

**Migraine Risk Plan**

**Participant’s Name:**

**Date plan begins:**

**Date Plan expires:**

**Dates of Revisions:**

**Written by:**

**Risk:**       is at risk of experiencing migraines.

**Desired Outcome:**       will avoid migraine triggers and take medications as prescribed. Staff will respond as trained if symptoms of migraine are exhibited.

**Why at risk/History:**

**Migraine** is a neurological condition that is frequently characterized by intense, debilitating headaches. Many people have triggers such as hormone changes, stress, certain foods, skipping meals, dehydration, caffeine, changes in weather, medication side effects, physical activity, tobacco, or changes in sleep patterns. Migraines may happen in the following stages: Prodrome, Aura, Attack, and Postdrome. The prodrome may happen hours or days before the headache with symptoms like sensitivity to light, sound, or smell, fatigue, food cravings or lack of appetite, mood changes, severe thirst, bloating, or constipation or diarrhea. The aura symptoms stem from the nervous system and may include seeing black dots, wavy lines, flashes of light, or hallucinations, tunnel vision, not being able to see at all, tingling or numbness on one side of the body, not able to speak clearly, a heavy feeling in the arms or legs, ringing in the ears, or changes in smell, taste, or touch. The attack often begins as a dull ache and grows into throbbing pain, usually getting worse with physical activity. The pain can move from one side of the head to the other, can be in the front of the head, or can feel like it is affecting the entire head and may be accompanied with nausea, vomiting, and a feeling of being pale, clammy, or faint. These headaches may last from 4 hours to several days. The postdrome may last up to a day and include feeling tired, cranky, muscle pain, weak, food cravings, loss of appetite, or unusually refreshed or happy.

**Supports and interventions:**

* Staff will assist      , as needed, to take medications as prescribed.
* Staff will assist      , as needed, to know and avoid migraine triggers, which are      .
* Staff will assist      , as needed, to know, recognize, and respond to symptoms of prodome or aura and in order to avoid or lessen the severity of a migraine.
* Staff will encourage       to eat regularly and stay hydrated.
* Staff will encourage      , as needed, to regularly exercise to reduce tension.
* Staff will encourage      , as needed, to maintain a regular sleep schedule.
* If experiencing a migraine, staff will encourage and assist      , as needed, to try to wear sunglasses, lay down in a dark, quiet room, listen to soft, soothing music, or put cool compresses on the forehead and eyes to help reduce the migraine symptoms.

**Monitor:**

* Symptoms of prodome or aura
* Intense throbbing or dull aching pain on one side of your head or both sides
* Pain that worsens with physical activity
* Nausea or vomiting
* Changes in vision, including blurred vision or blind spots
* Sensitivity to light, noise, or odors
* Feeling tired and/or confused
* Stopped-up nose
* Feeling cold or sweaty
* Stiff or tender neck
* Lightheadedness
* Tender scalp

**Notify:**

* **CALL 911 if exhibiting symptoms of a stroke, heart attack, sudden onset headache or a sudden change in baseline headache, neck stiffness, a high fever, muscle weakness, changes to speech or vision, numbness or tingling sensation, convulsions, confusion or changes in awareness, a migraine headache that comes on within seconds, emergency intervention was necessary, such as, back blows, abdominal thrusts, CPR, etc., exhibiting multiple or severe symptoms, if more than first aid is needed for injuries, if they hit their head, any type of reaction that interferes with the ability to breathe or swallow, rapidly worsening symptoms, or loss of consciousness.**
* Notify Program Manager, Health and Safety Tech and/or Nurse of any symptoms of migraines, change of condition, or concerns.
* Program Manager will notify family, guardian, other Program Managers, and/or Providers of any symptoms of migraines, change of condition, or concerns.
* Staff will time and document the seizure and describe the symptoms and details of seizure in Accel Trax.

**If 911 is called:**

* Remain with       until EMTs arrive. If emergency intervention was necessary, continue as trained until relieved by EMTs.
* Ensure that emergency personnel are aware of all medical conditions, allergies, and medications.
* Follow       to the hospital and remain with participant until relieved by staff or family.
* Complete an incident report by end of shift and BDDS report within 24 hours.

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| **Provider** |  | **Risk Plan** |  |  | **Date Effective** |
| **Paladin** | | **Migraine** | | |  |
| **Print Name** | | **Signature** | **Company/Title** | | **Date** |
|  | |  | **Paladin/Program Manager** | |  |
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