



Migraine Seminar Series

“The National Headache Foundation estimates that 29.5 million Americans suffer from migraines, with women being affected more than three times as often as men. Nearly one-fourth of all women with migraines suffer four or more attacks a month. Migraines are most commonly experienced by individuals between the ages of 15 and 55, and 70 to 80 percent of all migraine sufferers have a family history of the chronic illness.”

(Information from <https://extension.psu.edu/managing-migraines-it-can-be-done>)

Therefore, it's essential to educate both students and employees on the importance of migraines and how to manage them their work and school environments. This budget should include healthy drinks and snacks for audience members, marketing materials as well as a stipend for the group leader.

How to Implement

- With your wellness committee, establish employee and student interest in a migraine seminar series or lunch and learns
- Talk to employees/students to determine the best time for a seminar(s)
- Reserve a meeting space
- Find someone who is willing to lead the seminar(s)
- Create a sign-in sheet to measure participation.
- Talk to managers about providing flexible work times to participate.
- PROMOTE the event through emails and posters
- If your campus has a relaxation room, encourage employees and students to use these facilities when experiencing a migraine

Evaluation

To assess the impact of the intervention:

- Track attendance via sign in sheet with name and email address
- Survey employees and students on how they implemented migraine management tips into their practices (30 days out)
- Survey individuals on which form of practice they enjoy best (i.e. in person or video)
- Track attendance of relaxation room (if applicable) and see how many people use it to help alleviate migraines



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask each session.)**

- Anonymously rate your mental alertness on a scale from 0-10. **(Ask each session.)**

- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never

- What is your biggest barrier to positive mental health? (Check all that apply.)
 - Work stress
 - Micromanagement
 - Home stress
 - Busy schedule
 - Coworkers
 - Relationships outside of work
 - Other

- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never



- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied



LionPulse Session Evaluation

Campus: _____ Session: _____

Date: _____ Time: _____

1. Was the time of this program convenient for you?
 - a. Yes
 - b. No

2. Was the topic of interest?
 - a. Yes
 - b. No

3. How often would you attend programs?
 - a. Monthly
 - b. Quarterly
 - c. Not at all
 - d. Other _____

4. Based on today's experience, will you encourage your colleagues to attend?
 - a. Yes
 - b. No

5. Will you make changes in your life based on what you learned today?
 - a. Yes
 - b. No

6. What program topics would you like to see in the future?

