

PRIMARY HEADACHE DISORDER

(C) BCH Emergency Department

This algorithm focuses on migraine and tension-type headaches

1. PRIMARY HEADACHE DISORDER:

- In Primary HA disorders there is no concern for a secondary or underlying cause (e.g. prev neurosurgery, acute head trauma etc)

2. CAUTIONARY FEATURES (NOT exclusionary):

- Age: < 6 years old
- < 6 month headache history
- Atypical presentation of a primary HA
- Progressive severity in the ED
- Position related headache
- Change in headache type
- Presence of fever
- Thunderclap onset
- Immunosuppression
- Abnormal neuro examination

THERAPEUTICS

AROMATHERAPY:

- Inhaled isopropyl alcohol (alcohol swab). Deep inhalations with pad held 2 cm from nares for up to 1 min then rest 4 min. Can repeat every 5 - 10 min with up to 5 pads.

ENTERAL MEDICATIONS:

- Ibuprofen: 10 mg/kg (max 400 mg/dose)
- Naproxen: 10 mg/kg (max 660 mg/dose)
- Ondansetron: 0.15 mg/kg (max 8mg/dose)

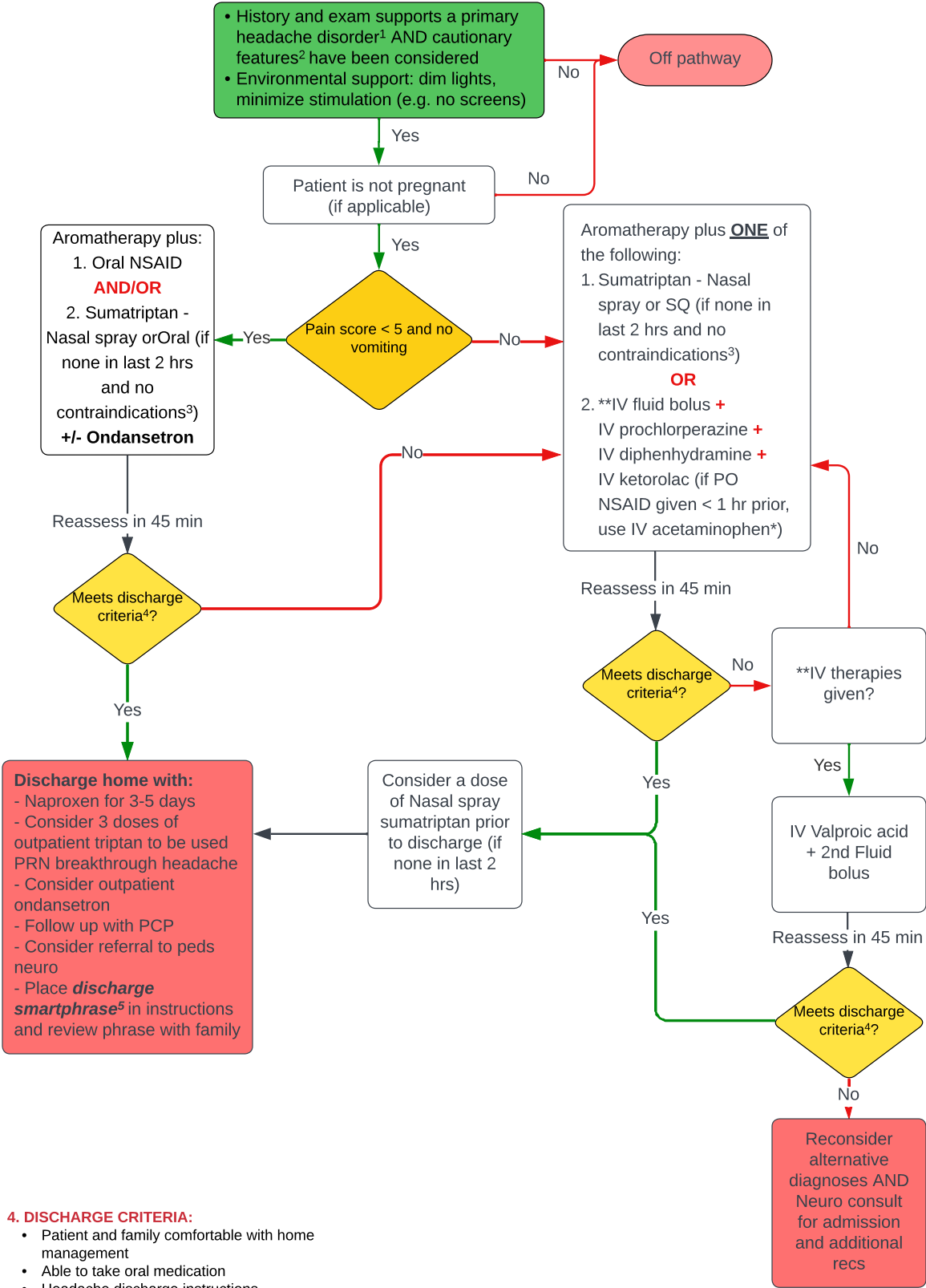
SUMATRIPTAN:

