

## HEADACHE or MIGRAINE

(Cluster, Tension, Ocular, Acephalgic, Ophthalmic, or Retinal)

All Classes

(Updated 01/25/2023)

DISEASE/CONDITION	EVALUATION DATA	DISPOSITION
<b>A. Stress Headache</b> Tension Headache  Controlled with OTC meds	If the AME can determine the condition is: mild and under control: <ul style="list-style-type: none"> <li>• Average of less than two headache days per month;</li> <li>• Medications are acceptable (seldom requiring more than OTC analgesics);</li> <li>• Is not incapacitating (The individual has no symptoms that would interfere with flight duties.); and</li> <li>• Not associated with any neurological findings:</li> </ul>	<div style="background-color: #008000; color: white; text-align: center; padding: 5px;"><b>ISSUE</b></div> Annotate this information in Block 60.
<b>B. Migraine with aura</b> (Classic migraine/ Common Migraine)  OR  Chronic tension  OR  Chronic daily  OR  Cluster  OR  Any history of a migraine which results in changes in vision (excluding migraine aura)  (Older terms include acephalgic migraine, ocular migraine, ophthalmic migraine)	<b>See the <a href="#">CACI-Migraine and Chronic Headache Worksheet</a>.</b>  This will require a <a href="#">current, detailed Clinical Progress Note</a> from the treating physician or neurologist.	If the pilot meets <b>all</b> CACI worksheet criteria and is otherwise qualified  <div style="background-color: #008000; color: white; text-align: center; padding: 5px;"><b>ISSUE</b></div> with no time limitation  Annotate the <b>correct CACI statement</b> in Block 60 and <b>keep the required supporting information on file.</b>

DISEASE/CONDITION	EVALUATION DATA	DISPOSITION
<p>C. Complicated migraine, OR Post-traumatic headaches, OR Retinal migraine (previously called ocular migraine)*</p> <p>*This type spreads across the retina and the concern is amaurosis)</p>	<p>Submit the following for FAA review:</p> <ol style="list-style-type: none"> <li>1. A <b>current, detailed neurological evaluation</b> that meets <a href="#">FAA Specifications for Neurologic Evaluation</a> generated from a clinic visit with the <b>treating neurologist no more than 90 days before</b> the AME exam.</li> <li>2. <b>MRI* of the brain performed no more than one (1) year before</b> the AME exam. <ul style="list-style-type: none"> <li>• If an MRI is contraindicated or cannot be performed, the treating neurologist should discuss why. If CT is used, with or without contrast is per the treating neurologist.</li> <li>• Submit the interpretive report on paper and imaging on CD in DICOM readable format (there must be a file named 'DICODEDIR' in the root directory of the CD-ROM). Please verify the CD will display the images before sending. Retain a copy of all films as a safeguard if lost in the mail.</li> </ul> </li> <li>3. Number of headache days per month per the applicant.</li> <li>4. <b>Other testing completed or</b> deemed necessary by the treating physician.</li> </ol> <p><b>Note:</b> If associated with a seizure – see seizure section. Chronic recurring headaches or pain syndromes often require medication for relief or prophylaxis, and, in some instances, the use of such medications is disqualifying because they may interfere with the individual's alertness and functioning. In some conditions, pain may be incapacitating.</p>	<div data-bbox="1255 153 1531 184" style="background-color: red; height: 15px; width: 100%;"></div> <p style="text-align: center;"><b>DEFER</b></p> <p>Submit the information to the FAA for a possible Special Issuance.</p>

## CACI - Migraine and Chronic Headache Worksheet

(Updated 04/13/2022)

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. 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
Treating physician finds the condition stable on current regimen and no changes recommended	<input type="checkbox"/> Yes
Acceptable Types of Migraine or Headache	<input type="checkbox"/> Classic/Common Migraine, Chronic Tension headache, Cluster headache  <b>NOT acceptable:</b> Ocular migraine, complicated migraine
Frequency	<input type="checkbox"/> No more than one episode per month
Symptoms	<input type="checkbox"/> Only mild symptoms controlled with medication(s) listed below.  <input type="checkbox"/> In the last year: <ul style="list-style-type: none"> <li>○ <b>no in-patient hospitalizations</b></li> <li>○ no more than 2 outpatient clinic/urgent care visits for exacerbations (with symptoms fully resolved)</li> </ul> <b>NOT acceptable:</b> neurological or TIA-type symptoms; vertigo; syncope; and/or mental status change
Medications - Preventive	<input type="checkbox"/> None; or daily calcium channel blockers or beta blockers only for prophylaxis without side effects
Medications - Abortive	<input type="checkbox"/> OTC headache medications; warn airman: 24 hour no-fly - Triptans 36 hour no-fly - Metoclopramide (Reglan); 96 hour no-fly - promethazine (Phenergan)  <b>NOT acceptable:</b> Injectable medications and narcotics

**AME MUST NOTE in Block 60 one of the following:**

☐ CACI qualified migraine and chronic headaches. (Documents do not need to be submitted to the FAA.)

☐ 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.)

## **AASI for Migraines**

AME Assisted Special Issuance (AASI) is a process that provides AMEs the ability to re-issue an airman medical certificate under the provisions of an Authorization for Special Issuance of a Medical Certificate (Authorization) to an applicant who has a medical condition that is disqualifying under Title 14 of the Code of Federal Regulations (14 CFR) part 67.

An FAA physician provides the initial certification decision and grants the Authorization in accordance with 14 CFR § 67.401. The Authorization letter is accompanied by attachments that specify the information that treating physician(s) must provide for the re-issuance determination. If this is a first-time application for an AASI for the above disease/condition, and the applicant has all the requisite medical information necessary for a determination, the AME must defer and submit all of the documentation to the AMCD or RFS for the initial determination.

AMEs may re-issue an airman medical certificate under the provisions of an Authorization, if the applicant provides the following:

- An Authorization granted by the FAA;
- A statement regarding the frequency of headaches and/or other associated symptoms since last follow-up report;
- A statement regarding if the characteristics of the headaches changed; and
- The name and dosage of medication(s) used for treatment and/or prevention with comment regarding side effects.

The AME must defer to the AMCD or Region if:

- The frequency of headaches and/or other symptoms increase since the last follow-up report; or

The applicant is placed on medication(s), such as isometheptene mucate, narcotic analgesic, tramadol, tricyclic-antidepressant medication, etc.