Let's Talk About ...

Headache treatment in the hospital

Constant, severe headaches can be disabling for children. If treating your child's headaches at home does not work, their healthcare provider may recommend hospital treatment.

How do I prepare for my child's hospital treatment?

Prepare for your child's headache treatment by:

- Collecting homework from your child's teachers
- Scheduling childcare for other children at home
- Taking time off work to spend time with your child in the hospital
- Asking your child's healthcare provider if your child should continue taking their medicines in the hospital

Your child's healthcare provider will probably admit your child to the hospital before you get there. This is to "preauthorize" (approve) the time in the hospital with your insurance.

How will my child's headaches be treated in the hospital?

Depending on your child's headaches, their healthcare provider may recommend pills or IV (a small tube placed into the vein) medicines:

- DHE (dihydroergotamine mesylate) used for treating migraines
- Ketorolac (Toradol®) Pain reliever
- Medicines for nausea or vomiting

These medicines make headaches less severe, but they don't cure them. The goal in the hospital is to make headaches less severe so other treatments work better and your child can recover at home.

Activity

While your child is being treated in the hospital, they will rest quietly in a darkened room. Your child can read, listen to quiet music, and have conversations. TV, video games, phone calls and texting are not allowed, and no one but your immediate family can visit. The hospital staff will encourage your child to rest so their brain can recover.



Sleep

Restful sleep is important for your child to recover from severe headaches. While your child is in the hospital, it is as quiet as possible. The staff will try not to interrupt your child's sleep.

Other consulting services

One advantage of being in the hospital is consulting with other healthcare providers, including:

- Psychologists or psychiatrists
- Integrative medicine services
 - Acupuncture/Acupressure
 - Biofeedback
 - Massage Therapy
 - Medical Aromatherapy
 - Nutrition & Herbal Consultation
 - Relaxation and Breathing Techniques
 - Shoni-Shin/Tuin
- Physical therapists
- Dietitians

When your child is admitted to the hospital for headaches, these providers will meet your child. They will help you and your child create a complete headache management plan. They may also help your child cope with headaches when they go home.

What happens when my child goes home?

Hospital headache treatment is helpful, but it is not an immediate cure. It's important to pay attention to your child's mental health, school needs, and outpatient treatment once they go home. Your child may not feel better for several weeks. For many children, headaches get better over time but may get worse from time to time.

Help your child feel better by following the instructions you get while your child is in the hospital. Make sure your child sticks to their care plan, and schedule a follow-up visit with their healthcare provider.

Notes		

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