

PATIENT **Chloe Marchetti** | DOB **03/10/1994** | INTERVIEW COMPLETED **8 September 2026** | EXPORTED **8 September 2026**

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Patient-reported data only — your clinical interpretation follows in the appointment.

AT A GLANCE			Generated 12:16 BST
Complaint	Headaches	Duration	“Since I was a teenager, much worse the last six months”
Headache days per month	“About fifteen”	HIT-6	64/78
MIDAS	32 days	Painkiller days per month	“Most days” (patient-reported)
Safety status	Safety flags reported — see Safety flags below		

KEY POINTS

- Headaches on “about fifteen” days a month, “much worse the last six months”.
- A one-sided throbbing headache “usually the right”, 8/10, with light and noise sensitivity and nausea.
- “zigzag lights” for “about twenty minutes” before some headaches.
- Taking paracetamol or ibuprofen “most days” and sumatriptan “when I remember”.

SAFETY FLAGS

REPORTED PRESENT	REPORTED ABSENT
“zigzag lights” for “about twenty minutes” before some headaches. Taking painkillers “most days”.	A headache that reached its worst within seconds; “The worst headache of my life”; weakness, numbness or difficulty speaking.

QUESTIONNAIRE SCORES

Headache Impact Test (HIT-6)	64/78	Severe impact (instrument band 60–78)
Migraine Disability Assessment (MIDAS)	32 days	Grade IV, severe disability (instrument band 21+)

PROBLEM SUMMARY

Headaches “since I was a teenager” that have become “much worse the last six months”, now on “about fifteen” days a month. The typical headache is described as one-sided, “usually the right”, throbbing, 8/10, lasting “most of the day”, with sensitivity to light and noise and nausea. On some occasions “zigzag lights” for “about twenty minutes” beforehand.

HEADACHE CHARACTER

- **Side and character:** “usually the right”; “throbbing”; 8/10 at worst.
- **Duration:** “most of the day”; “sometimes into the next day”.
- **Associated:** light and noise sensitivity, nausea, “I just want to lie in the dark”.

TRIGGERS AND LIFESTYLE

- **Reported triggers:** missed meals, “less than six hours’ sleep”, “screens all day”, red wine.
- **Caffeine:** “two coffees, three on a bad day”.
- **Sleep:** “six hours on a good night”; shift pattern “all over the place”.

MEDICATION USE

- **Painkillers:** paracetamol or ibuprofen “most days”, “probably twenty days a month”.
- **Sumatriptan:** “when I remember”, “it helps if I take it early”; “about six a month”.
- **Contraception:** “the pill”; the patient did not know the name.

RELEVANT COMORBIDITIES

- “anxiety” for which they “saw someone a few years ago”.
- **Family:** “my mum gets migraines” (patient’s words).
- **Reported absent:** high blood pressure, previous head injury, seizures.

OUTSTANDING CLINICAL QUESTIONS

- The type of contraceptive pill was not established; the patient did not know the name.
- Whether the “zigzag lights” occur only before headaches or also on their own was not asked.

This summary was prepared from a patient-reported pre-consultation interview. All information is self-reported and unverified. Clinical findings, examination, and objective investigations are required before any clinical conclusions can be drawn.