Migraine Meanderings

A Patient's Guide to Building a **Migraine Action Plan**

www.MigraineMeanderings.com

Please be aware that no information or resources in this guide should be taken as medical advice; all resources are provided for educational and informational purposes only. No information in this guide is intended or implied to be a substitute for professional medical advice, diagnosis or treatment by your own doctor(s). Please consult your healthcare provider before making any healthcare decisions, or for guidance about a specific medical condition.

Introduction

Migraine is a complex neurological disorder that often requires a combination of treatments. Without an effective treatment plan, migraine can be very disabling and over time, can get worse.

Building a Migraine Action Plan (MAP) can help both prevent and stop migraine attacks, and enable you to better manage the disease and its impact on your life. The MAP is a personalized document developed by you and your doctor. It includes not only the preventive protocol your doctor recommends for you, but also which acute migraine treatments to use, when to use them, what the correct dose is, whether you can combine multiple options, and what the best option is based on symptoms or attack stage. Just as important, it can help you stay out of the ER!

This guide will help you navigate the many decisions involved in creating your personalized plan. We hope it empowers you to partner with your doctor and build a plan that delivers relief.



Migraine Action Plan

A migraine action plan is a road map for treatment communication and care planning. Having an action plan in place gives you a sense of direction and independence as well as the greatest potential for relief. Take this form to your next doctor's appointment and ask your clinician to fill it out with you.

Overview

Clinician/Office Name — Clinician Signature

Phone — Website/Email Address

Diagnosis

Prodrome and Aura Phases (signs a migraine attack is beginning):

❑ Fatigue or decrease in energy ❑ Increase in energy ❑ Nausea and/or vomiting ❑ Yawning
❑ Speech changes ❑ Numbness/tingling ❑ Mood changes ❑ Food cravings ❑ Fast or pounding heart
❑ Trouble concentrating ❑ Light sensitivity ❑ Smell sensitivity ❑ Sound sensitivity ❑ Dizziness and/or vertigo
❑ Phantom smells ❑ Visual disturbances aura ❑ Alice in Wonderland aura ❑ Other: _____

Concerns that impact treatment:

❑ Other conditions ❑ Nausea and/or vomiting ❑ Afraid of needles ❑ Insurance type:
❑ Contraindicated medications/devices (list on attached sheet) ❑ Medications/devices that do not work (list on attached sheet)
❑ Information I read or heard about

Call my doctor in the following situations: _____

Preventive Treatment

To help prevent and/or reduce severity of migraine attacks:

Take these treatments (please include dosing, frequency and method of taking for all options):

❑ Medication(s): ❑ Supplements:

❑ Device(s): ❑ Nerve Blocks/Interventional Procedures:

Implement these lifestyle changes:

❑ Sleep ❑ Exercise ❑ Dietary ❑ Stress management ❑ Other: _____

Consider these integrative options:

❑ Massage Therapy ❑ Acupuncture ❑ Biofeedback ❑ Cognitive Behavioral Therapy ❑ Other: _____

Download a free printable Migraine Action Plan

Building a Migraine Action Plan

A comprehensive MAP should include a mix of treatment options from each of the following categories—preventive, acute, and rescue.

It should also take into consideration the specific symptoms you are experiencing, other conditions that may be impacted, and include guidance for when to seek emergency care.

Remember, migraine disease can change, so your MAP should also be edited as needed. It should be reviewed with your doctor at all appointments and updated as treatment plans change.

Preventive Treatments



About Preventive Treatment

Preventive treatments can help reduce the severity and frequency of migraine attacks, and lessen the risk of disease progression.

While there currently is no cure for migraine, there are many treatment options available. Often, it takes trial and error to figure out a treatment or combination of treatments that work.

The American Headache Society recommends preventive treatment for anyone experiencing 4+ migraine days a month. Preventive treatment is also recommended for fewer than 4 attacks per month if the attacks are severe (https://pubmed.ncbi.nlm.nih.gov/34160823/).

