

CACI - Migraine and Chronic Headache Worksheet

(Updated 11/27/2024)

To determine the applicant's eligibility for certification, the AME must review a [current, detailed Clinical Progress Note](#) generated from a clinic visit with the treating physician or specialist **no more than 90 days prior** to the AME exam which explains all items below. If the applicant **meets ALL the acceptable certification criteria** listed below, the AME can issue. Applicants for first- or second- class must provide this information annually; applicants for third-class must provide the information with each required exam.

AME MUST REVIEW	ACCEPTABLE CERTIFICATION CRITERIA
A current, detailed clinical progress note from the treating physician verifies:	<input type="checkbox"/> The condition stable on current regimen and no management changes are recommended.
Type of headache	<input type="checkbox"/> Migraine (with or without aura), tension headache, cluster headache
Frequency and severity	<input type="checkbox"/> No more than one episode per month <input type="checkbox"/> In the last 12 months, no more than 2 outpatient clinic/urgent care visits for symptom exacerbation (even if symptoms fully resolved) <input type="checkbox"/> No history of in-patient hospitalizations for headaches
Symptoms	<input type="checkbox"/> Only mild non-disabling symptoms. <input type="checkbox"/> No symptoms that functionally impair vision. <input type="checkbox"/> NONE of the following: <ul style="list-style-type: none"> Any neurological impairment or TIA-type symptoms; Auras WITHOUT headaches; Impairment of central vision or functionally significant impairment of peripheral vision; Vertigo; syncope; or mental status change
Medications - Preventive NOT acceptable: Tricyclic antidepressants (TCAs), anticonvulsants, lasmiditan (Reyvow)	<input type="checkbox"/> None OR <input type="checkbox"/> Any of the following alone or in combination, provided no side effects and completed ground trial. <ul style="list-style-type: none"> ACE inhibitors (ACE-I) Angiotensin receptor blockers (ARB) Beta blockers Calcium channel blockers (CCB) Calcitonin Gene-Related Peptide (CGRP) antagonists
Medications or treatment - Abortive NOT acceptable: Narcotics, Fiorinal, Fioricet, or Midrin. Detailed list of migraine medication can be found in the Pharmaceuticals Section .	<input type="checkbox"/> None; or Over the Counter (OTC) headache medications; or other modalities such as heat, traction, acupressure, and massage devices, to prevent, abort, and treat headaches. OR

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Calcitonin Gene-Related Peptide Receptor Antagonist (CGRP)	<input type="checkbox"/> One or more of the following: <ul style="list-style-type: none"> • Triptans 24 hour no-fly Except eletriptan (Relpax) and frovatriptan (Frova): 72 hours • metoclopramide (Reglan): 36 hour no-fly • promethazine (Phenergan): 96 hour no-fly • CGRP <ul style="list-style-type: none"> ○ zavegepant (Zavzpret) 36 hours; ○ ubrogepant (Ubrelvy) 36 hours; ○ rimegepant (Nurtec) 72 hours
Transcutaneous electrical nerve stimulation (TENS) units NOT acceptable: If device causes sedation or cognitive changes.	<input type="checkbox"/> None OR <input type="checkbox"/> Used alone or with acceptable adjunctive medications. TENS units (such as Cefaly, gammaCore, Relivion MG, or Nerivio) <ul style="list-style-type: none"> • Prophylactic use: 8 hour no fly • Abortive and therapeutic use: 24 hour no-fly

AME MUST NOTE in Block 60 one of the following:

- ☐ CACI qualified migraine and chronic headaches.
- ☐ Has current OR previous SI/AASI but now CACI qualified migraine and chronic headaches.
- ☐ NOT CACI qualified migraine and chronic headaches. I have deferred. (Submit supporting documents.)