

BEFORE SENDING A HEADACHE REFERRAL...

We are asking that you review this patient, taking into account the following 3 points. **Please specifically document in your referral how these 3 points have been considered.**

1. Any patients with a **recent change** in headaches or neurological signs on examination should be referred a community neurologist or the Rapid Access Neurology Clinic at KGH.
2. All reasonable efforts will be made to expedite patients with **cluster headaches (and related autonomic cephalalgias) or trigeminal neuralgias**
3. Patients with migraine should have tried **a Triptan and at least two prophylactic agents before being seen by Dr. Holtby**. For more information, please see the **Headache Management Guideline** in the 'Online Forms' section of our website, nelemspain.ca

After receiving new referrals, all patients with migraine will be required to attend a mandatory education session with Dr. Holtby prior to being scheduled for an appointment.

If you feel a patient needs to be seen sooner than our standard 9-12 months, or they have true contraindication to triptans and multiple prophylactics please carefully document your concerns in your referral letter and, if needed, speak to our reception team.

Sincerely,

Dr Caitlin Holtby
BNPRC