When to consider preventive treatment:

- **You are experiencing 4+ migraine days/month**
- **Attacks are more frequent or severe**
- **Symptoms are worsening or changing**
- **Work, education, family and/or social life is impacted**
- **Other health conditions are impacted**
- **Taking too many OTC medications (>2-3 x p/week)**

Choosing Preventive Treatments

Finding a treatment, or combination of treatments, that works for you can be challenging and may require both time and patience. Educate yourself on the options available and work with your doctor to determine which would be best for you to try and how quickly you might expect to know if it is working for you.

A MAP can include a mix of the following preventive options:

- Medications
- Medical devices
- Supplements
- Over-the-counter options
- Alternative treatments
- Lifestyle changes

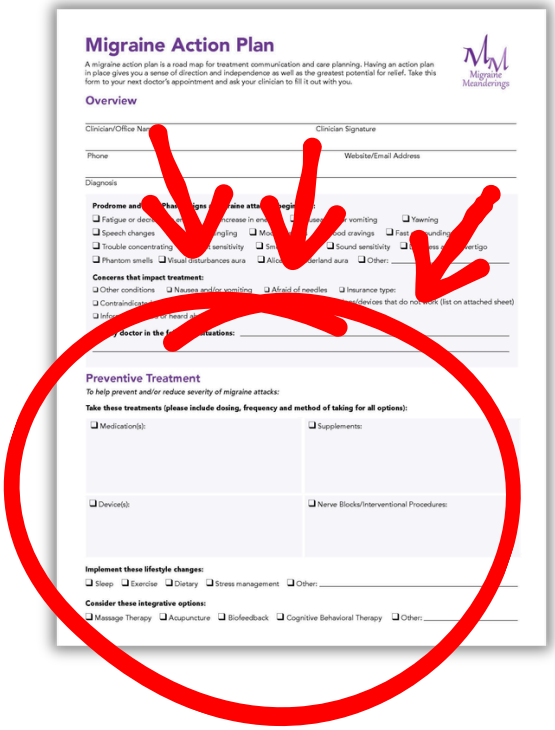
Explore our Migraine Treatment Toolbox for a full explanation of preventive treatment options available:

www.MigraineMeanderings.com/Migraine-Toolbox

Considerations

When creating a preventive strategy, it is helpful to keep the following in mind:

- It may take a minimum of 3+ months, at the correct dose, for preventive treatments to start working.
- Medications and/or devices may work best in combination with other treatments.
- A realistic goal of preventive treatment is to reduce—rather than completely stop—attack frequency, and lessen severity (although some patients discover that they are "super responders" and have no more attacks). Acute treatment options should always be on hand and used as needed.


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Concerns that impact treatment:

Preventive Treatment

To help prevent and/or reduce severity of migraine attacks:

Take these treatments (please include dosing, frequency and method of taking for all options):

❑ Medication(s): | ❑ Supplements:

❑ Device(s): | ❑ Nerve Blocks/Interventional Procedures:

Implement these lifestyle changes:

❑ Sleep ❑ Exercise ❑ Dietary ❑ Stress management ❑ Other:

Consider these integrative options:

❑ Massage Therapy ❑ Acupuncture ❑ Biofeedback ❑ Cognitive Behavioral Therapy ❑ Other:

Answer the questions in this chart to help you identify the types of treatments that may fit your specific needs:

Safety	• Does the treatment conflict with any other medical conditions you have or medications you take?
Tolerability	• Do the potential benefits outweigh the potential side effects? • Are the side effects tolerable or intolerable? • Can any side effects be controlled with other treatments?
Ease of Use	• Are you comfortable with having injections? ◦ If so, are you willing to give yourself injections at home? • Are you able to swallow oral pills & do you throw up from attacks? • Do you have the time/transportation for in-office treatment options?
Cost	• Is the treatment option covered by your insurance and/or is it affordable for you? • Does your insurance require you to go through step therapy first?

Acute Treatments



About Acute Treatment

Acute treatments can help stop migraine attacks and reduce symptoms.

