Abstract:
Patients with CDH present a significant challenge to practicing clinicians, both in terms of resource utilization and in obtaining positive outcomes. Optimal management of CDH usually requires an integrated treatment approach that includes both pharmacotherapy and behavioral interventions, the latter of which address behavioral factors that may inadvertently maintain headache and disability over time. This presentation will overview findings from recent trials of behavioral interventions for various CDH presentations: integrating CBT with preventive medication for children and adolescents with migraine, brief behavioral treatment of insomnia for CM with comorbid insomnia, and behavioral strategies for improving medication adherence and reducing MOH. Supplementing preventive pharmacotherapy with these behavioral interventions can substantially reduce headache frequency and headache-related disability, the latter of which is arguably as important for CDH patients as are improvements in headache symptoms. Suggestions for incorporating behavioral strategies into clinical management of CDH presentations will be provided and supplemented with discussion of sample cases.

References

At the conclusion of this presentation, attendees should be better able to:
• Summarize recent advances in behavioral treatments for CDH.
• Select evidence-based interventions for patients with CM, CM with comorbid insomnia, or MOH.
• Implement (or refer for) cost-efficient behavioral management strategies in conjunction with pharmacotherapy.