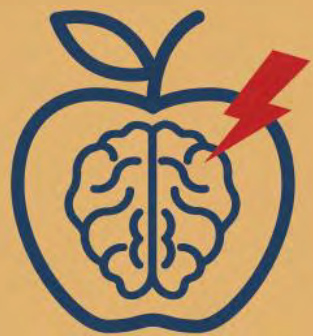




THANK YOU for the OPPORTUNITY

The Migraine at School Team

2021



MIGRAINE AT SCHOOL



DR. DAN HENRY

**Why pediatric
migraine is so
important and
matters to me**



PEDIATRICS & MIGRAINE

MIGRAINE LOOKS
DIFFERENT FOR CHILDREN

THE IMPACT OF MIGRAINE



**Migraine is a
neurological disease**

THE IMPACT OF MIGRAINE

10%

of school
aged kids
have
migraine¹



28%

of
adolescents
have
migraine¹

Students with
migraine are

2X

more likely to
miss school¹

THE IMPACT OF MIGRAINE



Migraine is the **leading cause of disability** in the age group 15-49 worldwide²



Migraine is more prevalent than diabetes, epilepsy and asthma **combined**¹

THE IMPACT OF MIGRAINE



More than 90% cannot work or function normally during a migraine attack¹



The vast majority do not seek medical care for their pain¹

STIGMA

"STIGMA PUNISHES YOU FOR
HAVING MIGRAINE DISEASE.


REMOVING STIGMA
IMPROVES CARE."




My journey with migraine disease

INFOGRAPHICS FOR EACH AUDIENCE

DOES YOUR STUDENT HAVE MIGRAINE?

 **IF A STUDENT REPORTS HEAD PAIN***
and experiences **one or more** of the following, the answer may be **yes**.

SENSITIVITY TO LIGHT, SMELL, & SOUND Do bright lights and loud sounds bother them?		NAUSEA and/or STOMACH PAIN
ANXIETY AND/OR DEPRESSION		CONGESTION / RUNNY NOSE
TEMPORARY VISION CHANGES Are they having trouble focusing or have blurred vision? Like dark spots or sparkles.		FEELS LIKE YOU HAVE THE FLU Are they experiencing body aches when they're not sick?
EAR DISCOMFORT/PRESSURE Does it feel like they may have water in their ear?		DIZZINESS
BRAIN FOG Are they having trouble finding words, trouble thinking and talking?		Do any of these apply to your student? Talk to their parents or guardians.

*Not everyone with migraine has head pain. If your student experiences some of the above symptoms they may still want to talk to a health care professional.

WHAT TO DO DURING A MIGRAINE ATTACK

STEPS YOU CAN TAKE TO HELP YOUR STUDENT WHEN THEY ARE IN PAIN

- 1** Provide a dark quiet place to rest. Sometimes a cold pack on the head or neck can help.
- 2** Contact the parents or guardians, provide them a copy of the caregiver packet, and work with them to come up with a medication plan.
- 3** Help encourage students to manage lifestyle choices
 - Less screen time
 - Eating migraine healthy meals
 - Staying hydrated
 - Good sleep hygiene
 - Manage stress - meet with a pain psychologist or other mental health professional to identify coping strategies
- 4** Be open to providing accommodations to your students with migraine. If migraine attacks persist or seem chronic, speak with the parents or guardians to come up with a medical 504 plan.

Visit MigraineAtSchool.org to learn more

Migraine At School is a program of the Coalition for Headache And Migraine Patients (CHAMP) along with their member organizations. To learn more about CHAMP and its members visit HeadacheMigraine.org. Printing for this program has been funded by the Danielle Byron Henry Migraine Foundation. To learn more about the Foundation visit daniellebyronhenry.org. ©2020 Coalition For Headache And Migraine Patients. All Rights Reserved.

EDUCATORS

INFOGRAPHICS FOR EACH AUDIENCE

DO YOU HAVE MIGRAINE?

IF YOU HAVE REOCCURRING HEAD PAIN
and you experience **one or more** of the following, the answer may be **yes**.

SENSITIVITY TO LIGHT, SMELL, & SOUND Do bright lights and loud sounds bother you?	NAUSEA and/or STOMACH PAIN
ANXIETY AND/OR DEPRESSION	CONGESTION / RUNNY NOSE
TEMPORARY VISION CHANGES Do you have trouble focusing or blurred vision? Like dark spots or sparkles.	FEELS LIKE YOU HAVE THE FLU Do you experience body aches when you are not sick?
EAR DISCOMFORT/ PRESSURE Does it ever feel like you have water in your ear?	DIZZINESS
BRAIN FOG Do you ever search for words, trouble thinking and talking?	Do any of these apply to you? Talk to your parents about seeing a doctor. <small>*Not everyone with migraine has head pain. If you experience some of the above symptoms you may still want to talk to a health care professional.</small>

