

CHIEF COMPLAINT

Headache: Post Trauma to Head

COMMENTS TO SPECIALIST

The patient suffered a traumatic subarachnoid hemorrhage (SAH) four months ago after an altercation. He states that he hit his head on concrete with subsequent loss of consciousness (LOC) for several minutes.

The patient reports that his new-onset dizziness and headaches that occurred over the past 2 days are similar to the symptoms that he experienced post-SAH. The patient reports that dizziness is occasional and related to standing or sudden movements of the head.

- ☐ He does report occasional nausea and blurry vision; denies vomiting and palpitations.
- ☐ He reports that headaches are ☐throbbing☐in nature and affect the entire circumference of the head.
- ☐ Mitigating factors include the use of Tylenol and rest.

MAIN QUESTION

Is medication tapering appropriate for this patient? If so, how should the drug be tapered?



Response from eConsult Specialist  
**RICHARD STEVENS, MD, NEUROLOGY**  
NPI: 1000500002

SUMMARY

Treatment options available at the primary care level.

DETAILS

Please obtain updated CT scan of the head to rule out acute bleed, given the patient's past medical history.

Nortriptyline 10mg at bedtime is a good option. Counsel the patient regarding common side effects:

- ☐ Dry eyes
- ☐ Dry mouth
- ☐ Sedation

I recommend Fioricet PRN for breakthrough headache pain.

Feel free to consult me with the results of CT, regarding response to medication and for additional recommendations based on this information.

Thank you for this interesting case.

*Richard Stevens, MD*

Richard Stevens, MD, Neurologist

02/21/23 10:28 PST

Response Date Stamp