Management of Migraine

- Enforce or reinforce Headache Hygiene
- Abortive therapy at onset of headache:
  - <10yo:
    - Ibuprofen 10mg/kg (max 800) with or without metoclopramide 5mg or Zofran 4mg
    - Acetaminophen
    - Maxalt (ages 6 and up) 5mg x T (Maxalt MTL 5mg is an orally disintegrating tab)
  - ≥10yo:
    - Ibuprofen 10mg/kg (max 800) with or without metoclopramide 10mg or Zofran 8mg
    - Acetaminophen
    - Imitrex 25mg tablet, or 5-20mg nasal spray
    - Excedrin Tension
    - Naproxen sodium

- Headache diary
- F/u 4 wks

More frequent than 4x/month?

Improved?

Continue therapy

Non-Medical Interventions
- If on Periactin, change to amitriptyline as above
- If on Topiramate, increase dose or change to Periactin as above
- F/u 4 wks

Improved?

If child has failed the max doses & full courses of appropriate prophylaxis as above, refer to Neurology

Consider Imaging**
- Historical information
  - Presence of a VP shunt
  - Diagnosis of neurofibromatosis or tuberous sclerosis
  - Immunosuppressed child

Indications for Imaging
- Atypical presentation
- Dizziness
- Double vision
- Vertigo
- Lack of coordination
- Confusion
- Abnormal neurological exam finding, such as, but not limited to:
  - Abnormal eye movements
  - Nystagmus
  - Motor or gait dysfunction or hemiplegia
  - Unilateral ptosis or complete 3rd nerve palsy
- Concern for increased intracranial pressure
- Papilledema
- Awakening from sleep with headache or vomiting
- Chronic progressive or persistently posterior headaches

Non-Medical Interventions
- Ice pack
- Warm bath
- Nap in a cool, dark room
- Neck & back massage
- Take a walk

* May cause diarrhea at high doses
** Imaging is NOT indicated for simple migraines
*** Amitriptyline is contraindicated in prolonged QT syndrome.