Chapter 35. Headache, Self-Assessment Questions

1. Which of the following triptans would be appropriate for prevention of menstrual migraines?
   A. Sumatriptan
   B. Almotriptan
   C. Frovatriptan
   D. Elmotriptan

2. Why should NSAIDs be avoided for headache in the third trimester of pregnancy?
   A. Potential for teratogenicity
   B. Premature closure of the ductus arteriosus
   C. Induction of labor
   D. All of the above

3. Which of the following herbal medications might be effective at decreasing incidence of migraines?
   A. Ginkgo biloba
   B. Ginseng
   C. Butterbur
   D. Chromium

4. Which of the following would be associated with an increased prevalence of migraine headache?
   A. Low income
   B. Female sex
   C. Age > 30
5. Which of the following types of headache is least common?
   A. Migraine
   B. Tension
   C. Cluster
   D. Medication overuse headache

6. Which of the following triptans should be recommended for patients who have nausea/vomiting associated with migraine headaches?
   A. Zolmitriptan
   B. Eletriptan
   C. Almotriptan
   D. Naratriptan

7. How many headache days in a 1-month period must occur in order for a patient to be classified as having a chronic tension-type headache (TTH)?)
   A. 15
   B. 4
   C. 10
   D. 7

8. The pathogenesis of TTH is related to which of the following presumed mechanisms?
   A. Muscle contraction
   B. Hypoxemia
   C. Hereditary factors
   D. CNS pain sensitization
9. Which of the following is a characteristic of a cluster headache?
   A. Chronic daily pain
   B. More common in men
   C. Onset after age 50
   D. Dull, band-like frontal pain

10. A 20-year-old college sophomore presents to the student health department with the “worst headache of my life.” She provides a history of migraine headache treated with triptans. On physical examination, she is running a fever, her neck is stiffened, and a rash is noted. This type of headache disorder is classified as which of the following?
   A. Treatment emergent
   B. Primary
   C. Secondary
   D. Uncomplicated

11. Which of the following is the most appropriate pharmacologic recommendation to treat severe nausea and vomiting in a headache patient?
   A. High flow oxygen therapy
   B. Oral opioid analgesics
   C. Intramuscular chlorpromazine
   D. Intravenous dihydroergotamine (DHE)

12. Which of the following prophylactic treatments could potentially lead to the development of the “serotonin syndrome” in a patient prescribed naratriptan for migraine headache?
   A. Timolol
   B. Valproic acid
C. Topiramate
D. None of the above

13. Serotonin receptor agonists (triptans) are available in all of the following dosage forms except:
A. Intranasal spray
B. Orally disintegrating tablet
C. Rectal suppository
D. Subcutaneous injection

14. Which of the following therapeutic interventions would be most appropriate for the acute management of migraine without aura in a 54-year-old woman recently discharged from the coronary care unit (CCU) after an acute myocardial infarction (AMI)?
A. Intranasal sumatriptan
B. Oral acetaminophen and hydrocodone
C. Oral rizatriptan
D. Subcutaneous DHE

15. Which of the following nonpharmacologic therapies is/are appropriate recommendation(s) for prevention of migraine headache?
A. Consistent sleep-wake cycle
B. Caffeine avoidance
C. Daily physical activity
D. All of the above
Answers

1. C
2. B
3. C
4. D
5. C
6. A
7. A
8. D
9. B
10. C
11. C
12. D
13. C
14. B
15. D