspects of the headache experience your child has had to date, it is helpful **to keep specific track of the headaches for a week or two prior to the appointment**. Enclosed is a headache diary to use to help with this.

#### **What to Expect**

**The first appointment** is scheduled for 1 full hour and much of it will be in talking about the headaches, past medical history, medications tried and reviewing any previous testing. A full neurologic exam will be completed, which most kids actually enjoy as we ask them to many unusual things (hopping, standing on one foot, doing things with eyes closed, etc) to make sure the neurologic system is working as we would expect for their age. From there we make initial recommendations based on what we believe may be contributing to your child's headache pattern.

**Follow Up Visits:** Once an established patient, we schedule follow up appointments based on individual patient circumstances. Follow up appointments are for 30 minutes and focus on an update and fine tuning the plan and incorporating a multidisciplinary approach if that seems appropriate given your child's response to the initial strategy. Please feel free to call to request a follow up appointment if you wish to have your child seen again sooner than originally planned or to call with active concerns. Depending on the situation we often suggest involvement of other providers to incorporate therapies that have been shown to be helpful in research done on headache management. These include such things as physical therapy, Cognitive Behavioral Therapy for pain management, biofeedback, sleep evaluation, and acupuncture - to name a few.

If you anticipate needing to have a discussion that will take longer than the 30 minute follow up appointment, you can request an extended follow up appointment, which would allow 45 minutes so that you do not feel rushed if you have particular issues that may take some discussion. This may occur when your child is missing a great deal of school related to headache or other more complicated problems have arisen.

We look forward to meeting and helping your family with the difficulties that frequent headaches have been causing for your child.

Sincerely,

The Headache Clinic Team  
Division of Child Neurology  
- Jennifer Kwon, MD  
- Elaine Philipson, PNP-BC  
- Cynthia tenHoopen, PNP-BC