



Migraine Action Plan



This form should be completed by a parent/guardian and returned to the school nurse **the first week of school attendance**. Accurate emergency contact information should be filed with school administration and updated when needed by the student's parent/guardian. ***If medical issues arise related to significant health history Alexander County Schools staff will attempt to contact a parent/guardian by calling the phone numbers that have been provided by the student's parent/guardian. Otherwise, and in case of an emergency 911 will be called.***

Student: _____ Grade: _____ DOB: _____ Bus #/BASC/Car _____

Migraines and other types of headaches, such as tension headache and sinus headache, are painful. Migraine symptoms include a pounding headache, nausea, vomiting, and light sensitivity and might be treated with antinausea drugs and / or preventive medications. Symptoms may include tunnel vision and/or blind spots, severe headache, nausea with or without vomiting, dizziness, and sensitivity to light, smell, or noise.

Medications needed at school - **A separate Medication Authorization form must be completed** by both parent and healthcare provider for each medication needed at school **AND** while on field trips:

(1) _____ (2) _____ (3) _____ (4) _____

Symptoms/Triggers: please describe in detail all symptoms/triggers of an episode as well as any activity, dietary, or other school related restrictions.

☐ Tunnel vision and/or blind spots

☐ Dizziness

☐ Nausea with or without vomiting

☐ Sensitivity to light, smell, or noise

Other _____

Treatment: please list all steps necessary to alleviate symptoms and help student return to class.

Special Considerations

- _____

Bus Transportation Plan: ☐ Medication available on Bus ☐ Medication **NOT** available on bus

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Phone Number: _____

School Nurse Signature: _____ Date: _____

Staff members notified: ☐ Classroom Teacher(s) ☐ Special Area Teacher(s) ☐ Support Staff ☐ Transportation Staff