Headache Management: Creating Migraine Warriors

Activity Description
This online course will provide learners with an update in the diagnosis and management of migraine and other headache disorders. Content covered will arm primary care and sub-specialist practitioners in diagnosing and treating headache disorders, including migraine and others. Treatments are a trial and error so it is important to be aware of the latest updates. There have been significant developments in the treatment of episodic and chronic migraine in the last couple of years which will be covered in this course.

Target Audience
All practitioners who evaluate and treat patients with migraine and other headache disorders including internists, practitioners in family medicine, emergency medicine, and OB/GYN, neurologists and allied health professionals.

Learning Objectives
Upon conclusion of this activity, participants should be able to:

• Recall the diagnosis and management of secondary headache disorders, including thunderclap headache and giant cell arteritis.
• Determine comprehensive treatment plans for primary headache disorders frequently encountered in both the primary care setting and general neurological practice, including episodic and chronic migraine.
• Recall new and emerging treatments for episodic and chronic migraine, including targeted treatments and noninvasive neuromodulation.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Accreditation Statement
In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

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AMA
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Disclosure Summary
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<th>Details</th>
</tr>
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<tbody>
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<td>Consultant and Honoraria</td>
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<td>Carrie (Beth) E. Robertson, M.D.</td>
<td>Grant/Research Support</td>
<td>Investigator initiated study grant with Nevro Corporation for an unrelated topic investigating spinal cord stimulation in diabetic peripheral neuropathy.</td>
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<td>Todd J. Schwedt, M.D</td>
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<td>Financial Relationships</td>
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<td>Jonathan H. Smith, M.D.</td>
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<tr>
<td>Amaal J. Starling, M.D.</td>
<td>Consultant</td>
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<tr>
<td>Juliana H. VanderPluym, M.D.</td>
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<tr>
<td>Jennifer V. Wethe, Ph.D.</td>
<td>Other</td>
<td>Teva, Healint</td>
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<tr>
<td>Richard S. Zimmerman, M.D.</td>
<td>Consultant</td>
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- Jamie M. Bogle, Au.D., Ph.D.
- Maria M. Caselli
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- Cynthia O. Townsend, Ph.D., L.P.
- Theresa Malin

**Reference to off-label usage(s) of pharmaceuticals or instruments in their presentation:**
Cluster headache acute treatment is an FDA-labeled indication for: subcutaneous sumatriptan. GammaCore non-invasive vagus nerve stimulator approved by FDA for acute treatment in episodic cluster headache and as adjunctive use for the preventive treatment of cluster headache in adult patients. All other interventions are used without FDA label for the indications discussed.

Peripheral nerve stimulators and spinal cord stimulators

Nerve blocks, Steroids, iv Valproic acid, anti-emetics, Benadryl, iv magnesium sulfate, iv Keppra, Lasix, Diamox (NB there is no label indications for status migrainosus)

Many medicines discussed for treatment of migraine during pregnancy are off label.

I will show a few tables on slides 20-24 that summarize published guidelines for the acute treatment of migraine attacks. These tables include some medications that are off-label.

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Prerequisites for Participation
There are no prerequisites needed prior to participating in this education activity

How to Obtain Credit
To obtain credit, complete the post-test, evaluation and submit.

**Method of Participation**
Participation in this activity consists of reviewing the video content and completing the post-test and evaluation.

**Release and Expiration Dates**
Release Date: 04/02/2020
Expiration Date: 04/01/2023

**Acknowledgement of Commercial Support**
No commercial support was received in the production of this activity.

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Richard S. Zimmerman, M.D.

**Program Schedule**
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<tr>
<th>Topic</th>
<th>Presenter</th>
<th>Time</th>
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<tbody>
<tr>
<td>Approach to Headache</td>
<td>Jerry W. Swanson, M.D., M.H.P.E.</td>
<td>0:31:33</td>
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<tr>
<td>Neuro-Ophthalmology: Intracranial Hypertension &amp; Giant Cell Arteritis</td>
<td>Marie D. Acierno, M.D.</td>
<td>0:57:12</td>
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<tr>
<td>Low Pressure Headache: Diagnosis &amp; Treatment</td>
<td>Jill C. Rau, M.D., Ph.D.</td>
<td>0:43:51</td>
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<td>Thunderclap Headache</td>
<td>Jonathan H. Smith, M.D.</td>
<td>0:23:53</td>
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<tr>
<td>Trigeminal Autonomic Cephalgias (TAC)</td>
<td>Ivan Garza, M.D.</td>
<td>0:36:56</td>
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<td>Acute Therapy of the Migraine Attack</td>
<td>Todd J. Schwedt, M.D.</td>
<td>0:25:51</td>
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<tr>
<td>Preventive Treatment of Migraine</td>
<td>Jonathan H. Smith, M.D.</td>
<td>0:31:10</td>
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<tr>
<td>Post-Traumatic Headache: Bench to Bedside</td>
<td>VanderPluym, M.D.</td>
<td>0:29:40</td>
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<tr>
<td>Chronic Daily Headache Through Cases</td>
<td>F. Michael Cutrer, M.D.</td>
<td>0:34:20</td>
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<tr>
<td>Creating Migraine Warriors</td>
<td>Amaal J. Starling, M.D.</td>
<td>0:19:26</td>
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<tr>
<td>Headache Cases</td>
<td>Jerry W. Swanson, M.D., M.H.P.E.</td>
<td>0:27:07</td>
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<tr>
<td>Neuroimaging in Headache: ACR Clinical Guidelines</td>
<td>Leland S. Hu, M.D.</td>
<td>0:30:40</td>
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<td>Status Migrinosus and Headache in the ER</td>
<td>Jennifer Robblee, M.D., M.Sc.</td>
<td>0:28:53</td>
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<tr>
<td>Autonomic Disorders and Migraine</td>
<td>Julie A. Khoury, M.D.</td>
<td>0:28:20</td>
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<tr>
<td>Interventional Management of Headache</td>
<td>Narayan R. Kissoon, M.D.</td>
<td>0:28:57</td>
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<td>Headache/Migraine</td>
<td>Cynthia O. Townsend, Ph.D., L.P.</td>
<td>0:30:06</td>
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<td>Trigeminal Neuralgia Update</td>
<td>Richard S. Zimmerman, M.D.</td>
<td>0:30:43</td>
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**Video Time**: 8:58:38

**Final Assessment: 18 questions x 30 sec per question**

**Assessment Time**: 0:09:00

**Total Time**: 9:07:38

**Credit**: 9

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