

# Emergency Department and Migraines

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## HELPING PATIENTS WHO USE THE EMERGENCY DEPARTMENT FOR MIGRAINES

### Overview

Patients visit the emergency department (ED) to get immediate relief from migraine headaches, but often do not follow up with a primary care physician or headache specialist to develop a long-term management plan. Providers can work with patients to identify migraine triggers and to create an effective treatment plan. The goal is to empower patients with the ability to control their migraine headaches.

We have created a FAQ sheet, migraine action plan (MAP), and migraine diary that providers can use in patient care. The handouts can be used by ED staff and other providers when they treat a patient for migraine. The materials are available in English and Spanish.

### Resources

FAQ sheet
<a href="#">English – Getting help for migraines</a>
<a href="#">Spanish – Obtener ayuda para las migrañas</a>
Migraine Action Plan (MAP)
<a href="#">English – My migraine action plan</a>
<a href="#">Spanish – Mi plan de acción para la migraña</a>
Migraine Diary
<a href="#">English – My migraine diary</a>
<a href="#">Spanish – Mi diario de migraña</a>

### Suggestions?

Suggestions for improving the FAQ sheet, MAP, and diary are welcome and may be directed to the Premera Quality Program team at [qualityprogram-info@premera.com](mailto:qualityprogram-info@premera.com).