- Oral:
 - < 40 kg: 25 mg
 - >= 40 kg: 50-100 mg
- Nasal spray:
 - 20-40 kg: 10 mg
 - >40 kg: 20 mg
- Subcutaneous (SQ):
 - <40 kg: 3 mg
 - >= 40 kg: 6 mg

PARENTERAL MEDICATIONS:

- Ketorolac: 0.5 mg/kg (max 30 mg/dose)
 - *Can be used >= 1 hr after PO NSAID if no hx of renal insufficiency
- Acetaminophen: 15 mg/kg (max 1 g/dose)
- Diphenhydramine: 1 mg/kg (max 50mg/dose)
- Prochlorperazine: 0.15 mg/kg (max 10mg/dose)
- Valproic acid: 20 mg/kg over 30 min (max 1g)
- Metoclopramide: 0.1-0.25 mg/kg (max 10 mg/dose)
- Chlorpromazine: 0.5 mg/kg (max 25 mg/dose)

3. TRIPTAN CONTRAINDICATIONS:
- Uncontrolled hypertension
 - H/o stroke, myocardial infarction or peripheral vascular disease
 - Hemiplegic and basilar migraine
 - H/o Wolff Parkinson White syndrome



4. DISCHARGE CRITERIA:
- Patient and family comfortable with home management
 - Able to take oral medication
 - Headache discharge instructions discussed with patient/family
 - Patient able to secure medications for home management
- DISCHARGE MEDICATIONS:
- Naproxen: 10 mg/kg/dose BID (max 500 mg BID) x 3-5 days
 - Sumatriptan, oral: 25 mg if <40 kg; 50-100 mg if >= 40 kg q2 hrs x 3 PRN breakthrough headache
 - Rizatriptan melt for kids < 12 yrs: 5mg if <40 kg; 10mg if >=40kg
 - Ondansetron: 2mg if < 15 kg, 4 mg if >= 15 kg

5. DISCHARGE SMARTPHRASE:
- Use a Headache Diary (Headache diary forms available online at <https://www.ucsfbenioffchildrens.org/clinics/headache-program>)
 - SMART Habits: Healthy behaviors and stress reduction strategies to reduce pain and prevent recurrence of headache are very important.
 - Sleep: At least 8 hours for teens (>9 hrs for kids 6-12 yrs), go to sleep and awaken around the same time
 - Meals: At least 3, don't skip any, drink plenty of fluids (>8 cups of water daily for kids >9 yrs, more for high exertion or athletes), consider avoiding caffeine-containing substances.
 - Activity: Exercise is really effective for treating and preventing HA
 - Relaxation: Music, massage, compresses, breathing, yoga, meditation
 - Triggers: Recognize and avoid them; the HA Diary can help with this