

Statement of Principles  
concerning

**TENSION-TYPE HEADACHE**

**No. 1 of 2010**

for the purposes of the

*Veterans' Entitlements Act 1986*  
and

*Military Rehabilitation and Compensation Act 2004*

**Title**

1. This Instrument may be cited as Statement of Principles concerning tension-type headache No. 1 of 2010.

**Determination**

2. The Repatriation Medical Authority under subsection **196B(2)** and **(8)** of the *Veterans' Entitlements Act 1986* (the VEA):
  - (a) revokes Instrument No. 76 of 1999 concerning tension-type headache; and
  - (b) determines in its place this Statement of Principles.

**Kind of injury, disease or death**

3.
  - (a) This Statement of Principles is about **tension-type headache** and **death from tension-type headache**.
  - (b) For the purposes of this Statement of Principles, "**tension-type headache**" means a condition in which there are episodes of headache lasting from 30 minutes to seven days, with at least ten episodes occurring within three consecutive months. The headache has at least two of the following characteristics:
    - (i) bilateral location;
    - (ii) pressing/tightening (nonpulsating) quality;
    - (iii) mild or moderate intensity;

- (iv) not aggravated by routine physical activity (such as walking or climbing stairs).

This definition excludes cluster headache; migraine; headache attributable to structural abnormalities or inflammatory disorders of the head and neck; and headache attributable to systemic disease.

- (c) Tension-type headache attracts ICD-10-AM code G44.2.
- (d) In the application of this Statement of Principles, the definition of "**tension-type headache**" is that given at paragraph 3(b) above.

#### **Basis for determining the factors**

- 4. The Repatriation Medical Authority is of the view that there is sound medical-scientific evidence that indicates that **tension-type headache** and **death from tension-type headache** can be related to relevant service rendered by veterans, members of Peacekeeping Forces, or members of the Forces under the VEA, or members under the *Military Rehabilitation and Compensation Act 2004* (the MRCA).

#### **Factors that must be related to service**

- 5. Subject to clause 7, at least one of the factors set out in clause 6 must be related to the relevant service rendered by the person.

#### **Factors**

- 6. The factor that must as a minimum exist before it can be said that a reasonable hypothesis has been raised connecting **tension-type headache** or **death from tension-type headache** with the circumstances of a person's relevant service is:
  - (a) for frequent tension-type headache in migraine and cluster headache sufferers only, taking a drug or a combination of drugs, as specified in list 1, for at least the three months before the clinical onset of tension-type headache; or
  - (b) taking a drug or a combination of drugs, as specified in list 2, for at least the three months before the clinical worsening of tension-type headache; or
  - (c) undergoing treatment with glyceryl trinitrate or isosorbide mononitrate, at the time of the clinical worsening of tension-type headache; or
  - (d) inability to obtain appropriate clinical management for tension-type headache.

### **Factors that apply only to material contribution or aggravation**

7. Paragraphs **6(b) to 6(d)** apply only to material contribution to, or aggravation of, tension-type headache where the person's tension-type headache was suffered or contracted before or during (but not arising out of) the person's relevant service.

### **Inclusion of Statements of Principles**

8. In this Statement of Principles if a relevant factor applies and that factor includes an injury or disease in respect of which there is a Statement of Principles then the factors in that last mentioned Statement of Principles apply in accordance with the terms of that Statement of Principles as in force from time to time.

### **Other definitions**

9. For the purposes of this Statement of Principles:

**"a drug or a combination of drugs, as specified in list 1"** means:

- (a) a triptan, ergotamine, an opioid, or a combination analgesic medication on at least two days per week; or
- (b) a simple analgesic on at least three days per week;

**"a drug or a combination of drugs, as specified in list 2"** means:

- (a) ergotamine, an opioid, or a combination analgesic medication on at least two days per week; or
- (b) a simple analgesic on at least three days per week;

**"a triptan"** means a 5-hydroxytryptamine receptor agonist;

**"combination analgesic medication"** means medication containing a simple analgesic combined with an opioid, butalbital or caffeine;

**"death from tension-type headache"** in relation to a person includes death from a terminal event or condition that was contributed to by the person's tension-type headache;

**"frequent tension-type headache"** means tension-type headache that lasts for hours or may be continuous, occurring on at least 15 days per month on average, for more than 3 months;

**"ICD-10-AM code"** means a number assigned to a particular kind of injury or disease in The International Statistical Classification of Diseases and Related Health Problems, 10th Revision, Australian Modification (ICD-10-AM), Sixth Edition, effective date of 1 July 2008, copyrighted by the National Centre for Classification in Health, Sydney, NSW, and having ISBN 978 1 74210 016 6;

**"relevant service"** means:

- (a) operational service under the VEA;
- (b) peacekeeping service under the VEA;
- (c) hazardous service under the VEA;
- (d) warlike service under the MRCA; or
- (e) non-warlike service under the MRCA;

**"terminal event"** means the proximate or ultimate cause of death and includes:

- (a) pneumonia;
- (b) respiratory failure;
- (c) cardiac arrest;
- (d) circulatory failure; or
- (e) cessation of brain function.

### **Application**

- 10.** This Instrument applies to all matters to which section 120A of the VEA or section 338 of the MRCA applies.

### **Date of effect**

- 11.** This Instrument takes effect from 13 January 2010.

Dated this *22nd* day of *December* 2009

The Common Seal of the )  
Repatriation Medical Authority )  
was affixed to this instrument )  
in the presence of: )

KEN DONALD  
CHAIRPERSON