

Refractory Headache Management in Children and Adolescents

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Background: Headache is among the most common symptom in children and adolescents with a wide range of gender and life style. Chronic and refractory headache disorders are hot topics for headache specialist and physicians have to manage children. As a most common type of CM is the most common reason of refractory primary headache disorders in children and adolescents. Especially after puberty, relating to changed life styles of the teens in the last decades the frequency is increases gradually. There are several associates of the way going to the “refractory” and the physician have to focused to the associates as well as headache symptom.

Methods: First given a real case story with a refractory migraine with medication overuse and then the presentation will instruct on the case. Behind the minimal theoretical update presentation will aimed to give practical approaches with the current literature.

Results: Compared with other chronic disorders, headache in children have much more negative effect on school performance, as well as emotional status. As for schoolchildren, it is reported that these children could not go to school on a regular basis, they perform lesser than their capabilities and their careers are negatively affected in the long-term. Accompanying symptoms such as depression, somatization, anxiety also impair the quality of life. Early identification and treatment of headache will not only improve a health condition, but also will provide advancement in academic and social area as well as psychological development for children with headache.

Conclusion: Migraine is not just a headache. This is a syndrome including headache but have lots of the associates bringing the case a refractory syndrome. Physicians have to evaluate other symptoms and comorbidities together with headache symptoms and planned a comprehensive holistic approach with a team.