HELPFUL WAYS TO COPE WITH AND MANAGE MIGRAINE

- REDUCE SCREEN TIME**
This includes the TV, computer and yes, your phone.
- USE GOOD POSTURE AND EXERCISE REGULARLY**
- EAT MIGRAINE HEALTHY MEALS AND DRINK PLENTY OF WATER**
- KEEP A REGULAR SLEEP SCHEDULE**
Try using the sleepyti.me bedtime calculator.
- TRY SUNGLASSES OR MOVE TO A DARK QUIET ENVIRONMENT**

HELPFUL WAYS TO COPE WITH AND MANAGE MIGRAINE

- KEEP A MIGRAINE LOG**
Migraine Trainer from the National Institutes of Health is a great place to start.
- THINK ABOUT STRESS MANAGEMENT**
Try yoga and meditation. YouTube and Apps like Headspace are a good resources.
- TRY GOING SCENT-FREE**
- TALK ABOUT YOUR MIGRAINE TO YOUR PARENTS, TEACHERS, AND DOCTORS**

For more information go to MigraineAtSchool.org

HELP YOURSELF BY SPEAKING UP!

You should not have to feel alone or helpless.

Talk to your parents. They can help you get the treatment you need.

Talk to your teachers and school counselor. They need to understand what you are going through.

Ask your friends for help. They can be supportive in many ways.

Some accommodations that may be available to you:

- MODIFIED HOMEWORK LOAD
- ACCESS TO SNACKS AND WATER
- EXTRA TIME FOR TESTS
- ABILITY TO TAKE TESTS IN A QUIET PLACE
- ACCESS TO A CLASSROOM WITH DIMMED LIGHTS
- ACCESS TO A SCENT-FREE CLASSROOM
- A QUIET WORK ENVIRONMENT

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STUDENTS

INFOGRAPHICS FOR EACH AUDIENCE

THINGS PARENTS SHOULD KNOW ABOUT MIGRAINE

EDUCATE YOURSELF ABOUT MIGRAINE

The more you can learn about migraine disease, the easier it will be to navigate this road with your child. You can learn more at MigraineAtSchool.org.

TAKE MIGRAINE SERIOUSLY

There is a lot of stigma surrounding this disease. Migraine pain is often misunderstood. It is important to remember it is not just a headache.

NOT ALL MIGRAINE SYMPTOMS ARE HEAD PAIN

There are many other symptoms to migraine disease. Issues like vision changes, ear discomfort and more. See your child's packet for more information.

MAKE AN APPOINTMENT FOR YOUR CHILD TO SEE A DOCTOR

Getting a proper diagnosis is the first step to getting the help your child needs. See the next page to learn more.

HELP YOUR CHILD GET THE CARE THEY NEED

Whether its treating their migraine, changing sleep habits or eating healthier meals, there are many ways to help manage migraine. See the next page to learn more.

YOU ARE NOT ALONE

10% of school-age children suffer from migraine, and up to 28% of adolescents between 15-19 years are affected by it. Visit MigraineAtSchool.org to find support groups and more information.

STEPS PARENTS CAN TAKE TO GET THEIR CHILD THE CARE THEY NEED

1

Make an appointment with their doctor to discuss migraine.

2

Make sure they are working with a health care professional that is willing to diagnose and help treat migraine. A headache specialist would be best.

3

Help your child manage lifestyle choices

- Less screen time
- Eating migraine healthy meals
- Staying hydrated
- Good sleep hygiene
- Manage stress - meet with a pain psychologist or other mental health professional to identify coping strategies

4

There are accommodations available for your child, just ask. If their migraine is more severe look into a 504 or IEP plan.

SOME POSSIBLE 504 ACCOMMODATIONS

Schedule non critical classes in the morning as it is more difficult to do heavy thinking.

Allow student to take his/her medication(s) at onset/worsening of migraine and allow them to rest in a dark/dimly lit, quiet area.

Extended time to complete assignments to be determined between the student and teacher.

Modify assignments by parsing down schoolwork to the minimum necessary to learn new concepts.

Study guides, peer and/or teacher notes to supplement missed classroom time.

Allow the student to give reports, answer homework questions and test questions orally when necessary.

Use of a scribe for reports and written work/tests as needed.

Extended time to take tests.

Testing should be in a quiet, dimly lit room.

Testing should not exceed two hours (or as tolerated).

Breaks during testing as needed - should not count as testing time.

Access to a calculator for all math and science requiring calculations.

No scantron tests.

Take ACT and SAT tests over multiple days - taking only one section per day.

Modified PE as tolerated.

Access to school counselor/social worker for anxiety/depression.

Access to water at all times, as hydration is essential.

Bathroom breaks as necessary due to encouraged hydration.

Student can have snacks when needed.

Attendance is the goal; however, late arrival, leaving school early and migraine related absences will be excused.

Allow the student to contact their parent or legal guardian when needed.

