ALGORITHM 1. Approach to Headache Evaluation

Child with Headache
- Take detailed headache history
- Perform careful physical exam

Are headaches suspicious for a secondary cause?
- Concerning historical features (Table 1)
- Red flags present (Table 2)
- Abnormal exam

Inclusion Criteria
- Patients age 6-18 years old
- Patients with primary headache (i.e., tension or migraine)

Exclusion Criteria
- Patients younger than 6 years old and over 18 years old
- Patient with secondary headaches

No

What is the pattern?

Episodic (<15 days/month)
Assess for:
- Timing
- Frequency
- Severity
- Disability
Prevention:
- Optimize lifestyle (p. 7)
- Consider daily medication if > 1 headache/week with disability (p. 12)
Assess for:
- Use Headache Action Plan algorithm
- Consult headache specialist if ineffective

Chronic (>15 days/month)
Assess for:
- Medication overuse
- Medical/psychiatric comorbidities
- Disability
Prevention:
- Optimize lifestyle (p. 7)
- Address comorbidities
- Start preventative medication (p. 12)
Assess for:
- Use Headache Action Plan algorithm
- Avoid analgesic overuse
- Strongly consider referral to headache specialist

Yes

See clinical assessment, page 5
**HEADACHE CLINICAL PATHWAY**

**Inclusion Criteria**
- Patients age 6-18 years old
- Patients with primary headache (i.e., tension or migraine)

**Exclusion Criteria**
- Patients younger than 6 years old and over 18 years old
- Patient with secondary headaches
- Hemiplegic migraine
- Migraine with brainstem aura

**ALGORITHM 2. Approach to Headache Evaluation**

Each of the plans listed below is mutually exclusive
- Start with the most conservative plan first (Plan A)
- Use Plan C and D for migraines only
- Adopt a more aggressive plan sequentially if the preceding plan does not provide complete relief of symptoms after two attempts

**Plan A**
- **1st line:** Fluid replacement: 24-32 ounces at onset PLUS ibuprofen PLUS non-pharmacologic strategies (no screens, rest, dark room, warm/cold packs, relaxation exercises, etc.)
- **2nd line:** if symptoms persist after 2 hours, administer diphenhydramine
- **3rd line:** If symptoms persist after 4-6 hours, may give ibuprofen PLUS diphenhydramine every 6-8 hours for up to 72 hours

**Plan B**
- **1st line:** Fluid replacement: 24-32 ounces at onset PLUS naproxen PLUS non-pharmacologic strategies (no screens, rest, dark room, warm/cold packs, relaxation exercises, etc.)
- **2nd line:** if symptoms persist after 2 hours, administer diphenhydramine
- **3rd line:** If symptoms persist after 6 hours, may give naproxen PLUS diphenhydramine every 8-12 hours for up to 72 hours

**Plan C**
- **1st line:** Fluid replacement: 24-32 ounces at onset PLUS triptan PLUS non-pharmacologic strategies (no screens, rest, dark room, warm/cold packs, relaxation exercises, etc.)
- **2nd line:** if symptoms persist after 2 hours, repeat triptan and add ibuprofen or diphenhydramine
- **3rd line:** If symptoms persist after 4-6 hours, may give ibuprofen PLUS antiemetic (e.g. prochlorperazine) PLUS diphenhydramine every 6-8 hours for up to 72 hours

**Plan D**
- **1st line:** Fluid replacement: 24-32 ounces at onset PLUS triptan PLUS naproxen PLUS non-pharmacologic strategies (no screens, rest, dark room, warm/cold packs, relaxation exercises, etc.)
- **2nd line:** if symptoms persist after 2 hours, repeat triptan and add diphenhydramine
- **3rd line:** If symptoms persist after 6 hours, may give naproxen PLUS antiemetic (e.g. prochlorperazine) PLUS diphenhydramine every 8-12 hours for up to 72 hours

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TARGET POPULATION

Inclusion Criteria
- Patients age 6-18 years old
- Patients with primary headache (i.e., tension or migraine)

Exclusion Criteria
- Patients younger than 6 years old and over 18 years old
- Patient with secondary headaches

Scope
This pathway is intended for use in outpatient and primary care settings.

BACKGROUND | DEFINITIONS

• Approximately 58 percent of children and adolescents experience recurrent headaches and 7.8 percent have migraines
• There are different theories about the cause of headaches
• About 60 percent of children have a positive family history, suggesting genetic factors are partly responsible
• Other possible reasons for either migraines or migraine headaches include blood vessel sensitivity, brain and nervous system changes, and serotonin system abnormalities. Medicines used to treat headache disorders often work on these pathways
HEADACHE CLINICAL PATHWAY

DIAGNOSTIC CRITERIA

International Headache Classification of Headache Disorders-III beta2

Migraine:
At least five attacks in a lifetime fulfilling criteria A-C

A. Headache attacks lasting 2 to 72 hours (untreated or unsuccessfully treated)
   • Warnings, called auras, may start before the headache in up to 20 percent of migraine sufferers. These auras can include blurry vision, flashing lights, spots, unilateral numbness or unilateral sensory changes and usually occur 5 to 60 minutes before the onset of the headache.

