Headache topic reference guide

Canadian-first source map and limitations | original draft

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

How to use this guide

Current Canadian guidance and Ontario navigation are the starting point. U.S., UK and international sources supplement classification, imaging and migraine-prevention context. Source links were opened and checked on 20 November 2026.

Important limitations

- The IHE/TOP primary-care guideline is directly accessible but dated 2016 and should be read with newer evidence.
- NICE CG150 is an official current guideline page; automated retrieval of its recommendations endpoint was access-restricted, so that limitation is recorded.
- International and out-of-province resources do not define Ontario coverage or emergency pathways.
- This guide does not diagnose, calculate personal risk, recommend a dose or replace an assessment by a qualified clinician.

Sources opened and checked 20 November 2026

IHE / TOP Canadian headache guideline: https://www.ihe.ca/public/uploaded/headache-guideline.pdf

Choosing Wisely Canada headache recommendations: https://choosingwiselycanada.org/recommendation/headache/

Migraine Canada discussion guide: https://migrainecanada.org/wp-content/uploads/2025/06/Patient-version-Discussion-Guide_English_Extended_Final_Copy-Digital.pdf

Migraine Canada headache diary: https://migrainecanada.org/how-to-use-a-migraine-diary/

London Health Sciences Centre headache clinic: https://www.lhsc.on.ca/clinical-neurological-sciences/john-h-kreeft-headache-clinic

HealthLink BC migraine headaches: https://www.healthlinkbc.ca/healthwise/migraine-headaches-0

Canadian Paediatric Society acute migraine: https://cps.ca/en/documents/position/acute-migraine

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

AAN / American Headache Society 2026 update: https://www.aan.com/PressRoom/Home/PressRelease/5361

American Headache Society diagnosis overview: https://americanheadachesociety.org/research/library/overview-of-migraine-diagnosis

NICE CG150: https://www.nice.org.uk/guidance/cg150

NHS headaches: https://www.nhs.uk/symptoms/headaches/

International Headache Society ICHD-3: https://ihs-headache.org/en/resources/ichd/