Department of Veterans Affairs

HEADACHES (INCLUDING MIGRAINE HEADACHES) DISABILITY BENEFITS QUESTIONNAIRE

Name of Patient/Veteran	Patient/Veteran's Social Security Number	Date of examination:
[Sample Veteran]	[Redacted]	02/18/2026

IMPORTANT - THE DEPARTMENT OF VETERANS AFFAIRS (VA) **WILL NOT PAY OR REIMBURSE** ANY EXPENSES OR COST INCURRED IN THE PROCESS OF COMPLETING AND/OR SUBMITTING THIS FORM.

Note - The Veteran is applying to the U.S. Department of Veterans Affairs (VA) for disability benefits. VA will consider the information you provide on this questionnaire as part of their evaluation in processing the Veteran's claim. VA may obtain additional medical information, including an examination, if necessary, to complete VA's review of the Veteran's application. VA reserves the right to confirm the authenticity of ALL completed questionnaires. **It is intended that this questionnaire will be completed by the Veteran's healthcare provider.**

Are you completing this Disability Benefits Questionnaire at the request of:

☒ Veteran/Claimant

☐ Third party (please list name(s) of organization(s) or individual(s))

☐ Other: please describe

Are you a VA Healthcare provider? ○ Yes ◉ No

Is the Veteran regularly seen as a patient in your clinic? ○ Yes ◉ No

Was the Veteran examined in person? ○ Yes ◉ No

If no, how was the examination conducted? Records review and medical history provided by the veteran.

EVIDENCE REVIEW

Evidence reviewed:

○ No records were reviewed

◉ Records reviewed

Please identify the evidence reviewed (e.g. service treatment records, VA treatment records, private treatment records) and the date range.

Service treatment records (STRs), VA treatment records, private medical records, headache logs (if available), medication history, and lay statements provided by the veteran. Records reviewed span available documentation from service to present.

SECTION I - DIAGNOSIS

1A. DOES THE VETERAN NOW HAVE OR HAS HE OR SHE EVER BEEN DIAGNOSED WITH A HEADACHE CONDITION?

◉ Yes ○ No (If "Yes," complete Item 1B)

1B. IF YES, SELECT THE VETERAN'S CONDITION (check all that apply):

☒ Migraine including migraine variants	ICD code:	G43.909	Date of diagnosis:	2018
☐ Tension	ICD code:		Date of diagnosis:	
☐ Cluster	ICD code:		Date of diagnosis:	

☐ Other (specify type of headache): ICD code: Date of diagnosis:

Other diagnosis #1: ICD code: Date of diagnosis:

Other diagnosis #2: ICD code: Date of diagnosis:

1C. IF THERE ARE ADDITIONAL DIAGNOSES THAT PERTAIN TO A HEADACHE CONDITION, LIST USING ABOVE FORMAT:

SECTION II - MEDICAL HISTORY

2A. DESCRIBE THE HISTORY (including onset and course) OF THE VETERAN'S HEADACHE CONDITIONS (brief summary):

The veteran reports onset of recurrent headaches during active service, initially occurring following prolonged exposure to operational stressors such as sleep deprivation, high noise environments, and extended periods of duty in bright or harsh environmental conditions. Service treatment records document complaints of intermittent headaches treated with over-the-counter analgesics and rest, with temporary relief. The veteran reports that headaches became more frequent during deployment, often triggered by stress, dehydration, irregular sleep, and exposure to bright sunlight and loud equipment.

Since separation from service, medical records reflect a progression to migraine headaches characterized by throbbing, pulsating head pain accompanied by photophobia, phonophobia, nausea, and occasional visual disturbances. Episodes occur multiple times per month and may last several hours to a full day despite prescribed medications and conservative measures. Records and lay statements indicate intermittent periods of increased frequency and severity, including episodes requiring cessation of activity and rest in a dark, quiet environment.

The condition has remained chronic without sustained improvement. Severe episodes result in functional impairment, including reduced concentration, decreased productivity, and inability to tolerate light or noise, requiring withdrawal from activities until symptoms subside.

2B.Does the Veteran's treatment plan include taking continuous medication for the diagnosed condition?

