



# Pregnancy & Migraine Management

Susan Baggaley, APRN-C

Pregnancy Care Project ECHO

1.27.17



UNIVERSITY OF UTAH  
SCHOOL OF MEDICINE

Headache & Neuro-Ophthalmology  
Department of Neurology

# Pregnancy & Migraine Management

Five Histories of Headache

Review of Headache Diagnoses

Non-Med Management

Acute Headache Management

Nausea

Pain

Procedures for Headache Management



UNIVERSITY OF UTAH  
SCHOOL OF MEDICINE

Headache & Neuro-Ophthalmology  
Department of Neurology

# Five Histories of Headache

## Family History

- Genetic predisposition sets the stage

## Life History of Headache

- When did it start; is this NEW or just increase from baseline during pregnancy

## Attack History

- onset/triggers/associated symptoms/side-locked?

## Medication History

- Current daily medication; risk of rebound?

## Medical/Surgical History

- HTN, Thyroid, Depression, Anxiety, etc.



# Migraine Diagnosis

## Most common HA diagnosis in pregnancy

ICHD-3 beta criteria:

A: 5 attacks fulfilling criteria B-D

B: Lasting 4-72 Hours with or w/o treatment

C: Headache with 2 of following:

- Pulsating quality
- Moderate or severe intensity
- Worse with activity

D: During Headache at least 1 of the following

- Nausea with or without vomiting
- Photophobia or phonophobia

E: Not better accounted for by another ICHD 3 dx



# Approach to Headache in Pregnancy

**Primary Headache Disorder**  
Migraine/ Tension Type/Cluster (rare in women)

Secondary headache?

Yes

No

Classify based on duration

- **Structural**
  - Vascular ~CVT, RCVS
  - Mass
  - Pressure ~
    - Elevated ~ IIH
    - Low ~ CSF leak
- Infectious, inflammatory
- Post-traumatic
- Homeostatic/metabolic
- Medication overuse
- Pre-eclampsia
- PRES

## Short Duration

- Cluster headache
- Paroxysmal hemicranias
- Hypnic headache
- Trigeminal neuralgia
- Other

## Long Duration

- Chronic daily headache
  - Chronic migraine
  - Chronic tension-type
  - Hemicrania continua
  - New daily persistent HA
- Other

# Radiographic/Laboratory Evaluation

- a. IT IS OK TO PERFORM OTHERWISE CLINICALLY INDICATED IMAGING STUDIES AT ANY TIME DURING PREGNANCY (with abdominal shielding and avoidance of caval compression).
- b. If contrast agents would provide diagnostic information that could substantively affect care management plans they should be used during pregnancy.
- c. Preeclampsia in the absence of alteration in consciousness or focal findings does not require CNS imaging.
- d. Pregnancy is not a contraindication to LP.



# Non-Pharmacologic Treatment

intervention	Headache type	Safety	Side effects	lactation
Non-Medication Prophylaxis				
Relaxation, mindfulness	Migraine and tension type	safe	none	safe
Avoiding triggers	Migraine and tension type	safe	none	safe
accupuncture	Migraine and tension type	safe	none	safe
counseling	Migraine and tension type	safe	none	safe
Physical therapy	Migraine and tension type	safe	none	safe



# Acute Treatment

## Nausea

### MEDICATION

### FDA Classification

<u>Ondansetron</u>	B
Metoclopramide	B
Promethazine	1 <sup>st</sup> Trimester = C      2 <sup>nd</sup> and 3 <sup>rd</sup> = B
Hydroxyzine	C
Chlorpromazine	C
<u>Prochlorperazine</u>	C
Steroids/ <u>Dex</u>	C

\*Source: Content and Format of Labeling for Human Prescription Drug and Biological Products; Requirements for Pregnancy and Lactation Labeling (Federal Register/Vol. 73, No. 104/Thursday, May 29, 2008)



UNIVERSITY OF UTAH  
SCHOOL OF MEDICINE

Headache & Neuro-Ophthalmology  
Department of Neurology



# Acute Treatment Pain

Pain Control	
Acetaminophen	B
Caffeine	B
Ibuprofen	B (for < 48 hours)
Naproxen	B (for < 48 hours)
Butorphanol	B
Meperidine	B
Codeine	B
Hydrocodone	B
Aspirin	C

\*Source: Content and Format of Labeling for Human Prescription Drug and Biological Products; Requirements for Pregnancy and Lactation Labeling (Federal Register/Vol. 73, No. 104/Thursday, May 29, 2008)



# Acute Treatment Pain

Butalbital	C
Isometheptene	C
Sumatriptan	C
Zolmitriptan	C
Naratriptan	C
Rizatriptan	C
Eletriptan	C
Almotriptan	C
Frovatriptan	C
Ergotamine	X

**\*Source: Content and Format of Labeling for Human Prescription Drug and Biological Products; Requirements for Pregnancy and Lactation Labeling (Federal Register/Vol. 73, No. 104/Thursday, May 29, 2008)**



UNIVERSITY OF UTAH  
SCHOOL OF MEDICINE

Headache & Neuro-Ophthalmology  
Department of Neurology

# Procedures

Trigger Point Injections

Occipital Nerve Blocks

Dry Needling



UNIVERSITY OF UTAH  
SCHOOL OF MEDICINE

Headache & Neuro-Ophthalmology  
Department of Neurology

# PATIENT EDUCATION

# HEADACHE SCHOOL

## ABOUT

The Headache School is supported in part by the Danielle Byron Henry Migraine Foundation and the Headache Outreach Program at the University of Utah Department of Neurology. Our mission is to educate sufferers of migraine and headaches in a collaborative, supportive environment. Our vision is to eliminate suffering for migraine and headache through education.

Join us for weekly educational and therapeutic sessions with the experts at no cost!

## JANUARY SCHEDULE

17 - ASK THE EXPERT: INTRO TO HEADACHE 1 | KATHLEEN DIGRE MD  
MINDFUL YOGA | MICAH REISS CYT

24 - ASK THE EXPERT: INTRO TO HEADACHE 2 | SUSAN BAGGALEY FNP-C, NP-C

31 - HEADACHE MINDFULNESS | ERIC YELSA PHD  
MINDFUL YOGA | MICAH REISS CYT

6:00 PM REGISTRATION | 6:30-7:30 PM EDUCATIONAL SESSION, 7:30-8:15 PM YOGA

## VISIT

[HASCHOOL.UOFUMEDICINE.ORG](https://haschool.uofumedicine.org)

[DANIELLEFOUNDATION.ORG](https://daniellefoundation.org)

FOR MORE  
INFORMATION

## LOCATION

Imaging & Neurosciences Center  
729 Arapeen Drive  
Salt Lake City, UT 84108  
Large conference room