B. Headache attack has at least two of the following characteristics:
   • Unilateral or bilateral location
   • Pulsating/throbbing quality
   • Moderate or severe pain intensity
   • Aggravation by or causing avoidance of routine physical activity (e.g., walking or climbing stairs)

C. During headache, at least one of the following:
   • Nausea or vomiting
   • Photophobia AND phonophobia (can be inferred from behavior)

D. Not attributed to another disorder

Tension-type headache (TTH):
At least ten attacks fulfilling criteria A-C

A. Headache attacks lasting 30 minutes to 72 hours (untreated or unsuccessfully treated)

B. Headache attack has at least two of the following characteristics:
   • Bilateral location
   • Band / pressure quality
   • Mild to moderate pain intensity
   • Not aggravated by routine physical activity (e.g., walking or climbing stairs)

C. During headache:
   • No nausea or vomiting
   • Can have photophobia or phonophobia, but not both

D. Not attributed to another disorder
HEADACHE CLINICAL PATHWAY

Chronic:
- Both migraines and tension-type headaches can become chronic, meaning they occur at least 15 days per month for greater than 3 months.
- Approximately 1-2 percent of all children and adolescents suffer from chronic headaches. Approximately 2.5 percent of individuals with episodic migraines will transform to chronic migraines every year. Risk factors for migraine “chronification” include obesity, snoring, comorbid pain conditions, head or neck injury and mood disorder.
- The pattern of progression typically escalates over time from low-frequency episodic migraines (< 9 days per month) to high-frequency episodic migraines (9-14 days per month) to chronic migraines (≥15 days per month).
- Chronic headaches can also result from taking acute medication more than 3 times per week to treat headache attacks (e.g., acetaminophen, ibuprofen, caffeine, opioids, butalbital, and combination analgesics). These headaches are called medication overuse headaches. The most effective way to make these headaches better is to stop taking pain medicines altogether for 2 to 3 weeks, but headaches may acutely worsen. After that time, use of pain relievers should be limited to no more than 2 to 3 times per week.

CLINICAL ASSESSMENT

History
- The goal of the history is to help distinguish primary headache disorder (migraine or tension-type) from secondary headache disorder (increased ICP, tumor, etc.).
- Utilize the Headache Intake Questionnaire for families to fill out prior to appointment or by yourself during history taking.
- Assess the impact of the child’s or adolescent’s headaches on their ability to function normally. PedMIDAS is a useful tool to measure baseline disability and to determine if acute and preventative interventions are working.

<table>
<thead>
<tr>
<th>PedMIDAS Score Range</th>
<th>PedMIDAS Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 10</td>
<td>Little to none</td>
</tr>
<tr>
<td>11 to 30</td>
<td>Mild</td>
</tr>
<tr>
<td>31 to 50</td>
<td>Moderate</td>
</tr>
<tr>
<td>Greater than 50</td>
<td>Severe</td>
</tr>
</tbody>
</table>

Physical Examination
- Vital signs, including blood pressure and temperature
- Palpation of the head and neck to assess for sinus tenderness, thyromegaly, muscle tightness or nuchal rigidity
- Head circumference (even in older children)
- Skin assessment for neurocutaneous syndrome, particularly neurofibromatosis and tuberous sclerosis
- Detailed neurological examination with particular attention to fundoscopic examination, eye movements, head tilt, finger-nose-finger testing for dysmetria, and tandem (heal-toe) gait for ataxia.

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**HEADACHE CLINICAL PATHWAY**

**Table 1: ACR Indications for Brain Imaging**

<table>
<thead>
<tr>
<th>Not needed</th>
<th>Consider</th>
<th>Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuroimaging is not routinely recommended in children with recurrent headache &amp; normal exam</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
<td>Neuroimaging is recommended for these listed red flags.</td>
</tr>
<tr>
<td>Significant change from previously stable pattern</td>
<td>Significant change from previously stable pattern</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Signs or symptoms of increased intracranial pressure</td>
<td>Signs or symptoms of increased intracranial pressure</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Awakens child from sleep or causes AM vomiting</td>
<td>Awakens child from sleep or causes AM vomiting</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Precipitated by Valsalva (cough, sneeze, bending or with exertion)</td>
<td>Precipitated by Valsalva (cough, sneeze, bending or with exertion)</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Worsening headache within 3 months of head trauma</td>
<td>Worsening headache within 3 months of head trauma</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Migraine with brainstem aura (dizziness, tinnitus, diplopia, ataxia)</td>
<td>Migraine with brainstem aura (dizziness, tinnitus, diplopia, ataxia)</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Hemiplegic migraine</td>
<td>Hemiplegic migraine</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Compromised immunity</td>
<td>Compromised immunity</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>History of malignancy</td>
<td>History of malignancy</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
<tr>
<td>Vomiting without cause</td>
<td>Vomiting without cause</td>
<td>Neuroimaging is indicated for these listed red flags.</td>
</tr>
</tbody>
</table>

**NOTE:** More than 94 percent of children with brain tumors have objective neurological findings on exam.

**LABORATORY STUDIES | IMAGING**

Diagnostic tests are only indicated if they will change outcome

In general, most children with recurrent headaches require no diagnostic testing for clinical assessment. Utilize red flags to guide diagnostic testing. The more common red flags are listed below in Table 2.

**Table 2: Red Flags for Secondary Headache**

- Young age (<5 y/o)
- New onset or worsening headache
- Postural headache
- Posteriorly located headache
- Focal neurologic deficit
- Altered mental status (AMS)
- Fever
- Nighttime awakening
- Vomiting
- Early morning headache and/or vomiting
- Neurocutaneous stigmata
HEADACHE CLINICAL PATHWAY

NEUROIMAGING

Computed tomography (CT)
Computed tomography (CT) scanning usually not indicated in a child with recurrent headaches and normal exam⁵⁻⁷.
Consider when the following are present:
- Acute “worst headache of life” (WHOL)
- Thunderclap headache
- New focal neurological deficit is currently present on examination with acute headache
- Intractable vomiting
- Papilledema
- Fever

Magnetic Resonance Imaging (MRI)
If one of more red flags (listed in Table 2) are present and there is concern for a tumor or other structural abnormality, then consider obtaining an MRI without contrast⁵⁻⁶.
- A single occurrence of nighttime awakening of headache in a child with recurrent headaches is not alarming, but a child with a majority of headaches occurring only at nighttime would be worrisome.
- Several red flags may be more predictive of underlying neurological etiology, such as younger age, focal neurological deficit, and posteriorly-located headache.

Lumbar Puncture
- Mandatory in febrile patients with nuchal rigidity, signs of increased intracranial pressure or lateralizing features⁵⁻⁶.
- If the patient’s mental status is altered, papilledema is present, or focal findings are evident, cranial imaging is warranted before lumbar puncture⁶.
- Measurement of opening pressure is recommended to aid in diagnosis⁵.

