

**Clinical Guideline:** Headache Site: FPH

* Relief with sleep, pallor, visual symptoms
* Extent it interrupts daytime activity
* School attendance
* FH of Migraine
* Signs of raised ICP

History

* Neuro exam
* BP and cardiac exam
* Fundoscopy

General Information

**Management trial for three months:**

Increase fluids at school - l 3 litres in teenager

Regular and healthy meals especially breakfast

Regular bedtimes: no lie ins for the teens

Fun exercise no competitive sports

Reduce busyness of life: limit after school activities for 3 months to once a week

**6 week trial of exclusion diet**

**Replace one item every 4 days**
**Remove:** All dairy**,** Tomatoes**,** Citrus including juice, Apples**,** Fizzy drinks**,** Blackcurrant**,** Marmite

**6 week trial:**

* Pziotifen 0.5-1mg night
* Amitryptline 15-25mg

Advice and Treatment

**Consider referral if:**

Children 5 and under

Signs and symptoms of Raised ICP (early am headache, increases with defecation, vomiting, squint, papilloedema, raised fontanelle, reduced conscious level, hypertension)

Neurological signs but a normal neuro exam doesn’t exclude pathology

Raised BP

Changes in behaviour in preschool child

Deterioration in school performance

Headaches short duration that are disabling

Change in the character of a headache

Referral Guidelines – red flag signs

Investigation

* Neuro exam
* BP and cardiac exam
* Fundoscopy

Examination