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AMERICAN HEADACHE SOCIETY
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Headache Toolbox

Pediatric Migraine Action Plan (PedMAP)

Pediatric Migraine Action Plan (PedMAP) Date: _____

Name _____ Date of Birth _____

Treating Provider: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Place Logo here

Headache Information

My diagnosis is: _____ Describe aura (if any): _____

Green Zone – Prevent more headaches		
Do or take this every day to help prevent YOUR headaches: It may take 4-6 weeks to see a big change, so stick with it! Visit *www.headachereliefguide.com* to manage your headaches		• Get enough sleep; keep a regular schedule • Eat healthy foods; don't skip meals • Drink enough water; avoid caffeine • Get regular exercise; manage your weight • Learn ways to relax; manage your stress *Directions to provider: Set 1-2 healthy lifestyle goals. Consider a daily medicine or vitamin/ supplement if > 1 headache per week. Consider Cognitive Behavior Therapy (CBT) if PedMIDAS > 10. To download PedMIDAS, visit https://www.cincinnatichildrens.org/service/h/headache-center/pedmidas*
Yellow Zone – Don't wait. Act fast to treat your headaches		
☐ Go to school nurse or health office right away. Take your **quick-relief** medicine as soon as your headache starts: Take _____ Dose _____ Route _____ May repeat after ____ hours. Take _____ Dose _____ Route _____ May repeat after ____ hours. Let your provider know if you need to take your quick relief medicines 3 or more days a week or if this plan isn't working.		• Drink some water or sports drink if you can • Rest in a dark, quiet place for 30 minutes and practice your relaxation exercises (e.g., deep breathing, guided imagery), if you can • You may need a different PE activity, dark glasses, or a quiet place to work for a while *Directions to provider: Goal is pain-free within 1-2 hours for intermittent headaches and back to baseline for constant headaches.* *Consider NSAID +/- antiemetic, a triptan or a combination of medications.*
☐		*Directions to provider: Optional section for other scenarios, step 2 or a "backup" plan.* *Home "backup" plan: Consider dopamine blocker +/- diphenhydramine +/- NSAID.*
Red Zone – Time to get more help		
Contact your **provider's office** if: • Your headache is much worse, lasting much longer than usual Go to the **Emergency Room** if: • You have new and very different symptoms like loss of vision, unable to move one side of your face or body, trouble walking or talking, very confused or unable to respond		• Call 9-1-1 if child loses consciousness or has stroke-like symptoms *Directions to provider: Avoid giving aspirin to children < 16 years old. Avoid giving opioids or butalbital for pain.*
I authorize the quick-relief medication(s) listed in the Yellow Zone: Provider's Signature _____ Date _____ Parent/Guardian's Signature _____ Date _____		☐ *to be administered by school personnel* ☐ *to be self-administered by student* ☐ *to be administered only by parent*

Pediatric Migraine Action Plan (PedMAP): Headache Toolbox

Tools for life	
Children and adolescents with headaches need to learn how to manage life with headaches at home, at school and with friends.	
Cognitive Behavior Therapy (CBT)	CBT teaches you new ways of thinking about pain and new ways of responding to it by setting goals, pacing activity, and using your brain to turn down your body's pain response. Visit http://www.findcbt.org/FAT/ to learn more about CBT and find a therapist.
Biofeedback	A machine uses sensors to measure your stress level and a computer screen shows you how your stress level changes as you practice different stress-reducing exercises. Visit https://www.bcia.org to learn more about biofeedback and find a therapist.
Tools for home	
Your brain works best when it knows what to expect. Keeping your brain in balance can prevent more migraines. Visit https://www.healthychildren.org for advice on healthy living and www.headachereliefguide.com to make a plan.	
Hydration	Drink enough water to make your urine pale. Drink more water when it's hot outside and before, during and after you exercise. Avoid drinks with caffeine and added sugar.
Food	Don't skip meals. Choose fresh fruits, vegetables, whole grains, and lean protein when you can. Avoid foods high in salt, sugar or corn syrup, or with many chemicals listed on the label.
Sleep	Teens need 8-10 hours and pre-teens need 9-12 hours of sleep each night. Keep a regular schedule. No electronics 30 minutes before bedtime. Report snoring or breathing difficulty.
Exercise	Try to exercise every day. To lose weight, you need 20-30 minutes of activity strong enough to make you sweat. Be sure to warm up first and don't exercise past the point of pain.
Emotions	Stress is part of life and learning to deal with it is important for growth. Learn and practice positive coping strategies. Avoid over-scheduling and allow some downtime to de-stress.
Tools for school	
Students with headaches can struggle to focus and may take longer to finish their schoolwork. This added stress can lead to more headaches and even more frequent absences. Ask school officials to create an **Individualized Health Plan** or **504 Plan** using some of these strategies to combat the specific migraine symptoms that are preventing a student from functioning properly at school.	
Trigger Management:	• Allow student to keep a water bottle at his/her desk • Allow student to use restroom when needed • May need to eat a mid-morning and/or mid-afternoon snack • May need access to a quiet place to eat lunch with a companion • May need an anti-glare screen filter or paper copies of assignments • May need to use a rolling backpack or obtain a second/digital copy of books for home • Other: _____
Symptom Management:	• Allow student to go to nurse/health office as soon as his/her headache or aura starts • Allow student to rest for 30 minutes before returning to class • Allow light-sensitive student to wear dark glasses for a few hours when pain is severe • Allow noise-sensitive student to work in a quiet place (i.e., library) for a few hours when pain is severe • Allow a PE alternative (e.g., walking, stretching, yoga) when pain is severe • Other: _____
Workload Management:	• May need extended time to take tests or complete work when headache is severe • May need a copy of class notes/homework packet when absent or unable to concentrate • May need extra time to make up exams or assignments missed due to severe headache • Consult school psychologist to evaluate for suspected learning problems • Consider modifying assignments (fewer problems, test of mastery) or class schedule (half days, rest breaks, fewer classes) if returning to school after an extended absence • Other: _____

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To find more resources, please visit the American Migraine Foundation