Electroencephalogram (EEG)
- Of limited use in the routine evaluation of headache in children⁵⁻⁶
- May be warranted if headache is fleeting and is associated with alteration of consciousness or abnormal movement, where the differential diagnosis will include complex partial seizure disorders⁶

CLINICAL MANAGEMENT

Behavioral Modification
All children need to be counseled on behavior modification as “headache hygiene”—maintaining healthy habits to prevent headaches. These are found in Caregiver Education but are summarized below⁷:
1. Fluids: Drink enough fluid (at least 6 to 8 glasses of water per day) and avoid caffeine.
2. Sleep: 8 to 10 hours of sleep each night. Go to bed at the same time and awaken at the same time each day to keep a regular sleep schedule.
3. Nutrition: Consume balanced meals at regular hours and do not skip meals. Triggers are different for each individual. Possible food triggers include aged cheese, artificial sweeteners, caffeine, chocolate, citrus fruits, cured meats (packaged lunch meats, sausage, pepperoni), MSG, nuts, onions and salty foods.
4. Exercise/stretching: At least 45 minutes of aerobic activity and 5 to 10 minutes of stretching every day.
5. Stress: Stress is the number one trigger for children. Consider stress management, counseling or relaxation techniques available on web sites such as dawnbuse.com, headachereleifguide.com and anxietybc.com.
6. Electronics use: No more than 2 hours of non-academic computer time per day and none up to 1 hour prior to bed.

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HEADACHE CLINICAL PATHWAY

Abortive/Acute Medical Therapy

See Table 3. Acute Outpatient Medications

The U.S. Headache Consortium identified the following goals for successful treatment of acute migraine:

1. Treat attacks rapidly and consistently, and without recurrence
2. Restore the patient’s ability to function
3. Minimize the use of back-up and rescue medications
4. Optimize self-care and reduce subsequent use of resources
5. Cost–effective for overall management
6. Have minimal or no side effects

General Recommendations

1. Create a treatment plan for home/school acute management
   - Consider including a component of non-pharmacologic options (see below)
   - Consider including fluid replacement as part of first line treatment (if not nauseated or vomiting)
   - Have a first line medication to take at onset and a second line to take 2 hours later for continued headache
     - First line medication should not contain a sedating medication so child can return back to school work
     - Second line therapy may contain a sedating medication and child should rest and avoid activity when possible
2. The key is to treat with an adequate dose at onset of headache
3. If using a Triptan: it is most effective to take it at onset of headache. Consider delivery route. Intranasal route may be more effective than tablets with patients with significant nausea or vomiting, headache severity peaks quickly, or headache is present upon waking.
4. Start with monotherapy and progress to combinations of acute agents if monotherapy is ineffective
5. Abortive treatment should generally be limited to only 2 to 3 times per week. Consider changing the Headache Action Plan if more frequent doses are needed as this may lead to medication overuse headache (i.e. rebound headache)
6. If acute headaches are not relieved by oral medicines and last more than 72 hours, more aggressive therapies (IV medications) may be required to abort this specific attack

USE HEADACHE ACTION PLAN ALGORITHM

Non-pharmacologic options

- Fluid replacement: Sports drink without caffeine (such as Powerade®, Gatorade®, etc.), coconut water, or plain water
- Rest
- Darken room
- No television, cell phone, etc.
- Relaxation techniques
- Warm or cold packs on face, head or neck

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### HEADACHE CLINICAL PATHWAY

**THERAPEUTICS**

**Table 3. Acute Outpatient Medications**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Form</th>
<th>Dosage</th>
<th>Maximum dose</th>
<th>Frequency</th>
<th>Formulations</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NSAIDs</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ibuprofen (Motrin®/Advil®)</td>
<td>PO</td>
<td>10 mg/kg/dose</td>
<td>400-800 mg. Maximum daily dose 1200 mg / 24 hours</td>
<td>Q 6-8 hours</td>
<td>Chew: 100 mg Tab: 200 mg Syrup: 100 mg/5 ml</td>
<td>GI bleeding, GI Ulcers, decreased platelet function</td>
</tr>
<tr>
<td>Naproxen (Aleve®/Naprosyn®)</td>
<td>PO</td>
<td>5-7 mg/kg/dose</td>
<td>250-500 mg. Maximum daily dose 1000 mg / 24 hours</td>
<td>Q 8-12 hours</td>
<td>Susp: 125 mg/ml Tab: 220, 250, 375, 500 mg</td>
<td></td>
</tr>
<tr>
<td>Acetaminophen (Tylenol®) (oral)</td>
<td>PO</td>
<td>10-15 mg/kg/dose</td>
<td>650-1000 mg. Do not exceed 5 doses in 24 hours; maximum daily dose (oral or rectal): 75 mg/kg/day not to exceed 4000 mg / 24 hours</td>
<td>Q 4-6 hours</td>
<td>Susp: 160 mg/5 ml Tab: 80, 325, 500 mg</td>
<td>Hepatic toxicity</td>
</tr>
<tr>
<td>Acetaminophen (Tylenol®) (rectal)</td>
<td>PR</td>
<td>10-20 mg/kg/dose</td>
<td>650 mg. Do not exceed 5 doses in 24 hours; maximum daily dose (oral or rectal): 75 mg/kg/day not to exceed 4000 mg / 24 hours</td>
<td>Q 4-6 hours</td>
<td>Rectal: 60, 120, 325, 650 mg</td>
<td></td>
</tr>
<tr>
<td><strong>Antiemetics</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ondansetron (Zofran)</td>
<td>PO</td>
<td>0.1 mg/kg/dose</td>
<td>8 mg</td>
<td>Q 6-8 hours</td>
<td>Syrup: 4mg/5mL Tab: 4, 8 mg ODT: 4, 8 mg</td>
<td>Blurred vision, dizziness, drowsiness, anxiety or agitation, tachycardia</td>
</tr>
<tr>
<td>Prochlorperazine (Compazine®) (oral)</td>
<td>PO</td>
<td>0.1 mg/kg/dose</td>
<td>10 mg</td>
<td>Q 6-8 hours</td>
<td>Syrup: 5mg/mL Tab: 5,10,25 mg</td>
<td></td>
</tr>
<tr>
<td>Prochlorperazine (Compazine®) (rectal)</td>
<td>PR</td>
<td>0.1 mg/kg/dose</td>
<td>10 mg</td>
<td>Q 6-8 hours</td>
<td>Rectal: 2.5, 5,10 mg</td>
<td>Blurred vision, akathisia, dystonic reaction</td>
</tr>
<tr>
<td>Promethazine (Phenergan®) (oral)</td>
<td>PO</td>
<td>0.25 to 1 mg/kg/dose</td>
<td>25 mg</td>
<td>Q 4-6 hours</td>
<td>Syrup: 6.25mg/5 mL, 25 mg/5 mL Tab scored: 12.5, 25, 50 mg</td>
<td></td>
</tr>
<tr>
<td>Promethazine (Phenergan®) (rectal)</td>
<td>PR</td>
<td>0.25 to 1 mg/kg/dose</td>
<td>25 mg</td>
<td>Q 4-6 hours</td>
<td>Rectal: 12.5, 25, 50 mg</td>
<td></td>
</tr>
<tr>
<td><strong>Antihistamines</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphenhydramine (Benadryl®)</td>
<td>PO</td>
<td>0.5 mg/kg/dose</td>
<td>50 mg</td>
<td>Q 6 hours</td>
<td>Syrup: 12.5mg/5 mL Tab: 25, 50 mg</td>
<td>Nausea, blurred vision, xerostoma</td>
</tr>
</tbody>
</table>

