



Specification for Migraine Reports

The UK regulations and Civil Aviation Authority's (CAA) guidance material for fitness decisions, acceptable treatments and required investigations (if specified) can be found in the medical section of the CAA website (www.caa.co.uk/medical). For many conditions, there are also flow charts available for guidance on the assessment process.

Migraine is a common condition with a benign prognosis. The prodrome, headache, and associated symptoms (for example, visual, gastrointestinal) are often disabling and therefore can have an adverse impact on flight safety. To assess a pilot's or air traffic controller's fitness to execute the privileges of their licence, with or without a restriction, it is necessary to determine the annual risk of recurrence. The following clinical information should therefore be provided.

The following subheadings are for guidance purposes only and should not be taken as an exhaustive list.

Diagnosis – specific type of headache disorder

History

- Date of last attack
- Past history of headaches prior to index presentation including initial age of onset
- Family history
- Details of prodrome
- Character and site of pain (for example, localised, general, unilateral, intermittent, radiation)
- Ability to continue with planned activities
- Associated symptoms (for example, photophobia, nausea, vomiting, motor weakness, visual disturbance, speech disturbance, aura or any other clinical features)
- Date of last episode and degree of severity
- Frequency, severity and duration of attacks at presentation and after / with treatment
- Exacerbating or relieving factors

Examination findings

- Confirm normal neurological examination

Investigations

- Blood test results
- Imaging (brain CT, MRI if performed)

Treatment – past and ongoing treatment

- Lifestyle modifications
- Identification of potential triggers and avoidance if relevant
- Current and past medications taken during acute episodes (dose, frequency, start and finish dates)
- Current and past prophylactic medications prescribed