

Medical Management Plan of Care for Migraine Headaches
Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____

School: _____

Physician(s): _____

Migraines are a neurologic condition of unknown origin. Pain is thought to result from vasodilation of meningeal blood vessels. The classic migraine headache is characterized by an aura, or warning of an attack, such as numbness of the face or arm, tingling sensations, or vision changes. Following this, pain occurs frequently on one side of the head and light may intensify the pain. It is found that there are trigger mechanisms in the development of migraines. Reported food triggers include cheese, chocolate, citrus fruits, processed and cured meats, alcoholic drinks, dairy products, caffeinated beverages, food dyes, additives, and aspartame. It is also found that triggers may include stress, fatigue, overwork, the menstrual cycle, contraceptives, exercise, sleep deprivation, and bright lights.

Problem: Pain

Goal: Relieve discomfort

Management:

1. Determine pain-rating scale. (See attachment)
2. Administer pain medication, _____ as prescribed.
 - a. If the medication is given during the aura phase it may prevent or decrease the symptoms of pain.
 - b. Observe for side effects of the medication.
3. Allow student in rest in health clinic if no improvement contact parent/guardian.
4. Note headache, including symptoms, length of symptoms, when it occurred, possible triggers that precipitated the headache and what action was taken.

Signatures:

Student's parent/guardian

Date

Physician

Date

School Nurse

Date