Treating attacks timely and appropriately is important as it can reduce the risk of disease progression.

A MAP can include a mix of the following treatment options:

- Oral medications
- Non-oral medications
- Medical devices
- Nerve blocks

Explore our Migraine Treatment Toolbox for a full explanation of acute treatment options available:

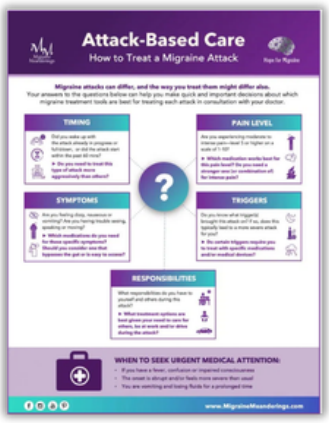
www.MigraineMeanderings.com/Migraine-Toolbox/Acute-Care

Choosing Acute Treatments

There are multiple ways to treat migraine attacks, so having a personalized attack-based care approach is key. This approach recognizes that not all migraine attacks are the same. Treatment plans may vary based on a variety of different factors, including:

- Timing of the attack
- Pain level
- Symptoms
- Triggers
- Your responsibilities that day

Your doctor can help you identify specific treatments for different types of attacks for example an attack you wake up with, or an attack where you have extreme nausea and/or vomiting.



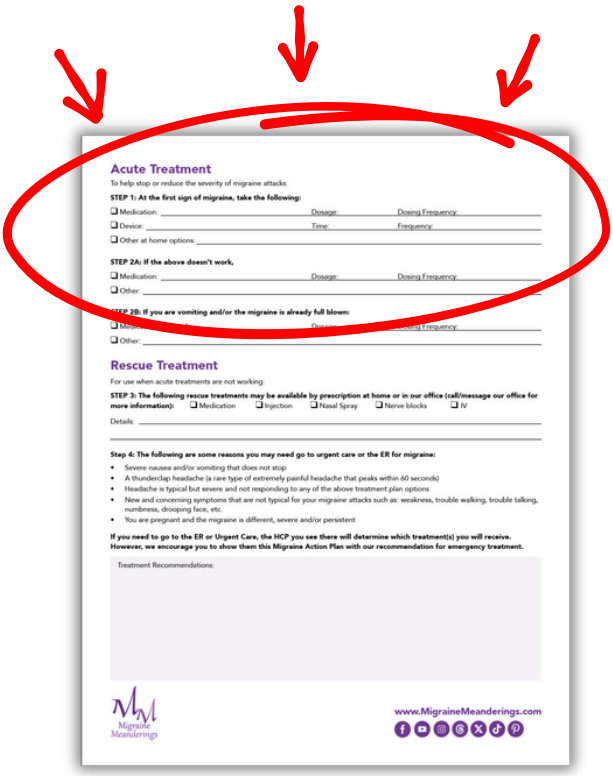
Our Attack-Based Care Guide can help you make quick and important decisions about which migraine treatment tools are best for treating your attacks:

www.MigraineMeanderings.com/Migraine-Toolbox/Attack-Based-Care

Considerations

When creating an acute strategy, it is helpful to keep the following in mind:

- Different attacks require different treatment approaches—being prepared is crucial. Your doctor should note the dosage, frequency, and time to take the recommended treatment, as well as when it is safe to take something else if it doesn't work.
- Many people need more than one acute treatment available either to use in combination with each other, and/or to use after one another.
- The need to use acute treatment more than once a week is a sign that preventive treatment is also needed if you are not already taking preventives.