◉ Yes ○ No IF YES, DESCRIBE TREATMENT (list only those medications used for the diagnosed condition):

The veteran’s treatment plan includes continuous use of migraine-directed medications as documented in medical records, including abortive therapy with triptans (e.g., sumatriptan) taken at onset of migraine episodes and preventive therapy such as topiramate prescribed for headache frequency reduction. Additional supportive treatments include nonsteroidal anti-inflammatory drugs (NSAIDs) and antiemetics (e.g., ondansetron) as needed for associated nausea. Records also note recommendations for hydration, sleep regulation, and avoidance of known triggers.

SECTION III - SYMPTOMS

3A. DOES THE VETERAN EXPERIENCE HEADACHE PAIN?

◉ Yes ○ No (If "Yes," check all that apply to headache pain):

☐ Constant head pain

☒ Pulsating or throbbing head pain

☒ Pain localized to one side of the head

☒ Pain on both sides of the head

☒ Pain worsens with physical activity

☐ Other, describe: _____

3B. DOES THE VETERAN EXPERIENCE NON-HEADACHE SYMPTOMS ASSOCIATED WITH HEADACHES? (Including symptoms associated with an aura prior to headache pain)

◉ Yes ○ No

(If "Yes," check all that apply):

☒ Nausea

☐ Vomiting

☒ Sensitivity to light

☒ Sensitivity to sound

☒ Changes in vision (such as scotoma, flashes of light, tunnel vision)

☐ Sensory changes (such as feeling of pins and needles in extremities)

☐ Other, describe: _____

3C. INDICATE DURATION OF TYPICAL HEAD PAIN

☐ Less than 1 day

☒ 1-2 days

☐ More than 2 days

☒ Other, describe: Severe migraine episodes may last up to 24 hours despite medication.

3D. INDICATE LOCATION OF TYPICAL HEAD PAIN

☐ Right side of head

☐ Left side of head

☐ Both sides of head

☒ Other, describe: Pain is typically unilateral but may become bilateral during severe attacks.

SECTION IV - PROSTRATING ATTACKS OF HEADACHE PAIN

Note: For VA purposes, the term prostrating means “causing extreme exhaustion, powerlessness, debilitation or incapacitation with substantial inability to engage in ordinary activities.” Please complete both questions 4A and 4B.

4A. MIGRANE / NON-MIGRAINE- DOES THE VETERAN HAVE CHARACTERISTIC PROSTRATING ATTACKS OF MIGRAINE / NON-MIGRAINE HEADACHE PAIN?

◉ Yes ○ No (If "Yes," indicate frequency, on average, of prostrating attacks over the last several months):

☐ With less frequent attacks

☐ Once in 2 months

☐ Once every month

☒ Greater than once per month

4B. DOES THE VETERAN HAVE COMPLETELY PROSTRATING AND PROLONGED ATTACKS OF MIGRAINES/NON-MIGRAINE PAIN?

◉ Yes ○ No (If "Yes," indicate frequency, on average, of completely prostrating attacks over the last several months):

☐ With less frequent attacks

☐ Once in 2 months

☐ Once every month

☒ Greater than once per month

SECTION V - OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS, SYMPTOMS, AND SCARS

5A. DOES THE VETERAN HAVE ANY OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS OR SYMPTOMS RELATED TO THE CONDITIONS LISTED IN THE DIAGNOSIS SECTION ABOVE?

(●) Yes ( ) No IF YES, DESCRIBE (brief summary):

The veteran experiences functional impairment during migraine episodes, including inability to tolerate light or noise, need to lie down in a dark environment, reduced concentration, and decreased productivity. Episodes are associated with fatigue following severe attacks. No focal neurological deficits documented in records.

5B. DOES THE VETERAN HAVE ANY SCARS (surgical or otherwise) RELATED TO ANY CONDITIONS OR TO THE TREATMENT OF ANY CONDITIONS LISTED IN THE DIAGNOSIS SECTION ABOVE?

( ) Yes (●) No

IF YES, ARE ANY OF THESE SCARS PAINFUL OR UNSTABLE; HAVE A TOTAL AREA EQUAL TO OR GREATER THAN 39 SQUARE CM (6 square inches); OR ARE LOCATED ON THE HEAD, FACE OR NECK? (An "unstable scar" is one where, for any reason, there is frequent loss of covering of the skin over the scar.)

