



Headache & Migraine Clinic



Are headaches or migraines disrupting your life?

Headaches and migraines are very common, with more than 150 different types recognised. These fall into two broad categories:

Primary headaches – where the headache itself is the main condition. These include:

- Tension-type headaches – the most common form
- Migraine headaches
- Cluster headaches
- New daily persistent headache (NDPH).

Some primary headaches may be brought on, or made worse, by certain lifestyle factors or situations.

Secondary headaches – where the headache is a symptom of another condition. These may result from:

- Illness or infection (such as sinus infection, ear infection, or flu)
- Head or neck injury
- Medication overuse (sometimes called rebound headaches)
- Underlying medical conditions (for example, high blood pressure or neurological conditions).

In these cases, the headache is linked to another cause and may improve once that cause is treated.

Migraine affects 4.9 million Australians and is the leading cause of disability worldwide for women aged 18 - 49. For many, it's more than just a headache - it's a complex neurological condition that can cause moderate to severe head pain and other symptoms like pain, dizziness, light sensitivity, aura, aphasia, nausea and cognitive fog.

Despite the impact, migraine is often misunderstood, misdiagnosed or untreated.

Nurse Practitioner-Led Headache & Migraine Care

Led by Nurse Practitioner Adrienna Elliot, a member of International Forum of Headache Nurses, the clinic aims to provide timely interventions to help manage acute migraine attacks and chronic headache disorders.

Appointments are bulk billed through Medicare. There is no out-of-pocket cost to patients.



What are aura and aphasia?

Some people experience aura before or during a migraine attack. Aura can include:

- Visual changes (flashing lights, zigzag lines, blind spots)
- Tingling in the face or arms
- Difficulty speaking or understanding words (aphasia)

This temporary language disruption, known as aphasia, can affect your ability to talk, read or write during a migraine with aura. Aphasia doesn't cause permanent damage, but it can be distressing.

Our clinic can help you track, understand and manage these symptoms.



Improving Headache and Migraine Care

Our community-based, nurse practitioner-led clinic provides timely, accessible support for people living with complex or chronic headache and migraine conditions. We support people with all types of headaches — both primary and secondary — and tailor care to each individual.

What We Offer

- Personalised assessment and clinical care
- Support to identify triggers and track symptoms
- Education about conditions, treatment options and self-management strategies
- Guidance on lifestyle changes and risk factors
- Medication management
- Referral to neurologists and other specialists when needed

Why a Nurse Practitioner?

A Nurse Practitioner is a registered nurse with advanced training and postgraduate qualifications. They can:

- Diagnose health conditions in collaboration with your GP and neurologist
- Prescribe medications
- Order and interpret tests
- Develop individualised treatment plans
- Provide ongoing education and support

This model brings advanced neurological knowledge together with community-based care, helping patients get the right support without long waits.

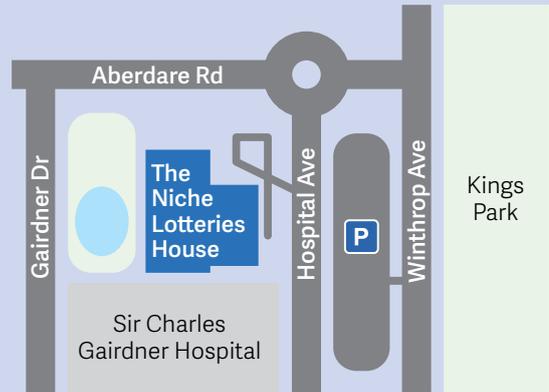
NeuroCare TeleNurse Helpline

Got a question about a neurological condition or want to make a referral?

Call us on **1800 645 771** to speak directly with a NeuroCare Nurse.

Accessing the Headache & Migraine Clinic

The Headache and Migraine Clinic is located at The Niche, QEIIIMC, 11B Aberdare Road, Nedlands.



- ✓ Patients can self-refer
- ✓ Referrals also welcomed from **GPs, nurses, allied health professionals** and other treating providers

Appointments are **bulk billed through Medicare**. There is no out of pocket cost to patients.

Learn more and complete an online referral form:



Neurological Council of WA

Free Call 1800 645 771 | ncwa.com.au | hello@ncwa.com.au

Perth (Head Office)

11 Aberdare Road
Nedlands
WA 6009
T: (08) 6285 3800

South West

16C, 42 Strickland St
Bunbury
WA 6230
T: (08) 6285 3803

Great Southern

211-217 North Road,
Centennial Park
WA 6330
T: (08) 6285 3802

Mid West

114 Sanford Street,
Geraldton
WA 6530
T: (08) 6285 3804