*Be sure to administer diphenhydramine with dopamine-blocking anti-emetics to minimize risk of akathisia and dystonic reactions*

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### HEADACHE CLINICAL PATHWAY

#### THERAPEUTICS

**Table 3. Acute Outpatient Medications (continued)**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Form</th>
<th>Dosage</th>
<th>Maximum dose</th>
<th>Frequency</th>
<th>Formulations</th>
<th>Cost*</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almotriptan</td>
<td>PO</td>
<td>6.25 or 12.5 mg</td>
<td>25 mg/24 hours</td>
<td>May repeat once after 2 hours</td>
<td>Tab: 6.25, 12.5mg</td>
<td>Generic $$-$$$</td>
<td>Nausea, somnolence, dizziness</td>
</tr>
<tr>
<td>Eletriptan</td>
<td>PO</td>
<td>≥ 50 kg: 20 or 40 mg</td>
<td>80 mg/24 hours</td>
<td>May repeat once after 2 hours</td>
<td>Tab: 20, 40 mg</td>
<td>Generic N/A</td>
<td>Nausea, weakness, dizziness, paresthesia</td>
</tr>
<tr>
<td>Frovatriptan</td>
<td>PO</td>
<td>2.5 mg</td>
<td>5 mg/24 hours</td>
<td>May repeat once after 2-4 hours</td>
<td>Tab: 2.5 mg</td>
<td>Generic $$$</td>
<td>Flushing, dizziness, fatigue, paresthesia</td>
</tr>
<tr>
<td>Naratriptan</td>
<td>PR</td>
<td>1 or 2.5 mg</td>
<td>5 mg/24 hours</td>
<td>May repeat once after 4 hours</td>
<td>Tab: 1, 2.5 mg</td>
<td>Generic $</td>
<td>Nausea, dizziness, weakness, flushing</td>
</tr>
<tr>
<td>Rizatriptan†</td>
<td>PO</td>
<td>&lt; 40 kg: 5 mg ≥ 40 kg: 10 mg</td>
<td>May repeat once after 2 hours</td>
<td></td>
<td>ODT: 5, 10 mg Tab: 5, 10 mg</td>
<td>Generic $</td>
<td>Nausea, dizziness, pain (CNS)</td>
</tr>
<tr>
<td>Sumatriptan</td>
<td>PO</td>
<td>25, 50 or 100 mg</td>
<td>100 mg/24 hours PO</td>
<td>May repeat once after 2 hours</td>
<td>Tab: 25, 50, 100 mg</td>
<td>Generic $</td>
<td>Nausea, dizziness, weakness, flushing</td>
</tr>
<tr>
<td></td>
<td>IN</td>
<td>5, 10 or 20 mg</td>
<td>40 mg/24 hours intranasal</td>
<td>May repeat once after 2 hours</td>
<td>Intrasal: 5, 20mg</td>
<td>Generic $$$</td>
<td>Nausea, dizziness, weakness, flushing</td>
</tr>
<tr>
<td></td>
<td>SC</td>
<td>0.061 mg/kg (max: 6 mg)</td>
<td>12 mg/24 hours SC</td>
<td>May repeat once after 2 hours</td>
<td>SC: 4 mg/0.5 ml, 6 mg/0.5 ml</td>
<td>Generic $$</td>
<td>Nausea, dizziness, weakness, paresthesia</td>
</tr>
<tr>
<td>Sumatriptan/Naproxen</td>
<td>PO</td>
<td>10 mg sumatriptan/60 mg naproxen</td>
<td>85 mg sumatriptan/500 mg naproxen</td>
<td>1 dose every 24 hours</td>
<td>Tab: 85 mg sumatriptan / 500 mg naproxen, 10 mg sumatriptan / 60 mg naproxen</td>
<td>Generic N/A</td>
<td>Nausea, dizziness, chest pain and tightness, weakness, paresthesia, xerostoma</td>
</tr>
<tr>
<td></td>
<td>IN</td>
<td>2.5 or 5 mg</td>
<td>10 mg/24 hours</td>
<td>May repeat once after 2 hours</td>
<td>Tab: 2.5, 5 mg ODT: 2.5, 5 mg Intranasal: 2.5, 5 mg</td>
<td>Generic $</td>
<td>Nausea, dizziness, chest pain and tightness, weakness, paresthesia</td>
</tr>
<tr>
<td>Zolmitriptan</td>
<td>PO</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>IN</td>
<td>2.5 or 5 mg</td>
<td>10 mg/24 hours</td>
<td>May repeat once after 2 hours</td>
<td>Tab: 2.5, 5 mg ODT: 2.5, 5 mg Intranasal: 2.5, 5 mg</td>
<td>Generic $</td>
<td>Nausea, dizziness, chest pain and tightness, weakness, paresthesia</td>
</tr>
</tbody>
</table>

