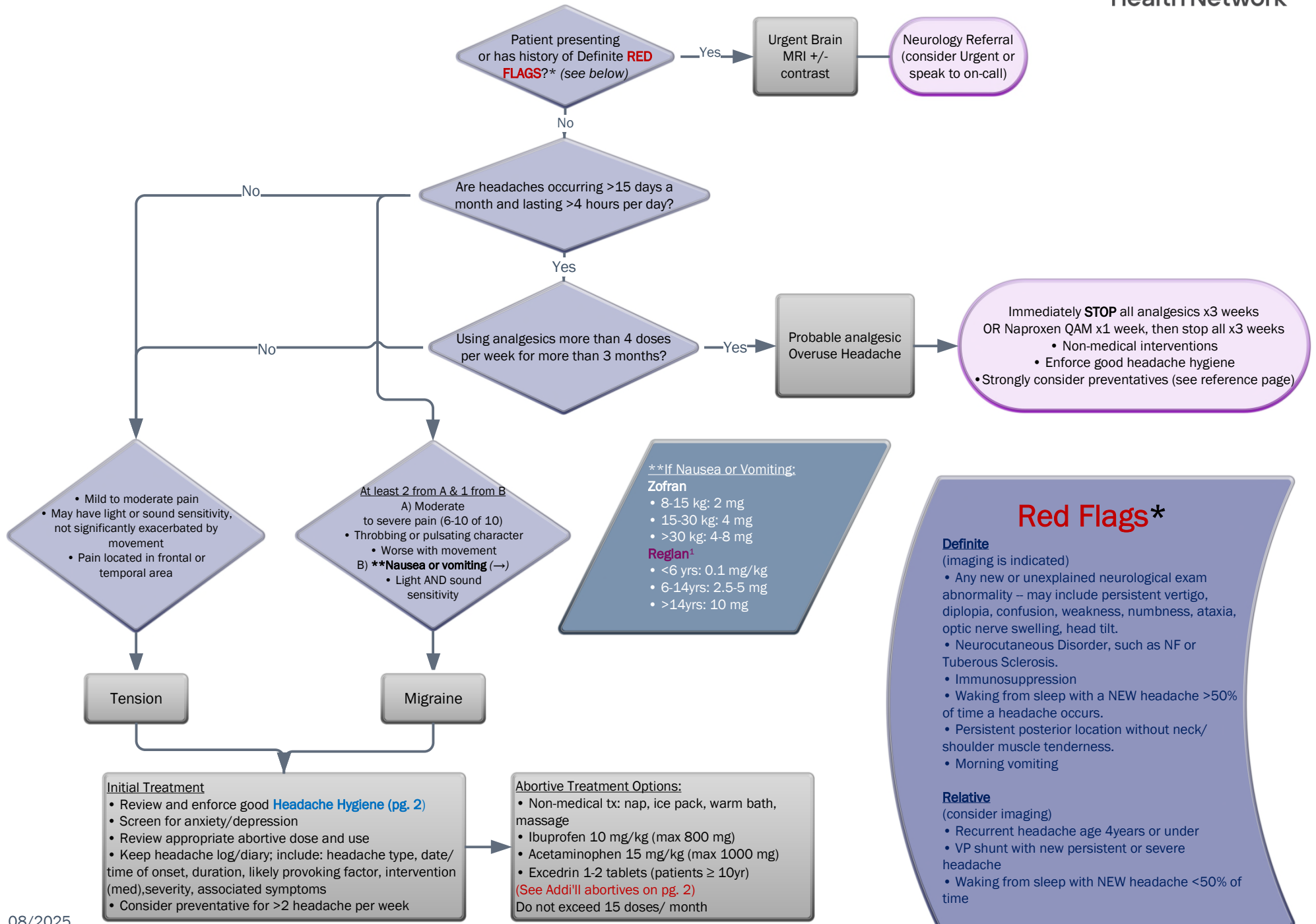
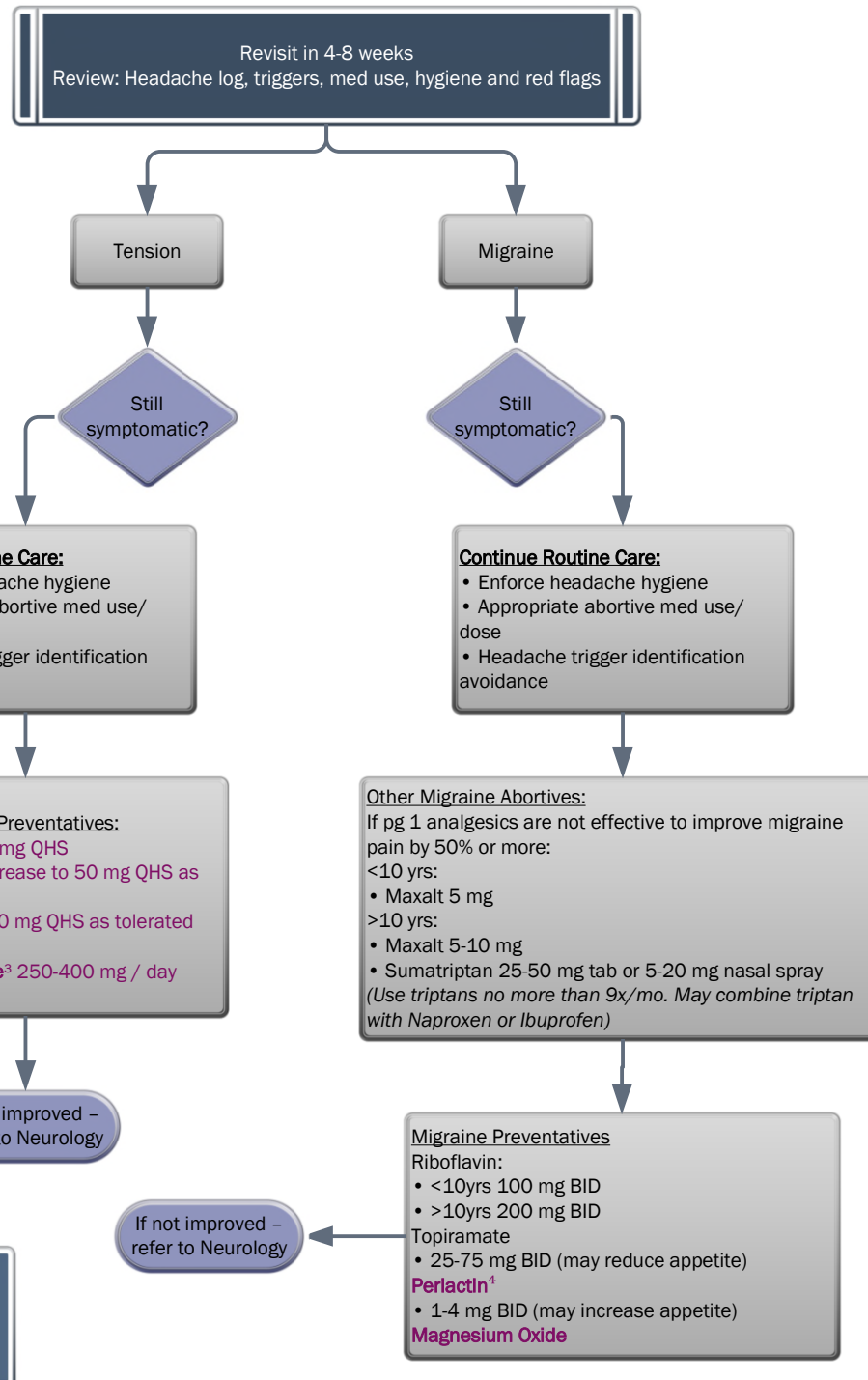


