

## MANAGEMENT OF POSTTRAUMATIC HEADACHE IN MILD TRAUMATIC BRAIN INJURY: EVIDENCE-BASED NURSING

HATAIRUT BOONKAEW 5236520 NSAN/M

M.N.S. (ADULT NURSING)

THEMATIC PAPER ADVISORY COMMITTEE: KRONGDAI UNHASUTA,  
Ed. D. (HIGHER EDUCATION), TIPA TOSKULKAO, Ph. D. (NEUROSCIENCE)

### ABSTRACT

Posttraumatic headaches have impacted people who have suffered from decreased physical activities. Without proper treatment from the early stages, patients may develop chronic headaches. The effects of headache symptoms at the chronic stage have been found to interrupt daily lives, resulting in cognitive disorders and reducing quality of life.

This study was conducted with the objective of presenting recommendations for headache management in mild traumatic brain injury patients from the synthesis of knowledge according to the process of implementing research findings obtained from evidence-based practice by using the PICO framework in searching for evidence. The quality of the evidence-based practice was evaluated according to the study framework of Dicenso, Guyatt and Ciliska(2005). The evidence yielded by the search for evidence-based practice was published from 2000 to 2013. A total of 17 studies were found to match the scope of the study, i.e. 4 study and 13 academic articles. The results of the analysis and synthesis of the evidence-based practice were headache management guidelines for patients with mild traumatic brain injury comprising the following four topics: posttraumatic headache assessment, posttraumatic headache symptom management, monitoring of symptoms and educating patients.

The recommendations suggested by these research findings are as follows: the topics yielded by the analysis and synthesis of evidence-based practice can be developed into guidelines for posttraumatic headache management in patients with mild traumatic brain injury in order to be implemented in real situations and studies aimed at evaluation outcome and continual development of new knowledge.

**KEY WORDS:** MILD HEAD INJURY/ MID TRAUMATIC BRAIN INJURY/  
POSTTRAUMATIC HEADACHE/ ASSESSMENT/  
MANAGEMENT/ TREATMENT/ EVALUATION/  
INTERVENTION/ THERAPY

130 pages