*Note: Do not administer dihydroergotamine (nasal DHE or IV DHE) within 24 hours of the last dose of a triptan. Triptans: Triptans should not be used more than two times per week with a maximum of six times per month to avoid overuse. FDA approved: Rizatriptan† ≥ 6 years old, almotriptan ≥ 12 years old, zolmitriptan ≥ 12 years old, and sumatriptan/naproxen ≥ 12 years old. Although other triptans are commonly prescribed and may be effective, they are not FDA approved and their safety has not been established in pediatric patients. A consultation with a neurologist is recommended prior to prescribing these medications. *Children (< 17 years old) on propranolol: Do not use rizatriptan if < 40 kg; limit single and daily dose to 5 mg if ≥ 40 kg.

| Legend: $=10-50, $$=50-99, $$$=100-500, $$$$=>$500. Data obtained from www.goodrx.com was accurate as of 7/7/2017. Cost based on price per standard package (usually 6-12 doses). Lower dose tablets are usually cheaper than higher dose tablets. Families should compare prices before having Rx filled as prices can vary widely depending upon the pharmacy used. Drug companies may supply coupons for some of the products listed. |

Disclaimer: Pathways are intended as a guide for practitioners and do not indicate an exclusive course of treatment, nor serve as a standard of medical care. This pathways is adapted from Children’s Hospital Colorado.
HEADACHE CLINICAL PATHWAY

Preventative Strategies
See Table 4. Preventative Medications to Consider for Migraine Headaches

General Recommendations

1. Preventative medications may be started by a provider who can see the child back within 6-8 weeks (usually the PCP or a neurologist).
2. Don’t forget that changing life-style behaviors and stress management are the safest preventatives!
3. Consider starting daily preventative medications if child has more than one migraine a week with associated disability, or if headaches cannot be adequately treated at home (PedMIDAS score > 10, missing school, missing sports or social activities, etc.).
   - The goal of preventative treatment is to decrease headache frequency to < 4 per month, with decreased disability for a sustained period of time (typically 4-6 months).
4. When choosing a preventative:
   - Consider child’s age, weight, and comorbidities when starting preventative
   - Consider taking advantage of side-effect profile of medication (e.g. consider topiramate for an obese child because it causes appetite suppression and weight loss)
   - For younger children (< 8 years of age) – consider cyproheptadine or topiramate or amitriptyline
   - For older children (> 8 years of age) – consider amitriptyline or topiramate
   - If overweight or obese – consider topiramate
   - If allergies – consider cyproheptadine
   - If sleeping difficulties – consider amitriptyline
5. Titration tips
   - Refer to Table 4. Preventative medications to consider for titration guidelines
   - Start low and go slow – you want to optimize effectiveness and decrease possible side effects experienced
   - During titration, one does not have to achieve “maintenance” dose if patient has improvement/resolution of headache at lower doses
   - Improvement is typically observed after several weeks rather than days of starting treatment
   - Medications should not be abandoned before 6-8 weeks unless they are causing side effects.
   - For most patients, the goal of preventative medicine is to reduce headache frequency to fewer than 4 headaches per month that respond to acute treatment within 1-2 hours and result in little to no disability (PedMIDAS score ≤ 10).
6. Discontinuation tips
   - Preventative meds should be continued at their target dose for approximately 4-6 months before discontinuing.
   - Tapering off meds over summer break is often the most practical endpoint
   - Preventative meds should be weaned slowly (similarly to how they were titrated up), unless side-effects are considered adverse or patient on lowest dose
# HEADACHE CLINICAL PATHWAY

## Table 4. Preventative Medications to Consider for Migraine Headaches

<table>
<thead>
<tr>
<th>Medication</th>
<th>Titration</th>
<th>Pediatric/adolescent Dosing</th>
<th>Formulations</th>
<th>Cost*</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyproheptadine</td>
<td>Starting Dose</td>
<td>0.2 mg/kg (2-4 mg qhs)</td>
<td>Solution: 2 mg/5mL Tablets: 4 mg</td>
<td>Generic $</td>
<td>Sedation, weight gain</td>
</tr>
<tr>
<td></td>
<td>Increase by</td>
<td>2-4 mg q week</td>
<td></td>
<td>Brand N/A</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintenance dose</td>
<td>0.2-0.4 mg/kg (4-8 mg qhs)</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum dose</td>
<td>&lt; 7 y/o: 12 mg/day ≥ 7 y/o: 16 mg/day</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintenance dose</td>
<td>1 mg/kg (10.75 mg qhs)</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td>Topiramate</td>
<td>Starting Dose</td>
<td>0.5-1 mg/kg (12.5-25 mg qhs)</td>
<td>Sprinkles: 15 mg, 25 mg Tablets: 25 mg, 50 mg, 100 mg, 200 mg</td>
<td>Generic $</td>
<td>Weight loss, kidney stones, word finding difficulties, paresthesias, glaucoma</td>
</tr>
<tr>
<td></td>
<td>Increase by</td>
<td>0.5-1 mg/kg (12.5-25 mg qhs)</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintenance dose</td>
<td>2-3 mg/kg (50-150 mg qhs)</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum dose</td>
<td>4 mg/kg/day up to 200 mg/day</td>
<td>Tablets: 10 mg, 25 mg, 50 mg, 75 mg, 100 mg, 150 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td>Valproic Acid</td>
<td>Starting Dose</td>
<td>250 mg/day</td>
<td>Solution: 250 mg/5mL Tablets: 250 mg, 500 mg Sprinkles 125 mg</td>
<td>Generic $</td>
<td>Dizziness, drowsiness, alopecia, weight gain, pancreatitis, thrombocytopenia, lymphopenia, hyperammonemia</td>
</tr>
<tr>
<td></td>
<td>Increase by</td>
<td>250 mg q week</td>
<td>Tablets: 250 mg, 500 mg Sprinkles 125 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintenance dose</td>
<td>15-20 mg/kg</td>
<td>Tablets: 250 mg, 500 mg Sprinkles 125 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum dose</td>
<td>45 mg/kg/day</td>
<td>Tablets: 250 mg, 500 mg Sprinkles 125 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td>Propranolol***</td>
<td>Starting Dose</td>
<td>10 mg TID</td>
<td>Solution: 4 mg/mL, 8 mg/mL Tablets: 10 mg, 20 mg, 40 mg, 60 mg, 80 mg</td>
<td>Generic $</td>
<td>Hypotension, vivid dreams, depression</td>
</tr>
<tr>
<td></td>
<td>Increase by</td>
<td>10 mg q 3 weeks</td>
<td>Tablets: 10 mg, 20 mg, 40 mg, 60 mg, 80 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maintenance dose</td>
<td>1.4 mg/kg (20 to 40 mg TID)</td>
<td>Tablets: 10 mg, 20 mg, 40 mg, 60 mg, 80 mg</td>
<td>Generic $</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maximum dose</td>
<td>4 mg/kg/day up to 40 mg TID</td>
<td>Tablets: 10 mg, 20 mg, 40 mg, 60 mg, 80 mg</td>
<td>Generic $</td>
<td></td>
</tr>
</tbody>
</table>