# Primary Care Guideline: Management of Headaches





### Headache Hygiene:

All patients need counseling on these:

**Sleep** – Regular, sufficient

**Meals** – Do not skip

**Hydration** – Drink enough water so you need to urinate 2-3x /day at school

**Caffeine** – Avoid regular use, or after 4 pm

**Exercise** – Regular exercise helps prevent headaches

**Stress** – Most common headache trigger

**Posture** – Looking down, neck/shoulder soreness can trigger headaches

**Heat** – May trigger headache

**Sunlight** – Use hat/sunglasses when necessary

**Foods** – Occasionally, specific foods may trigger headaches: MSG, nitrates, artificial colors, cheese

<sup>1</sup>**Reglan**: Be aware of possible dystonic reaction, treat w/ Benadryl

<sup>2</sup>**Amitriptyline** contraindicated in long-Qt syndrome

<sup>3</sup>**Magnesium** may cause diarrhea, GI discomfort, can help sleep onset/maintenance

<sup>4</sup>**Periactin** best for younger kids (under <10yrs)

### Additional Resources: (most up to date?)

• AAN Guideline on Headaches in Children and Adolescents: <https://n.neurology.org/content/59/4/490>

• **Headache Podcasts:**

<https://www.rchsd.org/programs-services/neurology/resources/>

• The Optimal Management of Headaches in Children and Adolescents. Kacperski et al:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4710107/>

• National Headache Foundation Headache Tools:

<https://headaches.org/resources/#headache-tools>