Never question whether a student is being truthful if they say they have a headache/migraine. Believe them!

LEARN MORE ABOUT MIGRAINE



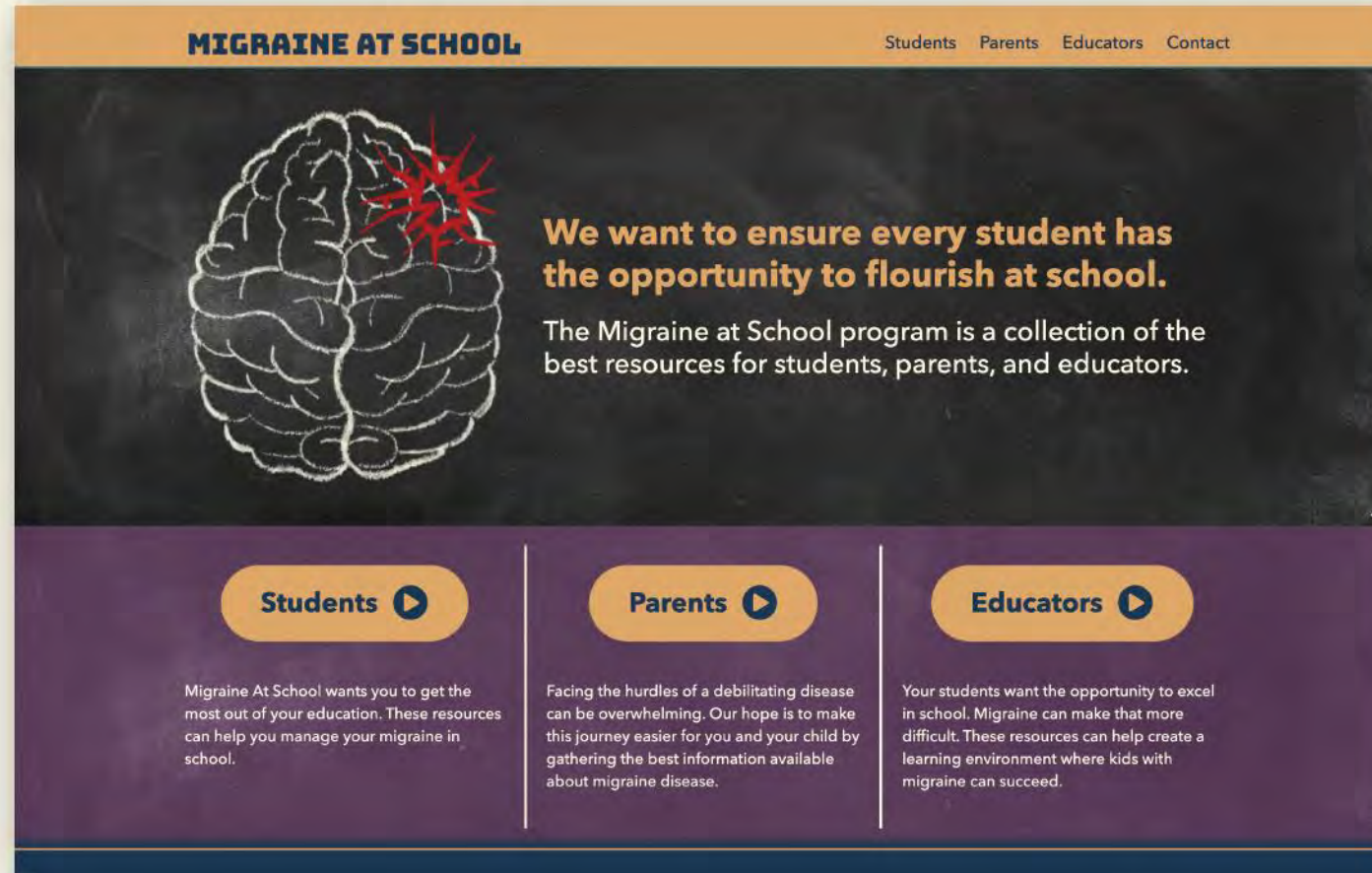
Facing the hurdles of a debilitating disease can be overwhelming. Our hope is to make this journey easier for you and your child by gathering the best information available about migraine disease. Visit the Migraine At School website to learn more.

MigraineAtSchool.org

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PARENTS

The Migraine at School website is a collection of the best resources for students, parents, and educators.



MigraineAtSchool.org

WHY THIS MATTERS



REFERENCES

1. Centers for Disease Control & Prevention, US Census Bureau, and the Arthritis Foundation. Hauser WA, et al. Epilepsia. 1993.
2. Steiner, T.J., Stovner, L.J., Vos, T. et al. Migraine is first cause of disability in under 50s: will health politicians now take notice?. J Headache Pain 19, 17 (2018).
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Groups you can join:

- Utah PTA Advocacy
- Utah PTA Super Secondary
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- Utah PTA Treasurers
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