* Legend: $=$10-50, $$=$50-99, $$$=100-500, $$$$=>$500. Data obtained from www.goodrx.com was accurate as of 7/7/2017. Cost based on price per standard package (usually 30-60 tablets). Lower dose tablets are usually cheaper than higher dose tablets. Families should compare prices before having Rx filled as prices can vary widely depending upon pharmacy used. Drug companies may supply coupons for some products listed.

**See Appendix A. Frequently Asked Questions, for more information on EKGs in children.

*** Propranolol and verapamil: start on regular formulation for titration, and for maintenance can switch to appropriate ER formulation (i.e. 80 mg TID = 240 mg ER q day)
HEADACHE CLINICAL PATHWAY

PROVIDER TOOLS

Frequently Asked Questions

Headache Intake Questionnaire
This tool can be given to patients for them to complete while in the waiting or exam rooms. Providers then can use this information during their visit. Also available to be assigned in EPIC.

PedsMIDAS
This tool can be given to patients for them to complete while in the waiting or exam rooms. Providers then can use this information during their visit. Also available to be assigned in EPIC.

Headache Diary
The headache diary is for patients to fill out to keep track of their headaches, any patterns, and frequency of headaches. The diary can be given to patients to take home to complete between clinic visits.

PARENT | CAREGIVER EDUCATION

1. Instruct patients and/or parent/caregiver about measures to help prevent headaches such as:
   • Fluids
   • Sleep
   • Nutrition
   • Exercise/stretching
   • Electronics overuse
2. Instruct parent/caregiver and patient about keeping a headache diary
3. Instruct parent/caregiver and patient about medications, including optimal scheduling of rescue and preventative medications (if applicable), use of OTC medications, etc.
4. Manage expectations of the parent/caregiver and patient, including informing them that changes are often seen after a period of time such as weeks or months, rather than days
HEADACHE CLINICAL PATHWAY

FOLLOW-UP

When to see your patient back in your clinic:
- New onset headaches: follow-up in 2 to 4 weeks
- Children with high frequency headaches (>8 headaches per month) and new changes to treatment plan: follow-up in 4 to 6 weeks
- Children with low frequency headaches (<8 headaches per month) and new changes to treatment plan: follow-up in 8 to 12 weeks
- Children with no changes and stable: follow-up in 10 to 12 weeks, up to 1 year

When to refer to neurology:
- Abnormal neurological exam (consider calling neurology for advice on urgency of referral and obtaining MRI without contrast)
- Concern for secondary headache
- Worsening headaches
- Not responding to preventative medications

When to refer to behavioral health/mental health:
- Have low threshold as depression and anxiety are comorbid with headaches
- Anyone with frequent absences from school (emphasize need for formal stress coping/pain coping)
APPENDIX A: FREQUENTLY ASKED QUESTIONS (FAQS) FOR PROVIDERS

Are aspirin or aspirin containing substances okay to give children for their headache?
Aspirin and aspirin containing drugs such as Excedrin are relatively safe in adolescents. There are less than 40 cases of Reyes reported per year, with 40% of cases in children less than 5 years old and over 90% of cases in children less than 15 years old. We recommend cautioning the adolescent to avoid aspirin during a varicella-or flu-like illness or with high fever. All adolescents taking aspirin should have varicella and influenza vaccinations.

What is abdominal migraine? How do you treat it?
An abdominal migraine is an idiopathic disorder seen mainly in children as recurrent attacks of moderate to severe midline abdominal pain associated with vasomotor symptoms, nausea and vomiting, lasting 2 to 72 hours and with normality between episodes. A mild headache may occur during these episodes². Diagnostic criteria include at least five attacks within 28 days fulfilling criteria A-C:
  
  A. Pain has at least two of the following three characteristics:
     • Midline location, periumbilical, or poorly localized
     • Dull or “just sore” quality
     • Moderate or severe intensity.
  
  B. During attacks, at least two of the following:
     • Anorexia
     • Nausea
     • Vomiting
     • Pallor
  
  C. Attacks last 2 to 72 hours when untreated or unsuccessfully treated
  
  D. Complete freedom from symptoms between attacks
  
  E. Not attributed to another disorder

A gastrointestinal disorder must be ruled out. Consider referral to gastroenterology (GI). Abdominal migraine can be treated with cyproheptadine or amitriptyline.