Acute Treatment

To help stop or reduce the severity of migraine attacks:

STEP 1: At the first sign of migraine, take the following:

❑ Medication: _____ Dosage: _____ Dosing Frequency: _____

❑ Device: _____ Time: _____ Frequency: _____

❑ Other at home options: _____

STEP 2A: If the above doesn't work,

❑ Medication: _____ Dosage: _____ Dosing Frequency: _____

❑ Other: _____

STEP 2B: If you are vomiting and/or the migraine is already full blown:

❑ Medication: _____ Dosage: _____ Dosing Frequency: _____

❑ Other: _____

Rescue Treatment

For use when acute treatments are not working:

STEP 3: The following rescue treatments may be available by prescription at home or in our office (call/message our office for more information): ❑ Medication ❑ Injection ❑ Nasal Spray ❑ Nerve blocks ❑ IV

Details: _____

Step 4: The following are some reasons you may need go to urgent care or the ER for migraine:

- Severe nausea and/or vomiting that does not stop
- A thunderclap headache (a rare type of extremely painful headache that peaks within 60 seconds)
- Headache is typical but severe and not responding to any of the above treatment plan options
- New and concerning symptoms that are not typical for your migraine attacks such as: weakness, trouble walking, trouble talking, numbness, drooping face, etc.
- You are pregnant and the migraine is different, severe and/or persistent

If you need to go to the ER or Urgent Care, the HCP you see there will determine which treatment(s) you will receive. However, we encourage you to show them this Migraine Action Plan with our recommendation for emergency treatment.

Treatment Recommendations:

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These questions can help you determine how well your acute treatments are working. If you answer "no" to one or more of the following, you may need to modify your plan.

Does your acute treatment plan allow you to:			
	Be pain-free within two hours and remain pain-free for at least 24 hours?	YES	NO
	Feel in control of your attacks?	YES	NO
	Plan activities normally?	YES	NO
	Stay out of the ER?	YES	NO

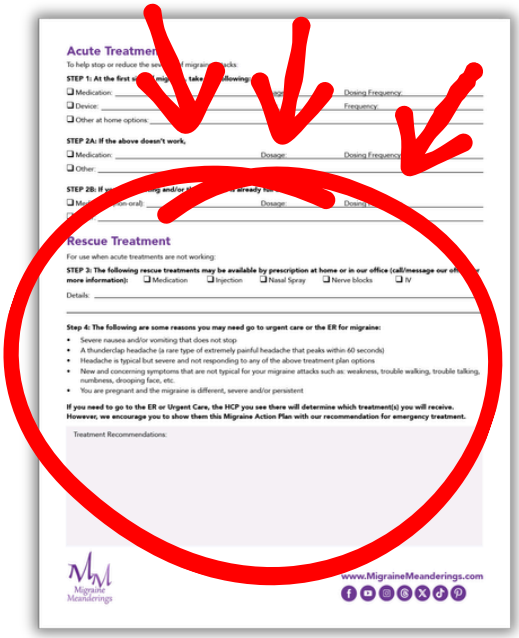
Rescue Treatments/ Emergency Care



About Rescue Treatment

Rescue treatments can be used when acute treatments fail OR if you can't take them. Some options may only be available in your doctor's office, urgent care, or the emergency room. Others can be prescribed for home use when needed. Note: some may just temporarily "mask" migraine symptoms, only to wear off later with the symptoms returning. Options may include the following:

- An injection and/or nasal spray
- A course of oral steroids
- IV cocktail of medications
- Nerve blocks



When to seek emergency care:

- **Severe nausea and/or vomiting that does not stop**
- **A thunderclap headache (a rare type of extremely painful headache that peaks within 60 seconds)**
- **Headache is typical but severe and not responding to any of the treatment plan options**
- **New and concerning symptoms that are not typical for your migraine attacks such as: weakness, trouble walking, trouble talking, numbness, drooping face, etc.**
- **You are pregnant and the migraine is different, severe and/or persistent**

Emergency Care

Going to the ER or urgent care for migraine should be a last resort. In the event you must go, take your MAP with you, but bear in mind that the clinician you see there will determine which treatment(s) you will receive.

Having recommendations outlined in your MAP can be helpful. These should include:

- A list of medications that should not be taken (contraindicated).
- A list of medications taken previously that do not work, and those that do.
- Any other specific emergency recommendations from your doctor.

Thank you to our industry partner, Lundbeck, for supporting this educational project.

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