Migraine is a primary headache (HA) disorder characterized by recurrent moderate to severe head pain that is aggravated by routine activity.

**ASSESSMENT**
Perform thorough history, neurological and physical exam (HNPE). Discuss:
- Age of onset
- Pain location and description
- Severity, intensity (0–10 pain scale)
- Time of day, frequency
- Associated symptoms
- Presence of auras
- Triggers
- Impact of HA on functioning (e.g., missed school, activities)
- Frequency of pain medication use

**Diagnostic Criteria for Migraine:**
At least five attacks fulfilling the following:
- HA attacks lasting 2–72 hours (untreated or unsuccessfully treated).
- HA has at least two of the following four characteristics:
  - Unilateral location (can be bilateral in children; usually frontotemporal)
  - Pulsating quality
  - Moderate or severe pain intensity
  - Aggravation by or causing avoidance of routine physical activity (e.g., walking or climbing stairs)
- During HA at least one of the following:
  - Nausea and/or vomiting
  - Photophobia and phonophobia

Consider whether symptoms are better understood as a primary HA (e.g., migraine with aura, chronic migraine, analgesic-overuse headache). The International Classification of Headache Disorders (ICHD) is available free online at ICHD.org and contains diagnostic criteria for primary and secondary HA disorders.

**WHEN TO REFER**
If one or more red flags are present, refer to ED and consider urgent imaging.
If yellow flags are present, refer for non-urgent imaging and further evaluation soon in the Neurology/Headache Center.
If no flags are present but child meets ICHD criteria for migraine, management and referral guidance varies. See page 2 algorithm for full details.

**FAST FACTS**
10% of children and 26% of teenagers experience migraine

HA is one of the most common disorders in childhood

**MANAGEMENT/TREATMENT**
Refer to the algorithm on page 2 for management/treatment guidance.
For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.