What is a complicated or complex migraine?
I have a patient with this type of headache, is there something I should do differently?
Complicated or complex migraines were previously used terms to describe headaches that are associated with more than one aura type. Migraine with unilateral motor weakness or stumbling gait/ataxia are defined by the ICHD-III as “hemiplegic migraines” and “migraine with brainstem aura”, respectively. These individuals should have one MRI with MRA of the brain and MRA of the neck to evaluate for structural or vascular abnormality including dissection. They also should not be prescribed triptans or ergotamines. Strongly consider a one-time evaluation by neurology to rule out other etiologies.

Should I avoid OCPs in my patient with migraines with aura?
Adolescent women should be counseled on risks of estrogen containing OCPs and smoking and whenever possible placed on low or no estrogen containing contraceptive options. Smoking increases stroke risk further. Consider referral to Adolescent Medicine if additional guidance is needed.
HEADACHE CLINICAL PATHWAY

What are the contraindications for a triptan and how young can you give triptans?
Contraindications include:
• Hemiplegic migraines and basilar migraines
• Uncontrolled hypertension
• Ischemic heart disease
• Prinz-Metal angina
• Cardiac arrhythmias
• Multiple risk factors for atherosclerotic vascular disease
• Primary vasculopathies

Rizatriptan (Maxalt®) is approved for children 6 years of age and older. Almotriptan (Axert®) Sumatriptan/naproxen sodium (Treximet) and zolmitriptan (Zomig®) are approved for use in children 12 years of age and older. Sumatriptan (Imitrex®) have supportive efficacy and safety data in adolescents.

When should I get an EKG?
There are no current guidelines or evidence in children and adolescents for surveillance of QT prolongation or AV block in individuals on amitriptyline or verapamil respectively. In adults there are significantly increased QT intervals on dose >30 mg daily.

Should my patient get allergy testing?
There is no evidence for allergy testing in children with headache.

What is the evidence for nutraceuticals/vitamins and minerals? (Quality of evidence: D)
In children, the use of vitamins and minerals for prevention and treatment of headache is not well studied5. Coenzyme Q10, magnesium, and riboflavin are likely to be relatively safe; however, their efficacy is not well established. These supplements are most likely to be efficacious in menstrual migraine. Butterbur is from a toxic plant with teratogenic, carcinogenic, and hepatotoxic properties and should not be used. Feverfew in adults is safe; however, efficacy in children is unclear.

Should I get their vision tested or send them to ophthalmology for dilated eye exam?
Basic vision testing in your office should screen for common refractive errors; however, correction of these refractory errors does not significantly reduce the number of migraines or tension headaches. If patient has red flags for increased ICP or fundi are not well visualized, patient should be referred for a dilated eye exam.

Should I see a chiropractor?
Chiropractic care can be helpful in headache management. It is important to avoid any neck manipulation.
APPENDIX B: HEADACHE INTAKE QUESTIONNAIRE
To be administered by provider

1. When did your headaches start? (choose one)
   - □ Less than 1 month ago
   - □ 1-5 months ago
   - □ 6-12 months ago
   - □ More than 1 month ago

2. How many days per month do you have a headache? # ________________ headache days per month

3. Where are your headaches usually located?
   - □ Forehead
   - □ Temples/Side
   - □ Top
   - □ Back
   - □ Behind eyes
   - □ On one side
   - □ All over

4. In general, are your headaches (choose one): □ Worsening □ Staying the same □ Improving

5. Your headaches mostly or usually feel like:
   - □ Pounding/Throbbing/Pulsating
   - □ Squeezing
   - □ Stabbing
   - □ Pressure
   - □ Dull

6. On a scale of 0-10, on average, how severe are your headaches: ________________

7. On average, how long do your headaches last in HOURS? __________ hours

8. Your headaches are worse in the □ morning □ afternoon □ evening □ during the night

9. Do you have any of the following symptoms prior to your headache?
   - □ Vision changes
   - □ Numbness
   - □ Weakness in ONE body part
   - □ Other: ________________

10. During the headache, do you have any of the following symptoms?
    - □ Nausea
    - □ Bright lights bother me
    - □ Physical activity bothers me
    - □ Vomiting
    - □ Loud noises bother me
    - □ Weakness in ONE body part

11. Did your headache start after a head injury? □ Yes □ No

12. Did your headache start after any type of infection? □ Yes □ No

13. Are your headaches worse when you are lying down? □ Yes □ No

14. Do your headaches wake you up in the middle of the night? □ Yes □ No
    - if yes, how often? ______________________________________

15. The following things trigger my headaches:
    - □ Stress
    - □ Lack of sleep
    - □ Physical exercise
    - □ Dehydration
    - □ Skipping meals
    - □ Other: ________________
APPENDIX B: HEADACHE INTAKE QUESTIONNAIRE CONTINUED

To be administered by provider

16. When you get a headache, what medication do you take to help stop it?

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Does it help?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Does it help?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Does it help?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
</tbody>
</table>

17. How many days a month do you take a medication to stop a headache after it has started? ____________ days

18. How many days in the last month did you miss school because of headaches? ____________ days

19. How many days in the last month did you miss activities/sports because of headaches? ____________ days

APPENDIX C: PEDIATRIC MIGRAINE DISABILITY SCALE (PEDMIDAS)

The following questions try to assess how much the headaches are affecting day-to-day activity. Your answers should be based on the last three months. There are no “right” or “wrong” answers so please put down your best guess.

1. How many full schools days of school were missed in the last 3 months due to headaches? ____________

2. How many partial days of school were missed in the last 3 months due to headaches (do not include full days counted in the first question)? ____________

3. How many days in the last 3 months did you function at less than half your ability in school because of a headache (do not include days counted in the first two questions)? ____________

4. How many days were you not able to do things at home (i.e., chores, homework, etc.) due to a headache? ____________

5. How many days did you not participate in other activities due to headaches (i.e., play, go out, sports, etc.)? ____________

6. How many days did you participate in these activities, but functioned at less than half your ability (do not include days counted in the 5th question)? ____________

Total PedMIDAS Score: ____________
## HEADACHE CLINICAL PATHWAY

### APPENDIX D: HEADACHE DIARY

Mark if you had a headache, how long it lasted, and how bad it was on a scale of 0-10
Mark what treatments you tried (including sleep, relaxation, medications, etc.)