( ) Yes ( ) No

IF YES, ALSO COMPLETE VA FORM 21-0960F-1, SCARS/DISFIGUREMENT.

IF NO, PROVIDE LOCATION AND MEASUREMENTS OF SCAR IN CENTIMETERS.

LOCATION: _____ MEASUREMENTS: length _____ cm X width _____ cm.

NOTE: If there are multiple scars, enter additional locations and measurements in Comment section below. It is not necessary to also complete a Scars DBQ.

5C. COMMENTS, IF ANY:

SECTION VI - DIAGNOSTIC TESTING

NOTE: Diagnostic testing is not required for this examination report; if studies have already been completed, provide the most recent results below.

6A. ARE THERE ANY OTHER SIGNIFICANT DIAGNOSTIC TEST FINDINGS AND/OR RESULTS?

(●) Yes ( ) No

IF YES, PROVIDE TYPE OF TEST OR PROCEDURE, DATE AND RESULTS (brief summary):

Neuroimaging of the brain MRI on 12/2024, per available medical records, showed no acute intracranial pathology. Findings are consistent with a primary headache disorder and do not indicate a structural cause.

SECTION VII - FUNCTIONAL IMPACT

7A. DOES THE VETERAN'S HEADACHE CONDITION IMPACT HIS OR HER ABILITY TO WORK?

(●) Yes ( ) No

(If "Yes," describe impact of the veteran's headache condition, providing one or more examples):

The veteran's migraine headache condition results in significant functional impairment affecting reliability, productivity, and the ability to maintain substantially gainful employment. During migraine episodes, the veteran experiences severe throbbing head pain, photophobia, phonophobia, nausea, and visual disturbances, requiring cessation of activities and rest in a dark, quiet environment.

Prostrating attacks occur greater than once per month and may last several hours to a full day. During these episodes, the veteran is unable to concentrate, tolerate screen exposure, communicate effectively, or perform tasks requiring attention to detail or decision-making. The veteran reports needing to lie down in a dark room and is unable to safely operate machinery, drive, or perform physical labor.

Even between severe attacks, residual symptoms such as head pressure, light sensitivity, and cognitive fatigue impair sustained focus and productivity. The unpredictability of migraine onset contributes to absenteeism, reduced work pace, and difficulty meeting attendance and performance expectations.

Examples of occupational impairment include:

Missing work or leaving early due to migraine attacks

Inability to use computers or tolerate office lighting during episodes

Reduced concentration and slowed cognitive processing

SECTION VIII - REMARKS

8A. Remarks (if any) – please identify the section to which the remark pertains when appropriate).

This medical opinion is based on a review of available medical records, including service treatment records, VA treatment notes, and documented headache history. No in-person examination was performed. Functional limitations described above are supported by documented symptom patterns and treatment history consistent with a chronic migraine headache disorder.

The frequency and severity of prostrating attacks, along with associated symptoms such as photophobia, nausea, and cognitive impairment, are medically consistent with significant occupational impairment.

SECTION IX - EXAMINER'S CERTIFICATION AND SIGNATURE

CERTIFICATION - To the best of my knowledge, the information contained herein is accurate, complete and current.

PENALTY: The law provides severe penalties which include fine or imprisonment, or both, for the willful submission of any statement or evidence of a material fact, knowing it to be false, or for the fraudulent acceptance of any payment to which you are not entitled.

9A. Examiner's signature:	9B. Examiner's printed name and title (e.g. MD, DO, DDS, DMD, Ph.D, Psy.D, NP, PA-C):
	David Protaziuk, FNP

9C. Examiner's Area of Practice/Specialty (e.g. Cardiology, Orthopedics, Psychology/Psychiatry, General Practice):	9D. Date Signed:
General Practice	02/18/2028

9E. Examiner's phone/fax numbers:	9F. National Provider Identifier (NPI) number:	9G. Medical license number and state:
(555) 987-6543/ 555) 987-6549	[Redacted for sample]	APRN License — Illinois [Redacted for sample]

9H. Examiner's address:

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