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Migraine Guidelines

Table of content

· Introduction	· Management · ICD codes	· ICD codes · Reference
Page 1	Page 2	Page 3



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Introduction

A migraine is a neurological disorder characterized by recurrent, throbbing headaches that typically affect one side of the head and are often accompanied by other symptoms such as nausea, vomiting, sensitivity to light, and sound. Migraines can cause intense pain and discomfort, leading to a significant impact on daily activities and quality of life for those affected.

The exact cause of migraines is not fully understood, but they are believed to involve a combination of genetic, environmental, and neurological factors. Triggers for migraines can vary among individuals and may include certain foods, hormonal changes, stress, lack of sleep, and environmental factors.

Migraines are classified into two main types: migraine with aura and migraine without aura. Aura refers to neurological symptoms that precede or accompany the headache, such as visual disturbances, tingling sensations, or difficulty speaking.

Treatment for migraines often involves a combination of lifestyle modifications, identifying and avoiding triggers, and medications. Acute medications aim to relieve the pain and associated symptoms during a migraine attack, while preventive medications may be prescribed to reduce the frequency and severity of migraines over time.

Managing migraines may also involve non-pharmacological approaches, such as relaxation techniques, stress management, and maintaining a regular sleep schedule. It's essential for individuals experiencing migraines to work with healthcare professionals to develop a personalized treatment plan based on the specific characteristics of their migraines and overall health.

Migraine

Management

Management of Migraine is divided into treatments of attacks and long-term preventive medication.

- I. Treatment of Acute Migraine Attacks:
 - 1st Line of treatment: NSAID Example: Ibuprofen.
 - 2nd Line of treatment: Triptan Example: Sumatriptan.
 - 3rd Line of treatment: Gepants (Example: Ubrogapant Example) and Ditans (Example: Lasmiditan).
- II. Prevention of Migraine:
 1. 1st Line of Prevention:
 - Beta Blockers Example: Propranolol.
 - Angiotensin II-receptor Blocker Example: Candesartan.
 - Anticonvulsant Example: Topiramate.
 2. 2nd Line of Prevention:
 - Tricyclic Antidepressant Example: Amitriptyline.
 - Calcium Antagonist Example: Verapamil.
 - Anticonvulsant Example: Valproate.
 3. 3rd Line of Prevention: OnabotulinumtoxinA Example: Botox (OnabotulinumtoxinA).
 4. 4th Line of Prevention: Calcitonin Gene-related Peptide Monoclonal Antibodies (CGRP-mAbs) Example: Erenumab, Fremanezumab, Galcanezumab.

Status migrainosus:

Status migrainosus (the most severe migraine attack) is a severe and prolonged form of migraine headache. Unlike typical migraines that last anywhere from a few hours to a couple of days, status migrainosus can persist for 72 hours or more. It's characterized by intense head pain, nausea, vomiting, and sensitivity to light and sound. This condition can be debilitating and may require medical intervention, often in the form of hospitalization, to manage symptoms and prevent complications.

Management of ER Status migrainosus:

1. Lysine Acetylsalicylate: Example: Aspisol.
2. Metoclopramide: Example: Reglan.
3. Metamizole: Example: Dipyron.
4. Sumatriptan: Example: Imitrex.
5. Steroids: Example: Methylprednisolone.

Note: in case all the above is not working it is recommended to go for general anaesthesia.

Diagnosis and Monitoring:

The radiology study (CT or MRI) is to be done only once to Confirm or Exclude a Cause of Secondary headache and/or Aura in Migraine Patients. Otherwise all the follow ups should be done with the neurologist every 3-6 months.

ICD codes

Category	ICD-10 Code	Description
G43	G43	Migraine
G43.0	G43.0	Migraine without aura
G43.00	G43.00	Migraine without aura, not intractable, without status migrainosus
G43.01	G43.01	Migraine without aura, not intractable, with status migrainosus
G43.1	G43.1	Migraine with aura
G43.10	G43.10	Migraine with aura, not intractable, without status migrainosus
G43.11	G43.11	Migraine with aura, not intractable, with status migrainosus
G43.2	G43.2	Chronic migraine without aura
G43.20	G43.20	Chronic migraine without aura, not intractable, without status migrainosus
G43.21	G43.21	Chronic migraine without aura, not intractable, with status migrainosus
G43.3	G43.3	Chronic migraine with aura
G43.30	G43.30	Chronic migraine with aura, not intractable, without status migrainosus

Migraine

Category	ICD-10 Code	Description
G43.31	G43.31	Chronic migraine with aura, not intractable, with status migrainosus
G43.81	G43.81	Other migraine, intractable, without status migrainosus
G43.9	G43.9	Migraine, unspecified
G44	G44	Other headache syndromes
G44.0	G44.0	Cluster headache syndrome
G44.00	G44.00	Cluster headache syndrome, unspecified, not intractable
G44.01	G44.01	Episodic cluster headache
G44.02	G44.02	Chronic cluster headache
G44.1	G44.1	Vascular headache, not elsewhere classified
G44.201	G44.201	Tension-type headache, unspecified, intractable
G44.209	G44.209	Tension-type headache, unspecified, not intractable
G44.81	G44.81	Headache associated with sexual activity
G44.82	G44.82	Headache associated with sexual activity, intractable
R51	R51	Headache

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