<table>
<thead>
<tr>
<th>DATE</th>
<th>Did you have headache?</th>
<th>How long?</th>
<th>How bad?</th>
<th>Treatment(s) tried?</th>
<th>Was it Helpful?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes / No</td>
<td>Hours</td>
<td>/10</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Pain Scale**

- **1**  NO PAIN
- **2**  DISCOMFORTING
- **3**  DISTRESSING
- **4**  INTENSE
- **5**  HORRIBLE
- **6**  UNSPEAKABLE

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APPENDIX E: HEADACHES IN CHILDREN FAMILY TEACHING

Headaches in Children

Headaches are a common problem in children. Approximately 11% of children and 28% of adolescents experience recurrent headaches.

What causes headaches?

There are different theories about the cause of headaches. Often several family members are affected, suggesting genetic factors are partly responsible. Other possible reasons for migraine include: blood vessel sensitivity, brain and nervous system changes, and serotonin system abnormalities. Medicines used to treat headache disorders often work on these pathways.

Headache Types

Migraine Headaches

Migraine headaches are recurrent headaches that occur at intervals of days, weeks, or months. Migraines generally have some of the following symptoms and characteristics:

- They can last for 2 to 72 hours if not treated with rest, sleep, or medications
- They are often located on one or both sides of the head near the temples or eyes
- Children complain of a throbbing, pounding, or pulsating pain
- They are worse with normal daily activities or exertion such as climbing stairs, running, riding a bicycle
- Nausea, vomiting, stomach pain, difficulties with bright lights or loud sounds, or sensitivity to smells commonly occur with the migraines
- Warnings, called auras, may start before the headache. These auras can include blurry vision, flashing lights, colored spots, strange tastes, or weird sensations and usually occur 5 to 60 minutes before the onset of the headache.

Tension-Type Headaches

Tension-type headaches are recurrent headaches that generally have some of the following symptoms and characteristics:

- They can last from 30 minutes to several days
- They feel like a band tightening around the head
- Sometime muscle tightness is noticed
- Children may be sensitive to bright light or loud sounds

Chronic Headaches

- Both migraines and tension-type headaches can become chronic, meaning that they occur at least 15 days per month for greater than 3 months
- Chronic headaches can result from taking some types of medication—for example, acetaminophen (Tylenol), ibuprofen (Motrin), caffeine, and some prescription medications—almost every day. These are called medication overuse headaches. The most effective way to make these headaches better is to stop taking pain medicines altogether for 2 to 3 weeks. After that time, use of pain-relievers is limited to no more that 2 to 3 times per week.
HEADACHE CLINICAL PATHWAY

HEADACHE TREATMENT

What do I do if my child gets a headache?

• Follow your health care provider’s instructions in using the medication and treatment plan
• Have your child take their abortive (“as needed”) medication as soon as they feel pain
• If you are needing abortive medications more than 2 to 3 doses per week, contact your health care provider. Taking abortive medications every day can actually cause an increase in your child’s headaches.
• Develop a headache treatment plan with your health care provider so your child can take abortive medication at school as recommended
• Drinking more fluids (especially sports drinks) during a headache may be helpful in alleviating the headache quicker

What can I do to prevent my child’s headaches?

The most important things to help decrease the frequency and severity of your child’s headaches include:

• FLUIDS: Make sure your child drinks enough fluids. Children and adolescents need 4 to 8 glasses (32-64 oz) of fluids per day. Caffeine should be avoided. Sports drinks without caffeine may also help during a headache as well as during exercise by keeping sugar and sodium levels normal.
• SLEEP: Make sure your child gets plenty of regular sleep at night (but does not oversleep). Fatigue and over-exertion are two factors that can trigger headaches. Most children and adolescents need to obtain 8 to 10 hours of sleep each night and keep a regular sleep schedule to help prevent headaches.
• NUTRITION: Be sure that your child eats balanced meals at regular hours. Do not allow child to skip meals. Try to avoid foods that seem to trigger headaches. Remember that every child is different, so your child’s triggers may be different from another child. Possible food triggers include aged cheese, artificial sweeteners, caffeine, chocolate, citrus fruits, cured meats (packaged lunchmeats, sausage, pepperoni), MSG, nuts, onions, and salty foods.
• EXERCISE/STRETCHING: Make sure your child gets at least 45 minutes of aerobic activity that increases their heart rate and 5 to 10 minutes of stretching every day. This does not include things such as weight-lifting.
• STRESS: Plan and schedule your child’s activities sensibly. Try to avoid overcrowded schedules or stressful and potentially upsetting situations. Consider stress management counseling or relaxation techniques if stress seems to be contributing to your child’s headaches.
• ELECTRONIC OVERUSE: Try not to exceed 2 hours per day of TV, movies, videogames, or computer use. Turn off all electronic devices at least 1 hour before bedtime to allow time to unwind.

Worrisome symptoms that should be brought to your doctor’s attention include:

• Headaches that awaken your child from sleep
• Early morning vomiting without upset stomach
• Worsening or more frequent headaches
• Personality changes
• Complaints that “this is the worst headache I’ve ever had!”
• The headache is different than previous headaches
• Headaches with fever or a stiff neck or headaches following an injury

Diaries

Keep a diary of your child’s headaches. Write down everything that might relate to your child’s headache (food, activities, or stressors), how long it lasted, and the pain rating on a 0-10 scale. There are daily, weekly, and monthly headache diaries available on the American Headache Society website: www.achenet.org.
HEADACHE CLINICAL PATHWAY

Websites for more information on headaches
achenet.org       dawnbuse.com
migraines.org     headachereliefguide.com
discoveryhealth.com       anxietybc.com

REFERENCES