

Emergency Department and Migraines

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
English – Getting help for migraines
Spanish – Obtener ayuda para las migrañas
Migraine Action Plan (MAP)
English – My migraine action plan
Spanish – Mi plan de acción para la migraña
Migraine Diary
English – My migraine diary
Spanish – Mi diario de migraña

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.