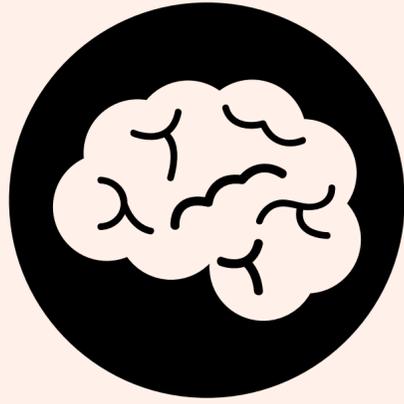


WHAT IS



MIGRAINE



A migraine is usually a moderate or severe headache felt as a throbbing pain on 1 side of the head.



Many people also have symptoms such as feeling sick, being sick and increased sensitivity to light or sound.



Migraine is a common health condition, affecting around 1 in every 5 women and around 1 in every 15 men.



They usually begin in early adulthood.

TYPES OF MIGRAINE



MIGRAINE WITH AURA-

Where there are specific warning signs just before the migraine begins, such as seeing flashing lights

-MIGRAINE WITHOUT AURA

The most common type, where the migraine happens without the specific warning signs

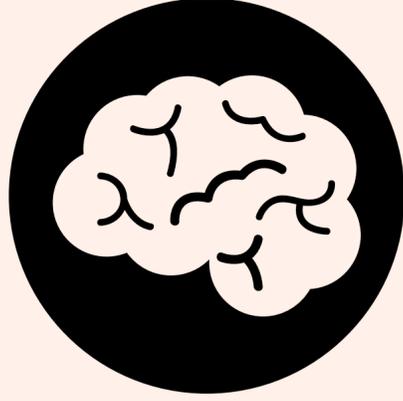


MIGRAINE AURA WITHOUT HEADACHE-

Also known as silent migraine - where an aura or other migraine symptoms are experienced, but a headache does not develop



SYMPTOMS OF



MIGRAINE



Blurred Vision



Confusion



Blind Spots



Dizziness



Sensitivity to Light



Nausea/ Vomiting



Flashing Lights



Prickling in arms or legs



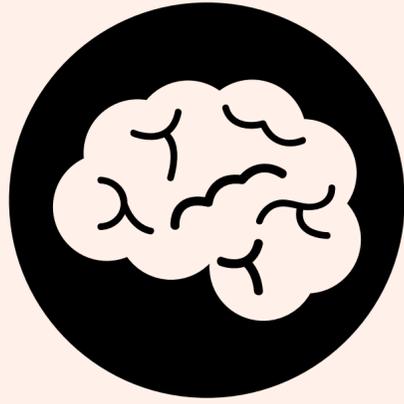
Throbbing/ Pulsing Pain,
usually one-sided



Weakness or numbness in
face or one side of body



CAUSES OF



MIGRAINE

The exact cause of migraines is unknown, although they're thought to be the result of temporary changes in the chemicals, nerves and blood vessels in the brain.

Some people find migraine attacks are associated with certain triggers, which can include:

- starting their period
- stress
- tiredness
- certain foods or drinks

NURSING DIAGNOSES OF MIGRAINE

1. ACUTE PAIN

RELATED TO STRESS AND TENSION, INCREASED INTRACRANIAL.
CHARACTERIZED BY: SAID PAIN, PALE AROUND THE FACE, RESTLESS.

2. IMBALANCE NUTRITION LESS THAN BODY REQUIREMENTS

RELATED TO INABILITY TO INPUT, DIGEST, ABSORB, BECAUSE THE FOOD FACTOR
BIOLOGY, PSYCHOLOGY.
CHARACTERIZED BY: NAUSEA, VOMITING, WEIGHT LOSS, ANOREXIA.

3. DISTURBED SLEEP PATTERN

RELATED TO HEADACHE.
CHARACTERIZED BY: INSOMNIA, PALE, LIMP.

4. KNOWLEDGE DEFICIT

RELATED TO LACK OF EXPOSURE INFORMATION.
CHARACTERIZED BY: THE IMPROPER BEHAVIOR AND
EXCESSIVE.





TREATMENT

THERE'S CURRENTLY NO CURE FOR MIGRAINES, ALTHOUGH A NUMBER OF TREATMENTS ARE AVAILABLE TO HELP EASE THE SYMPTOMS.

➤ **During an attack**

Most people find that sleeping or lying in a darkened room is the best thing to do when having a migraine attack.

➤ **Painkillers**

Such as paracetamol, aspirin and ibuprofen, can help to reduce their symptoms.

➤ **Cautions**

When taking over-the-counter painkillers, always make sure you read the instructions on the packaging and follow the dosage recommendations.

➤ **Triptans**

If ordinary painkillers are not helping to relieve your migraine symptoms, you should make an appointment to see a GP.

➤ **Anti-sickness medicines**

Anti-sickness medicines, known as anti-emetics, can successfully treat migraine in some people even if you do not experience feeling or being sick.

➤ **Seeing a specialist**

If the treatments above are not effectively controlling your migraines, your GP may refer you to a specialist migraine clinic for further investigation and treatment.

Sources:

<https://nurseslabs.com/>

<https://www.nhs.uk/>

<https://www.webmd.com/>

