



**NEW headache in over 50 years old, which may include:**

- Usually unilateral in temporal area (BUT can be diffuse or bilateral)
  - Temporal artery abnormality e.g. temporal artery thickening, tenderness, nodularity
- Systemic symptoms e.g. weight loss, fatigue, fever, depression
  - Features of PMR
  - Scalp tenderness
- Jaw claudication – Pain in jaw muscle while eating

**Visual symptoms**  
Characteristic features:  
‘Shade covering one eye’  
Not painful  
Double vision  
Visual loss

Discuss with ophthalmology **URGENTLY**  
**AND**  
Take bloods :  
FBC, U&Es, LFTs, CRP, ESR (where available)  
**AND**  
Start prednisolone 60mg od + PPI  
**Do NOT wait for blood results before starting treatment.**

Consider other diagnoses +/- Advice and Guidance or discuss with rheumatology (01423 553389)

Check bloods  
FBC, U&Es, LFTs, CRP & ESR (where available)

Uncertain diagnosis

Strong suspicion

Take bloods **BEFORE** starting steroids:  
FBC, U&Es, LFTs, CRP, ESR (where available)  
  
**Start prednisolone 40mg od + PPI in primary care**  
**Do NOT wait for blood results before starting treatment**

Out of hour (after 5pm weekdays or anytime at weekends)  
Contact Ophthalmology

**Ophthalmology contact:**  
9-5pm Ophthalmology triage phone: 01423 542217  
Out of hours: middle grade bleep via Switch

9-5pm Mon-Friday  
Contact Rheumatology

**Rheumatology contact:**  
Please call **AND** email:  
Telephone: 01423 553389  
Email: hdft.rheumatology.secretaries@nhs.net

Request Ultrasound\*

If ultrasound scan cannot be done within 72 hours  
**OR**  
If ultrasound findings equivocal, request biopsy

Request Biopsy

Arrange follow-up

**KEY:**  
→ GP action  
- - - - - Rheumatology/Ophthalmology action

\*Scan needs to be done **within 72 hours of starting steroids** by requesting via ICE and contacting:  
[a.koo@nhs.net](mailto:a.koo@nhs.net)  
[neal.larkman@nhs.net](mailto:neal.larkman@nhs.net)  
[jake.wheater@nhs.net](mailto:jake.wheater@nhs.net)