

**Desoto County Schools**  
**Migraine Headache Care Plan**

Migraines can be acute or slow onset, causing a headache aggravated with movement, possible nausea, vomiting, sensitivity to light, and irritability.

Student's Name \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Triggers: \_\_\_\_\_

Medication to be given at school, dosage, and time of administration:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Interventions:

1. Assessment and Vital Signs (if nurse available)
2. Administer Medication as ordered if at school, or call parent for medication
3. Encourage increase in water intake as tolerated.
4. Provide a quiet, dim area for student to rest for 15-20 minutes to allow medication to take affect or to just relax.
5. Student may experience nausea - offer ice chips and a cool cloth to face as tolerates.
6. Notify parent if needed.

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Daytime Phone number: \_\_\_\_\_

Secondary Contact and number: \_\_\_\_\_

