

**PRACTICAL PEARLS: Headaches**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"> <li>• Headaches (HA) are very common in children and adolescents</li> <li>• The majority of HA are not caused by serious pathology</li> <li>• HA treatment requires a combination of medication, lifestyle modification, physical and behavioral therapies</li> </ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"> <li>• Assess for red flags:             <ol style="list-style-type: none"> <li>1. Progressively worsening HA over time</li> <li>2. Recurrent nocturnal or early morning HA</li> <li>3. Persistent neurological symptoms between HA</li> <li>4. Young patients (less than 5 years)</li> </ol> </li> <li>• Brain MRI only for patients with red flags/abnormal exam</li> <li>• Effective abortive treatments include ibuprofen, naproxen, triptans</li> <li>• Prophylactic options include topiramate, amitriptyline, propranolol and cyproheptadine  <a href="http://pedsinreview.aappublications.org/content/33/12/562.full.pdf+html">http://pedsinreview.aappublications.org/content/33/12/562.full.pdf+html</a> </li> </ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"> <li>• Patients who do not respond to at least one appropriate abortive and prophylactic medication</li> <li>• Patients less than 10 years of age</li> <li>• Patients with abnormal neurological findings, imaging findings or red flags</li> </ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"> <li>• 413-794-KIDS: Pediatric Neurology</li> </ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"> <li>• Thorough history and examination</li> <li>• Initiation of treatment with appropriate abortive and prophylactic medications</li> <li>• Referral to behavioral health or other therapeutic modalities if appropriate</li> </ul>

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