



MIGRAINE CLAIMS

HEADACHE LOG FIELD GUIDE

A calibrated guide to service connection, attack documentation, and the DC 8100 rating criteria.

CLINICAL FIELD REFERENCE

FOUR POINTS TO UNDERSTAND

WHEN

DATE, START, AND END

Record each attack and its duration near the time it occurs.

WHAT

SYMPTOMS AND SEVERITY

Track pain, nausea, vomiting, light or sound sensitivity, aura, dizziness, cognitive symptoms, and recovery.

STOP

PROSTRATING FUNCTION

State what activity stopped, whether you lay down, and whether you required a dark or quiet space.

COST

WORK AND DAILY IMPACT

Record missed time, early departure, reduced output, help needed, canceled plans, driving limits, and treatment used.

Apply the current regulation and case law to the individual record. Attack frequency, severity, duration, and functional impact should be documented accurately and consistently.

